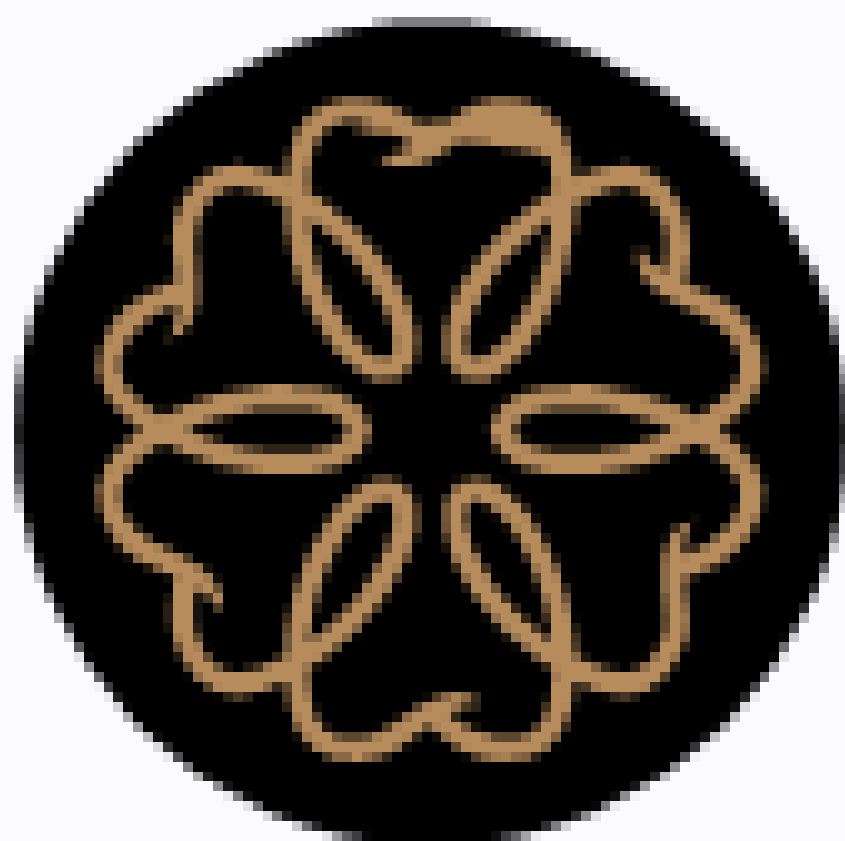




CRANFIELD

— DENTAL CARE —

Second Edition

I hope 2025 is treating you well so far Lets kick off with some staff recognition

Staff achievements:

- Congratulations to Abi for passing her Dental Nurse exam.
- Victor for obtaining his Certificate of Advanced Clinical Excellence, Soft Tissue Management.
- Victor and Kelly-Ann for passing their accredited intravenous Sedation course - more on that further down.
- All staff completed their Basic Life support training.
- Punam can now offer Invisalign Advanced. This means she can treat complex orthodontic cases.
- Ash now offers implants.

Well done everyone

We encourage all our staff to dream big and support them fully to achieve their full potential.





New Service ALERT
Available at Cranfield Dental Care



Intravenous Sedation

What is intravenous (IV) sedation?

IV sedation is a sedative given into a vein. If you are nervous about having dental treatment or you are having a procedure which may be more complex, intravenous (IV) sedation is an effective and safe treatment.

Why do I need IV sedation?

It is an ideal way of helping you to relax if you are nervous about dental treatment.

What are the benefits?

While under IV sedation, you will feel deeply relaxed but you will still be able to understand and respond to the dental team. You may be unaware of the dental procedure and this form of treatment is ideal for patients who wish to 'forget' where they are.

Are there any risks?

IV sedation is safe when it is supervised or carried out by a specially trained dentist and dental nurse.

IV sedation has four main effects:

- It will reduce your anxiety and make you feel relaxed.
- It will make you feel sleepy.
- It will make you less aware of the procedure.
- It will result in partial – or total loss of memory of the procedure.

Talk to your dentist today if you require this service



New Service ALERT Available at Cranfield Dental Care



Dental Therapist

What is a Dental Therapist and what can they do?

A dental therapist is a registered dental professional who can carry out certain dental treatment for patients (adult and children) or under prescription from a dentist.

They can see emergencies, re-cement crowns, carry out examinations, take xrays, complete fillings, refer, prescribe, extract primary teeth, clean your teeth and much more!

