

# Maycroft Matters

News from Maycroft Dental Care Centre



Winter 2010



## New Patients

We are currently taking on new patients, if you have any friends or family that are looking for a dentist please let them know. Tel 08444 773787

## Dentists to Woking FC

We are pleased to continue our association with Woking Football Club and wish the team every success this year! We now have 2 boards along the sides of the pitch, so look out for them if you go to watch a match.



DENTAL CARE CENTRE  
**Maycroft**

Official Dentists to Woking FC

## Feedback [info@maycroftdental.co.uk](mailto:info@maycroftdental.co.uk)

One of the most gratifying comments we receive is that there seems to be some beneficial change every time you visit us.

Yes, we do strive to carry on improving the whole experience here. We are always grateful for feedback and appreciate that we can't always get everything right – but we do try.



## DENTAL CARE CENTRE Maycroft

### Practice News...

#### • New staff uniforms at Maycroft.

All our dentists now have new smart blue outfits. We did not follow the lead of our nurses with bright pink but hopefully look good nevertheless!



#### • Training

We all work hard at staying up to date with the latest developments in dentistry. Recently a large contingent from our Practice went up London for a training session on the latest theories on gum conditions and improving communication - both features we all believe are essential in a well run, preventive care orientated practice such as ours.



#### • New Staff

We also welcome Sharon to our team of receptionists. They are all there to look after you when you phone, or need assistance at the Practice.

#### • Parking

Although we have limited parking at the rear of the practice, we would suggest this is best used by those who are disabled or with young children. Unfortunately there are times when we have no available space or when you may have to wait for the car trapping you in to leave. We are fortunate to have several public car parks near by (the nearest is the surface car park in Brewery Road) and we also supply vouchers for the local roads.



*More information overleaf...*

## Oral Cancers

One of the main reasons for regular dental examinations is because mouth cancer kills one person every 3 hours in the UK due to late detection.

Dentists are trained to spot mouth cancer at a treatable early stage.

Let us know if you have:-

1. An ulcer that does not heal in three weeks
2. A lump or overgrowth of tissue
3. A white or red patch on the mouth lining
4. Difficulty in swallowing, chewing or moving the tongue or jaw
5. Numbness of the mouth or tongue
6. A feeling that something is caught in the throat
7. Persistent chronic sore throat or voice change for six weeks
8. Jaw swelling causing denture problems
9. Neck swelling for three weeks
10. Unexplained tooth mobility for three weeks

[www.maycroftdental.co.uk](http://www.maycroftdental.co.uk)

Maycroft, Chobham Road, Woking, GU21 4AB



## Are your teeth worn down? - Tooth Surface Loss (TSL)

In the past the main problems associated with the mouth were tooth decay and gum disease. A new phenomenon has arisen, due to the fact that we are living longer and is known as Tooth Surface Loss (TSL). There are three causes of this - tooth erosion, abrasion and attrition.

### Tooth erosion

Erosion is a chemical process in which the tooth surface is removed in the absence of plaque. These are due to fresh fruit juices, carbonated drinks, alcoholic beverages etc and some foods. It can also be caused by gastro-oesophageal reflux and eating disorders.

### Tooth abrasion

Abrasion is caused by anything with an abrasive effect such as overbrushing with a toothbrush.

### Tooth attrition

Attrition is a process in which tooth tissue is removed as a result of opposing tooth surfaces contacting during function and/or during parafunction.

Bruxism is the grinding, tapping and/or clenching of one's teeth when you are not using your teeth for chewing food. Most bruxists grind their teeth at night while they are sleeping, particularly during their dream phase. In addition to increased wear, bruxists often break bits off their teeth as they weaken which can lead to further treatment and terminal fractures.

In order to prevent and possibly treat the effects of TSL it is vital to understand the causes of the nature in each particular individual. Often several components are present at any one time; however, we usually find that one of these causes is the major cause and one or both of the others is less significant. Once the main cause has been identified, we will then work out suggested solutions to deal with the problem. At future appointments, we will check to see the problem has been stabilised, or at the very least, slowed down. Often the success of our advice needs to be reviewed over several years as the process of tooth surface loss is often slow and subtle. However, the damage caused can be considerable if the causes are not stopped.

It's a good sign if the teeth become less sensitive and if the frequency of small parts of the teeth breaking off producing rough edges becomes less.

### How do we decide what treatment is required?

First we need to find the cause of the problem, and then find out if we can control these factors.

We may suggest dietary changes to reduce the levels of acid, a more gentle brushing techniques to reduce any effects of over brushing or fit a mouthguard ( a device that fits over the teeth and is worn at night) to reduce the impact of tooth grinding.

Replacement of lost tooth surface is often now possible with composite resin or more commonly known as "white fillings". They are now stronger, harder wearing, more aesthetic and reliable than ever. Composite resins are able to restore the shape and function of a tooth by allowing the dentist to chemically bond the material, layer by layer onto the worn or broken tooth.

Alternatively, crowns may prove to be a longer lasting solution.



FACIAL AESTHETICS  
**Maycroft**

Maycroft are also pleased to offer non – surgical facial aesthetics to soften and enhance the way you look.



**Faith Philpott** continues to offer a wonderful, skilful facial aesthetic service. Please look at the website [maycroftfacial.co.uk](http://maycroftfacial.co.uk) for further details.

Since our last newsletter, the new product Juvederm Ultra is proving to be a really successful dermal filler. Faith was involved in its clinical trials and is on the manufacturer Allergan's recommended list of practitioners. Faith is always attending courses to keep up to date. She was a guest at a weekend conference in London in June, joined a facial anatomy masterclass and visited a medical aesthetics research centre in Nice in July.

**Amazing New Products** Juvederm Ultra and the Teosyal range of hyaluronic acid fillers are now used at Maycroft.

- Juvederm Ultra is not granular but has a smooth consistency and contains a pain reliever, Lidocaine, which helps to reduce any minor discomfort, making the treatment process virtually pain free and much more comfortable than before.
- Teosyal is a new range of 100% hyaluronic acid based filler products which can be injected into the face, neckline, neck and hands. Teosyal gels not only soften facial lines but also rehydrate skin tissue since they are capable of absorbing 1000 times their weight in water.

**New Techniques** In the autumn Faith will be introducing a new treatment, a natural skin regeneration therapy which can significantly improve the appearance of aged and sun damaged skin and facial and décolleté lines. Faith has also recently attended an excellent course on methods using Teosyal and participated in Allergans masterclass on Botox and dermal fillers, Juvederm and Hydrafil Softline.

### Free Consultation

Maycroft Dental Care Centre patients and their friends are offered a free 15 minute confidential consultation. Whether you are considering a treatment for the first time or you have already had some facial aesthetics, you can be assured of a caring, professional approach with honest advice to achieve the best possible result for you.

**To book your free 'no obligation' consultation - call us now on**

**08444 773787**

[www.maycroftfacial.co.uk](http://www.maycroftfacial.co.uk)

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