

St Anne's Check Up

No. 3



St Anne's House
DENTAL PRACTICE COOKHAM

Welcome to our newsletter informing you of what's been going on at St Anne's House.

So what's new?...

Well the decorating is all done – come in and spot the difference. We have a fresh new colour scheme but still in keeping with our proud little Victorian building. There are new lights, new shrubs and greenery at the front, feature wallpaper in each room and lovely white shutters throughout!! We really hope you like it.

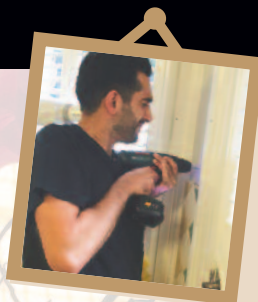
We've also invested in some important new equipment for you – namely a digital OPG machine, located on the lower ground floor. This takes a full scan of your jaws and is a great asset because it saves us sending patients elsewhere and delaying treatment.

We have renovated our central sterilisation room and bought a new vacuum autoclave which is superior at sterilising instruments and means they stay sterile for longer. We also have new digital x-ray machines and smaller x-ray films – these should be much more comfortable for you and reduce the radiation dose by 20%, along with improved accuracy, which means less re-takes and better diagnosis. In addition you may find a special camera used from time to time to show you what's going on in your mouth. Ask the dentist to show you what's happening to those really old fillings that were placed when you were younger. This is a great new aid, allowing us to demonstrate what's happening while planning ahead with a greater focus on prevention.

One of the main topics of conversation in the waiting room these days is the car park opposite. You will all have noted the restricted parking (now limited to 1 hour). We must for the record let you know the parking is not under our control and as such we share your concerns.

Please be aware, we have contacted the owners and will continue to do so, but in meantime we have reserved parking to the side of our building and these spaces are prioritised for disabled patients and those who have long appointments - please call and ask us in advance of your next visit and we'd be happy to help.

We have been very busy – thanks to all of you who have left a review about your experiences when visiting us. We now have a 5* rating on Google, which we are very proud of and look forward to maintaining.



Team updates...

We are very excited to welcome Louise James, the newest member of our nursing team. We chose Louise after a long recruitment process. She brings to the team her energy and love for dentistry. She has been a nurse for more than 12 years and we welcome her experience in implants, complex root canal therapy and her caring approach to patient management.

Dr Roopa Kukadia - has now been attending on Saturdays to offer Orthodontic treatments for adults and children. This has really taken off and people are well on their way to straighter healthier teeth. Soon she will also be offering non-surgical facial aesthetic treatments which reduce frown lines and wrinkles.

Facial Aesthetics Price Guide

Treatment	Prices
Botox – one area	£195
Botox – two areas	£249
Botox – three areas	£299
Dermal fillers	From £199



What's included in a full Implant or Orthodontic Assessment Appointment? Why is this different to a normal examination?

This visit would only follow a routine exam and only if the mouth and dentition are fully healthy. We always bring you back to discuss the Full Treatment Plan letter, with a summary of the discussion so you can think over the proposed plan and discuss with friends/family. We also provide a cost breakdown so this can also be considered – together with the pros and cons of the proposed treatment or alternatives if these are offered.





What's in a check-up?

These days we take a more holistic view and 'don't just check your teeth'. You will notice we always start by listening to your concerns and worries before taking a look. We often start the visit by checking all your 'soft tissues', this means all the pink parts of your mouth (and not just the gums). This is part of a complete oral cancer screen and our way for looking for anything sinister.

We then proceed to compare everything in your mouth to our computer records (from your last visit), this also allows us to update our records and ensure we have an accurate map of your mouth. We then carefully check the gums around each tooth to be sure there are no signs of gum disease or anything affecting the foundations of your teeth.

More recently, we now take photos of anything relevant and x-rays to take a deeper look and then show you what's going on in your mouth. The final part of the examination involves performing a full head and neck examination; checking the thyroid gland, salivary glands, lymph nodes and TMJ (jaw joint) - sometimes this feels like a relaxing massage and occasionally it can tickle!

Following on from this we will make any recommendations which we feel will improve your dental health and give you a written treatment plan for any future appointments.

We will then hand you over to Michele, who is our most experienced member of the team with 20 years at the practice. She will be your personal point of call should you have any queries or concerns. Apart from being a friendly and caring member of the team, she is also very knowledgeable about all our procedures and has helped many other patients like you, over the years. We understand that some more invasive treatments can be scary and a cause of worry. However, they are something we have been doing for years and we have built a tried and tested system to ensure you are comfortable during and after. We understand you might have concerns, so please do not hesitate to call Michele who would be happy to talk you through the plan and how we aim to make it easier for you.

Why do we take x-rays?

Even using the highest magnification loupes and a bright light (as all our dentists use) we can only see about 50% of the surfaces of the teeth. X-rays enable us to provide a thorough and complete assessment of all the structures in the mouth, by allowing us to see in-between the teeth and beneath the gum-line. X-rays allow us to spot disease at a much earlier stage than when it first becomes visible to the naked eye and well before you are aware of any pain or problems. This has always been our goal and going forwards we aim to focus even more on prevention and early intervention.

We always strive to provide the best treatment and evidence shows that if we intervene at the right stage, we can sometimes prevent disease from starting and even encourage repair if caught early enough. This is why you may find we take routine x-rays from time to time, as the guidelines encourage this to ensure 'we don't miss anything beneath the surface'.



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