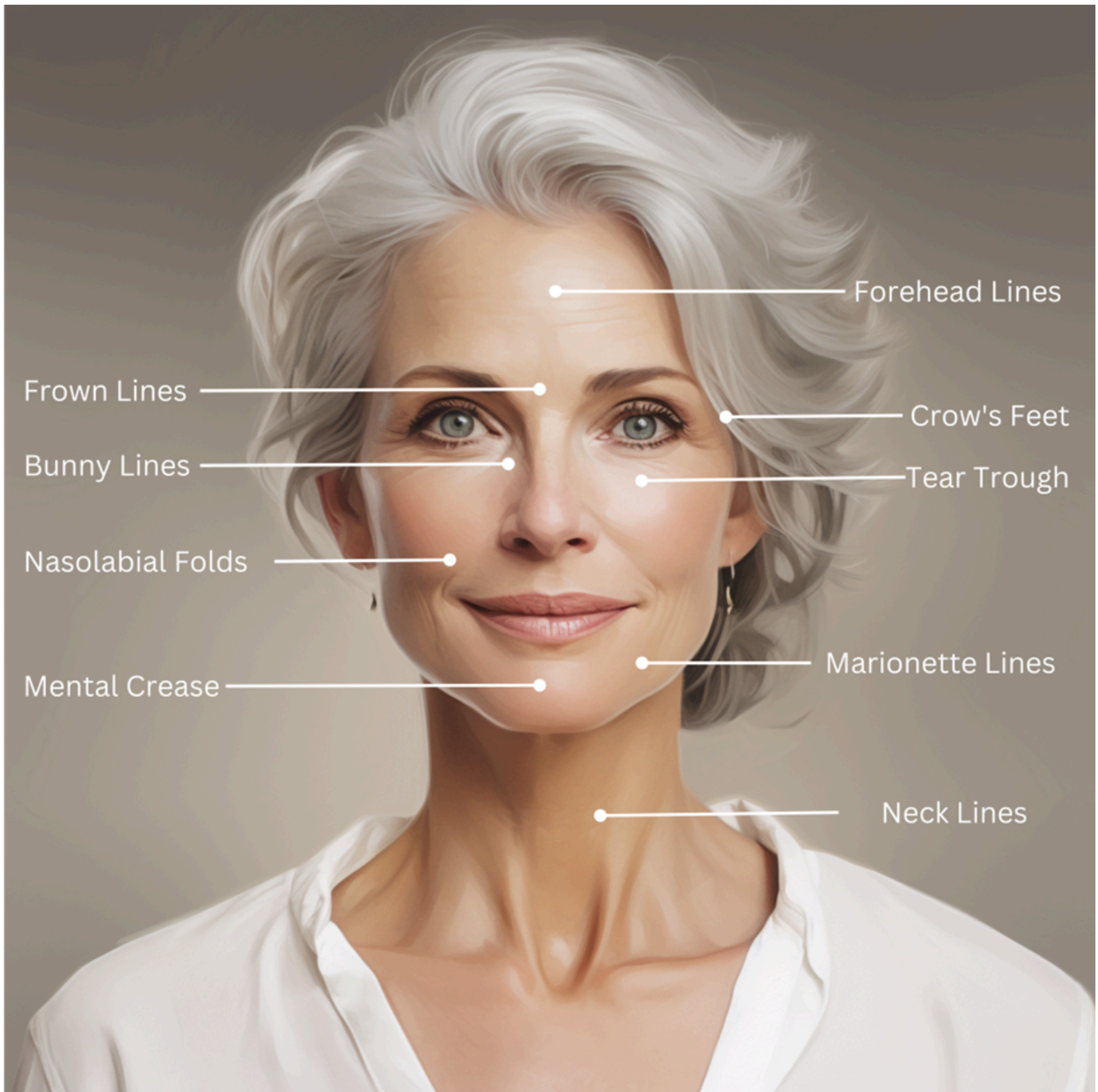
We are lucky enough to have a dental therapist.

We don't want you to have to wait for treatment once diagnosed by your dentist. Therefore, we may prescribe your treatment to the dental therapist to carry out your care.

We may also offer you an appointment for emergencies with our dental therapist if we are unable to get you in with a dentist.



