

Welcome to the Ciao Paolo newsletter. The aim of this newsletter is to keep our patients updated on the events and changes going on at the practice.

In this newsletter you will find details of our new staff, new services that we offer, and reminders of services that we have always done that you may have forgotten about.

In this newsletter we hope to present the friendly face of the practice to encourage you to come and visit us.

Referrals

The number of referrals we receive via word of mouth continues to impress us. Thank you for your continued support and the belief in what we do. If you have any friends or family who are looking for a dentist, then please pass on our number.

Sterilisation is increasingly important particularly with the spread of antibiotic resistant bacteria. We can offer an advanced system of sterilisation including new autoclaves and a washer disinfectant contained in a separate decontamination room.

Tip of the month.

Energy drinks! When you next hit the gym or decide to go out for a power walk, think twice about boosting your energy with a sports drink as there is more to the average energy drink than you think! Marketed as performance enhancing, they are now found in most people's kit bags and regularly used by students to keep them awake so they can study longer. The drinks usually contain citric acid which can cause erosion of teeth (where the outer protective layer, the enamel, is worn away), causing sensitivity and irreversible damage. The drinks can commonly contain up to 6 teaspoons of sugar, which means if they are sipped or drunk frequently they can cause tooth decay. If you do want to use these drinks there are ways to minimize the damage caused to your teeth. For example, you should drink them as quickly as possible, don't swill the drink around your mouth and don't draw the solution into your mouth through your teeth. All these things will help reduce the time your teeth are exposed to the acid within the drink. As an alternative stick to plain water to re-hydrate during and after a heavy gym session! Watch your consumption of these beverages and be sure to let the teens and adolescents in your life know the risks associated with energy drinks. We watch for erosion during regular oral health checks, and you can ask us about keeping your smile dazzling!

Composite inlays/onlays

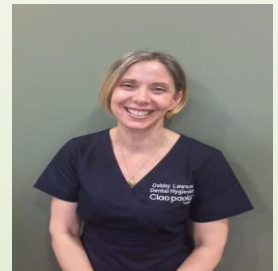


"Now you see it, now you don't" sums up these pictures. An unsightly filling replaced by a composite inlay. If you are interested or have any questions about amalgam filling replacement or inlays, Please ask a member of the team who will be more than willing to answer any questions you may have.

What's new at the practice?

New Staff.

We are delighted to welcome Debby our new hygienist to the practice. Debby qualified in New Zealand. Debby enjoys working in partnership with her clients to support them in achieving better oral and general health outcomes. After spending many years in New Zealand she is especially excited about exploring Scotland with her husband and children.



We are also delighted to have Roslyn join us as our new dental nurse. Roslyn qualified in Jan 2015 and has worked in private practice. Outside of dentistry Roslyn enjoys spending time at Loch Lomond and spending time with her friends, family and her chocolate Labrador Taffy.

