

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 our practice.

In these newsletters you will find details of our new staff, new services we offer, and reminders of services that we have always offered but 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.



Welcome to our newest team member!! Paul's wife Maggie gave birth to a beautiful little boy called Tonio on 30th September 2015. Mum and Baby both doing well. Paul and Maggie are both enjoying their new son and are looking forward to Tonio's first Christmas.



All the team at Ciao Paolo would like to wish all our wonderful patients a very Happy Christmas and a safe New Year; we look forward to seeing you in 2016.

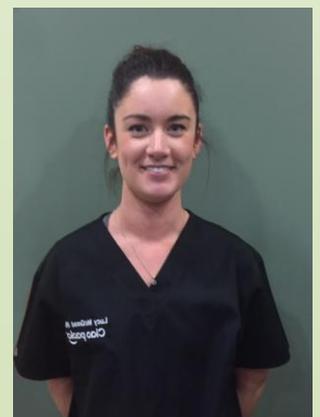
Our Christmas and New Year opening hours:

Thursday 24th December 8am-1pm.
Friday 25th December-CLOSED.
Saturday 26th December-CLOSED.
Sunday 27th December-CLOSED.
Monday 28th December-CLOSED.
Tuesday 29th December 8am-5.30pm.
Wednesday 30th December 8am-5.30pm.
Thursday 31st December-CLOSED.
Friday 1st January-CLOSED.
Saturday 2nd January-CLOSED.
Sunday 3rd January-CLOSED.
Monday 4th January-CLOSED.
Normal opening hours resume from Tuesday 5th January.
Out with these hours please contact NHS 24 on 111 for emergency advice.

What's new at the practice?

New Staff.

We are delighted to welcome Lucy McGread to the practice. Lucy is joining us as our new associate dentist. Lucy qualified from Glasgow University in 2014 with a BDS dental degree with honours. Lucy has been treating patients in various areas of Scotland for the six years she has lived here. She currently works a few days a week at a dental practice in Motherwell and is excited to be joining our team. Lucy has a relaxed welcoming demeanour in the surgery and is keen to help all patients to feel at ease in the dental chair, she has a love of all dentistry but especially enjoys working with nervous patients and children. She is currently in the process of completing her MFDS post grad exams. Outside of dentistry Lucy enjoys keeping active by swimming a few times a week, she is also a keen baker and enjoys hill walking when she gets the chance.



TIPS FOR LOOKING AFTER YOUR CHILDS TEETH

Teething is often accompanied with redness in the cheeks and some pain; however, fever, diarrhoea & vomiting are not associated with teething. If your child has these symptoms you should contact your G.P. There are things you can do to alleviate teething pain; rubbing a gauze covered finger across the affected area will stimulate and increase blood flow around the erupting tooth, wrapping ice chips in muslin and allowing the child to suck on it, and giving some paediatric pain relief. The lower front teeth are usually the first to appear at about 6-9 months followed by the upper front teeth. Emergence of the teeth can vary but providing your child has 20 baby teeth by three years old there is nothing to worry about.

Brushing As soon as the teeth appear plaque bacteria begins to form at the tooth gum margin. It is important to remove this bacteria twice daily creating good oral health routines and habits to ensure the teeth have the best protection and care. Initially a cloth or muslin wrapped around your finger is adequate to remove the bacteria. As more teeth erupt a very small soft brush with a **SMEAR** of toothpaste can be introduced. By age five children should be using a pea sized blob of adult strength toothpaste. Toothbrush assistance should continue until the child has the dexterity to write cursive, usually around 10 years of age.

Diet The main cause of tooth decay is not the **AMOUNT** of sugar or acid in the diet, but the **FREQUENCY** of consumption. The more often your child has sugary or acidic foods or drinks, the more they are likely to develop decay. Keep food and drinks containing sugar to meal times only not in between meals. If your child needs a snack, try cheese cubes, vegetables and fruit, although both fruit and vegetables contain some form of sugar these sugars are less likely to cause decay. However, dried fruit is not a good option as it is high in sugar and can stick to teeth. Avoid diluting cordial or fruit juice between meals, these are loaded with sugar and can also be acidic. Unsweetened milk and plain water are the safest drinks for your child. Don't let your child go to bed sucking on a bottle as the fluid residue left in the mouth can cause decay around the front teeth.

Tooth decay is a communicable disease and one of the most prevalent preventable diseases of the western world. Babies are not born with the harmful bacteria essential for cavities to develop. The bacteria is transferred from one person to another; for example sucking on a child's dummy to "clean" it or testing the temperature of food from your baby's spoon are both common methods of bacteria transference. For tooth decay to develop there needs to be bacteria and sugar present. This combination makes the mouth acidic and over time the tooth loses essential minerals and a cavity forms. By limiting this environment and providing protection to the teeth via fluoride tooth paste and having good saliva flow the teeth reabsorb some of the minerals lost during eating and the likelihood of decay formation is reduced.

Visiting the dentist It is essential to register your child with a dentist as soon as possible, even before teeth appear! This is a great opportunity for the child to become familiar with the dental setting and avoid associated dental anxieties. These visits also provide opportunities for the dental team to share valuable dental information. At Ciao Paolo we pride ourselves on developing relationships with our patients that we hope will last a life time.

Please feel free to come and discuss your child's dental health and development with the team at Ciao Paolo so they can achieve a happy, healthy smile for life.



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