Revive and Renew



Anti wrinkle & filler treatments
Help you look younger & fresher

Book your consultation now Dr Punam Varsani

Consultations will be subject to a £50 deposit which will
be deducted from treatment costs

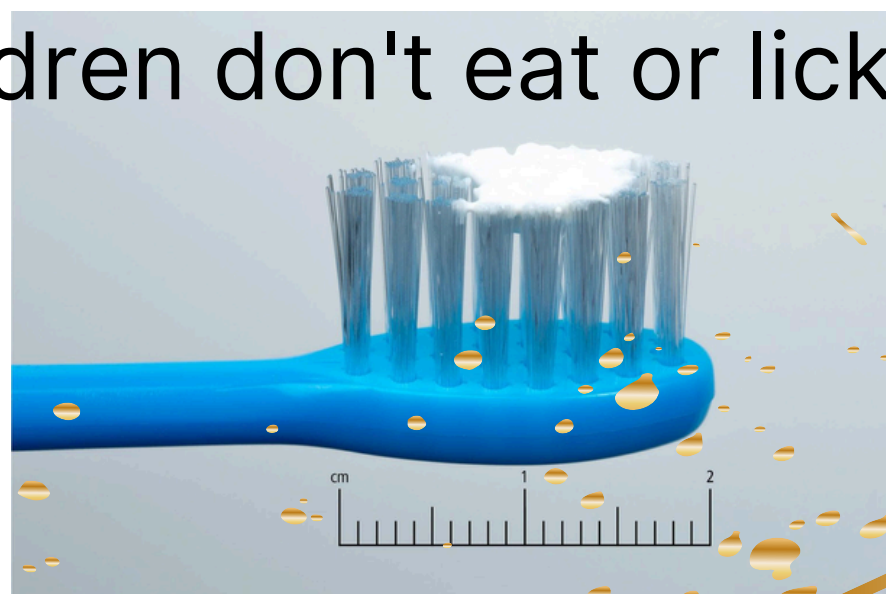
For this Newsletter we wanted to focus on children's oral health and what we can do to help our children form better habits to enable them to look after their teeth and gums. Including tooth brushing, diet advice and tools we can use at home.

Children learn from watching and listening to their parents/caregivers. Providing them with the tools and education to form good oral care habits is important. From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth.

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

Children aged up to 3 years

- Start brushing your baby's teeth and gums as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises otherwise.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.



Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer. 2-3 minutes is perfect.
-

Taking your child to the dentist

- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

Toothbrushing tips

It's important to use a fluoride toothpaste. This helps prevent and control tooth decay.

Allow your child to 'brush your teeth' whilst you brush theirs.

Play a song that's at least 2 minutes long so the child knows when you will be finished.

Use an egg timer.

Use a reward chart to encourage children to brush twice a day.



Apps and online resources to help with brushing your teeth!

Tap/click on the links to open
[Video and songs for brushing](#)
[Activities from Captain Aqua Fresh](#)
[Teeth Games](#)

[Oral Health Foundation activities](#)
[Oral Health Foundation activities](#)
[Fun games and advice from Colgate](#)

Download these apps to help brush your teeth
Scan the QR code



DJ Brush



Disney Magic Timer



Colgate Magic



Aqua Fresh Timer



Pokemon Smile

**Did you know there is also a toothpaste available
specifically designed for**

People who simply don't like the taste of mint.

Adults and children who perceive mint to have a 'hot' or
'burning' sensation.

Adults and children with learning disabilities.

Lichen Planus sufferers

Head and neck cancer patients after radiotherapy

Burning mouth syndrome.

Asperger syndrome

Autism

Sjögrens syndrome

Behcets disease

Kawasaki disease

Parkinson's diseases

People that have an intolerance to Limonene

<https://oranurse.co.uk/unflavoured-toothpaste/>





Diet:

A child's diet significantly impacts their dental health. A diet rich in sugary and acidic foods and drinks can lead to tooth decay, while a balanced diet with plenty of fruits, vegetables, and calcium-rich foods can promote strong, healthy teeth. It's crucial to limit sugar intake, especially between meals, and to encourage the consumption of tooth-friendly foods and beverages.

Tooth Decay:

Decay happens when sugar reacts with the bacteria in plaque (the sticky coating on your teeth). Every time you eat or drink anything sugary, your teeth are under an 'acid attack' for up to one hour. If this happens many times in a day, the tooth enamel may break down, forming a hole or 'cavity' into the dentine. Tooth decay can lead to requiring dental treatment such as fillings and or tooth removal.

Sugar:

All sugars can cause decay. Sugar can come in many forms. Usually ingredients ending in 'ose' are sugars, for example: sucrose, fructose and glucose are just three types. These sugars can all damage your teeth. Many processed foods have sugar in them, and the higher up it appears in the list of ingredients, the more sugar there is in the product. Be aware that many popular children's snacks are high in sugar content.



