



The Essex Dental Clinic – February 2021 Newsletter and Covid-19 update

Dear Patient,

We hope that this newsletter finds you and your families well and that some of you have already received your first Covid-19 vaccine.

Children, Home Schooling and Working from Home

With more of us at home during the day, it is very easy to lose our routine and to pop to the kitchen for a snack. This is particularly the case for children, who may be 'home schooled' and we are concerned that this could lead to an increase in tooth decay.

Avoid sweet or sugary snacks and drinks between meals. Remember that every time you eat or drink something that contains sugar, your teeth decay for the next 45 minutes. As well as obvious sugary foods like sweets and biscuits, fruit contains sugar too, so have fruit with your meals. If you want to give your children a sweet reward for doing good schoolwork, let them have it at their mealtime.

Please brush for 2 minutes, twice a day, before breakfast and before bed. Keep to a good daily routine for brushing with a fluoride toothpaste, to have healthy teeth and gums.

Dental Prevention Sessions

During February and March, we are running some **dental prevention sessions** giving one-to-one advice on diet and oral hygiene personalised specifically for you. It's a great break from home schooling and educational at the same time!

We will prioritise children or adults with a history of tooth decay and gum disease and those with medical conditions such as diabetes which has a significant effect on oral health. Please contact us on 01787 222828 if you would like to book a session. This is not exclusive for our registered patients, so if you know anyone who would be interested, we would be happy to see them.

Flossuary

WHAT'S FLOSSUARY ALL ABOUT?

During the month of 'Flossuary' (February), we are encouraging everyone to try cleaning in between their teeth at least once a day for 28 consecutive days.

We believe that after 28 days you **will feel and see** a difference in your gum health.

Please see www.flossuary.com for more information.

Cleaning in between your teeth is so important as it:

- Prevents tooth loss
- Reduces your risk of heart disease and stroke
- Reduces risk of diabetes

Outstanding dental treatment and check-ups

If you feel you need dental treatment or haven't had a check-up in the last year, please contact the surgery to arrange an appointment on 01787 222828. We are open and prioritising patients with the most urgent need.

Invisalign

There has never been a better time to straighten your teeth. It is so easy to do with Invisalign and nobody even knows you are wearing braces.

Please contact us if you would like to book a consultation and we can use our outcome simulator to show you how your teeth could look.

Best wishes and please keep safe!

Louise and the team at The Essex Dental Clinic