Tooth wear:

Regular consumption of acidic foods and drinks, such as pickles, citrus fruits, squash and fizzy drinks, can cause tooth wear. The acid wears away the enamel, the soft outer layer of the tooth, exposing the dentine, this is irreversible and can make children's teeth very sensitive to hot and or cold. Avoid frequent consumption of acidic foods and drinks and keep these to meal times where possible.

Frequency of 'acid attacks'

It is recommended we have no more than 4 'acid attacks' in one day. Aim to keep any food or drinks containing sugar to meal times only and snack on sugar free foods, and drink water or milk between your meals.

Tooth friendly snack ideas:

Fresh whole fruit, Vegetables, Plain rice cakes and bread sticks, Natural yogurt, Cheese, Hummus, Plain water, Plain milk.

Tooth unfriendly snacks / drinks:

Sweets and chocolate Cooked, dried or blended fruit, Flavoured yogurts, Chew bars / Breakfast bars, Biscuits Fruit juice, Squash, Fizzy drinks, Smoothies, Flavoured water.

Daily sugar recommendations



Fluoride varnish and fissure sealants

Fissure sealants can be done once your child's permanent back teeth have started to come through (usually at the age of about 6 or 7) to protect them against decay. This is where the chewing surfaces of the back teeth are covered with a special thin plastic coating to keep germs and food particles out of the grooves. The sealant can last for as long as 5 to 10 years.

Fluoride varnish can be applied to both baby teeth and adult teeth. It involves painting a varnish that contains high levels of fluoride onto the surface of the tooth to prevent decay. Some children may need this more often. It works by strengthening tooth enamel, making it more resistant to decay.

COMING SOON:

We will be introducing **fluoride clinics**. Patients (children) with a prescription from one of our dentists will be able to book in to the fluoride clinic for fluoride application. We hope to run these during half terms, summer holidays and Easter. More information will be released once we have finalised the details.



Oral Health Campaigns

National Smile Month - May to June

A charity campaign all about raising awareness of having good oral health and promoting the value of a healthy smile. They believe that everybody deserves a healthy smile and oral health is a crucial part of your overall wellbeing.

The four key messages are:

- Brush teeth for two minutes, last thing at night and one other time during the day
- Clean between your teeth with floss or interdental brushes
- Cut down how much and how often you have sugary foods and drinks
- Visit a dentist regularly

Link



Stoptober - October

Stoptober is a campaign led by Public Health England which encourages smokers to stop smoking for 28 days during the month of October. It is based on research that shows if you stop smoking for 28 days then you're five times more likely to stop smoking for good.

Top tips to stop smoking:

- List your reasons to quit
- Tell people you're quitting
- If you have tried to quit before, remember what worked
- Use stop smoking aids
- Have a plan if you are tempted to smoke
- List your smoking triggers and how to avoid them
- Keep cravings at bay by keeping busy
- Exercise away the urge
- Join groups for support and advice

Link



Mouth Cancer Action Month - November

Mouth Cancer Action Month is held in November every year and is supported by the Mouth Cancer Foundation and the Oral Health Foundation. This campaign raises awareness of the sign, symptoms and causes of mouth cancer as there are over 8864 new cases in the UK each year.

What are the symptoms?

- An ulcer or white or red patch anywhere in the mouth that does not heal within 3 weeks
- A lump or swelling anywhere in the mouth, jaw or neck that persists for more than 3 weeks.
- Difficulty swallowing, chewing or moving the jaw or tongue.
- Numbness of tongue or other area of the mouth.
- A feeling that something is caught in the throat.
- A chronic sore throat or hoarseness that persists more than 6 weeks.
- Unexplained loosening of teeth.

If you experience one or more of these symptoms get it checked out by a dentist or doctor.

Link



Mouth Cancer
Action Month
NOVEMBER

Dont forget to leave us a review



Our goal is to provide the very best service and we are always looking for ways to improve. We are looking to gain feedback on our services so that we can enhance your experience and make our patients happy.

We would love to hear your feedback, and we would be incredibly grateful if you could take a couple of minutes to write a quick Google review. This will allow us to improve our service and let others recognise the value we provide.

Follow us on facebook
to see out latest deals, news and offers



Spread the cost of your dental care with Patient Plan Direct and save money

Cranfield Dental Care Memberships

Prices as of April 2025

Annual Membership Plan £8.00 per month 26p per day	Membership Plan £16.75 per month 55p per day	Gum Care Plan £26.95 per month 87p per day
1 Dental examination 1 hygiene visits per year 20% reduction off all routine treatment Global Dental A&E Assistance scheme Exclusive members only discounts and promotions	2 Dental examination 2 hygiene visits per year 20% reduction off all routine treatment Global Dental A&E Assistance scheme Exclusive members only discounts and promotions	2 Dental examination 4 hygiene visits per year 20% reduction off all routine treatment Global Dental A&E Assistance scheme Exclusive members only discounts and promotions



Savings example

2 x checkups and 2x hygienist as a private patient = £264

2 x checkups and 2x hygienist as a plan patient = £201

Tabeo Finance

Dental treatment can be costly.
Here at Cranfield Dental Care we can help

- Apply in 1 minute, instant decision
- Verify availability with a soft check
- Manage your loan payments online

£2,500.00

Your patient would pay

£208.33 per month for 12 months

The loan would cost an interest of

£0.00 (0.0% APR)

This means the total to
pay back would be

£2,500.00



tabeo



<https://uk.trustpilot.com/review/tabeo.co.uk>

Patient Notice Board

FTA's - Failed To Attend

Quite often we are asked do people really fail to attend their appointments despite getting an email and a phone call reminder. YES! they do.

Jan to Apr we lost 33.5 hrs due to failed appointments

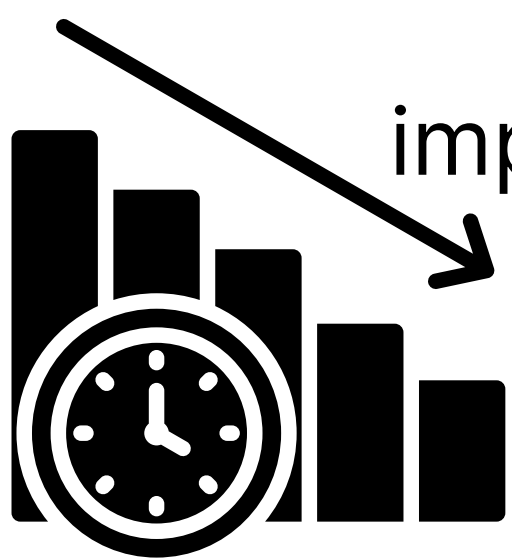
If you are unable to attend please give us 48 hours notice so we are able to offer the appointment to someone else.

We can be informed by phone call, email, WhatsApp and you can cancel on the Dentally portal.

Please see our policy notices further down in relation to failed to attend appointments.

Hygienist appointments:

No more advanced payments. We will no longer be taking upfront payments. However, we will be implementing failed to attend fees if patients do not attend or short notice cancel



PARKING

We respectfully remind you there is no parking at the practice.

Parking for Blue badge holders can be arranged with prior arrangement.

Please contact reception if you hold a blue badge and would like to reserve a parking space.



Hygienist appointments: **

No more advanced payments. We will no longer be taking upfront payments. However, we will be implementing failed to attend fees if patients do not attend or short notice cancel

Was not brought (children):

We have duty of care to ensure children's health and well being is met. Children not attending appointments may incur further investigation

NHS Registrations:

Please note you must attend at least once a a year to maintain an NHS registration. Lapsing may result in your registration being removed.

Short notice cancellations:

We understand sometimes things happen. however, if a pattern occurs and you continue to short notice cancel, we may refuse to see you at this practice. Please give at least 48 hours notice if you wish to rebook/cancel

Private failed to attend:

Private patients that fail to attend their appointment may incur a charge

NHS failed to attend:

Patients under the NHS that fail 1 or more appointment may be refused appointments in the future. It is important you attend (or cancel with notice) to allow us to offer this appointment to someone else.

Late arrivals:

Patients arriving late for their appointment may be asked to re-book.

Patient Notice Board

Who to contact for bookings, questions, queries or concerns:

Reception based queries: 01462 434323

Booking appointments, changing appointments, cancelling appointments. Changing or updating contact details. Existing referrals and general enquiries.

Treatment coordinator: tco@cranfielddental.co.uk

07714117790 WhatsApp/call

Treatment plan queries, finance, dental plans, new patient enquiries and treatment options.

Practice manager: manager.cranfielddentalcare@gmail.com

Patient Survey:

Some patients may have recently received a patient questionnaire via Survey Monkey. Thank you all that have completed the survey.

We are proud to report all responses were positive.

We encourage any feedback and have introduced and comments, compliments and suggestions box in the waiting room. Please feel free to drop in your thoughts.

**To opt out of Newsletters
please email
tco.cranfielddentalcare@gmail.com**