

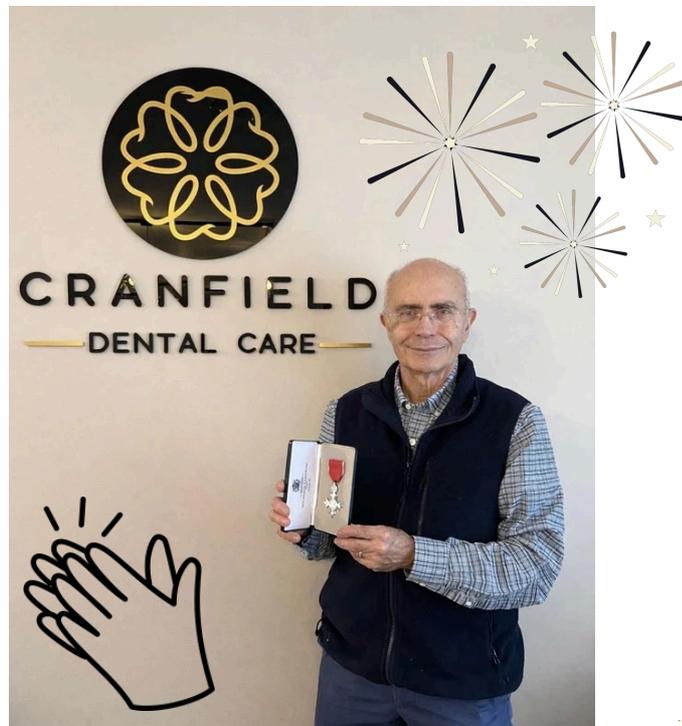


Third Edition

Staff recognition

Huge Congratulations to Peter, recognised in the **King's Birthday Honours list** for his outstanding contributions to the the profession.

We are incredibly proud of you.



Dr Peter Cranfield MBE FCGDent



Staff recognition

- Drishti, welcomed a little baby boy.
- Teri, welcomed a little baby girl.
Congratulations to both. We cant wait to meet them.
- Welcome Alice. Alice is a trainee dental nurse with previous experience. Alice has joined Cranfield Dental Care to continue her training and complete her dental nurse qualifications. She has settled in quickly, and proving high capabilities.
- Welcome to Frankie who joined the practice at the end of last year. She is an enhanced qualified dental nurse with radiology and studying Oral Health Education
- Alice and Katie are running the Brighton marathon.
Details below on how to support their causes.

Well done everyone

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





BRIGHTON
MARATHON 2026

DENTAL NURSE, KATIE SMITH, IS RUNNING THE BRIGHTON MARATHON 2026 TO RAISE MONEY FOR MACMILLAN CANCER SUPPORT!

IF YOU WOULD LIKE TO SUPPORT HER PLEASE SCAN THE QR CODE!

CANFIELD DENTAL CARE

MACMILLAN CANCER SUPPORT



We are proud of our amazing Dental Nurses, who will be taking on the Brighton Marathon in support of these truly special charities:

This challenge means so much, as these organisations provide vital care, comfort, and protection for those who need it most — from supporting people living with cancer, to helping vulnerable hearts, to safeguarding local wildlife and nature.

Every step our team takes is driven by compassion and determination to make a difference. If you would like to support them, please consider making a donation by scanning the QR codes below. Any contribution, no matter how small, will help change lives and we are so grateful for your kindness and encouragement



Herts & Middlesex Wildlife Trust

DENTAL NURSE, ALICE MILLANS, IS RUNNING THE BRIGHTON MARATHON 2026 TO RAISE MONEY FOR HERTS & MIDDLESEX WILDLIFE TRUST!

SCAN TO SUPPORT

BRIGHTON
MARATHON 2026



Surgery 1 referb

We're pleased to share that Surgery 1, the hygienists' room, has recently been fully refurbished. The updated space has been thoughtfully redesigned to create a brighter, more comfortable environment for our patients while supporting our team with improved layout and modern equipment. With refreshed décor and enhanced facilities, the new-look Surgery 1 reflects our ongoing commitment to providing high-quality care in a welcoming and professional setting.



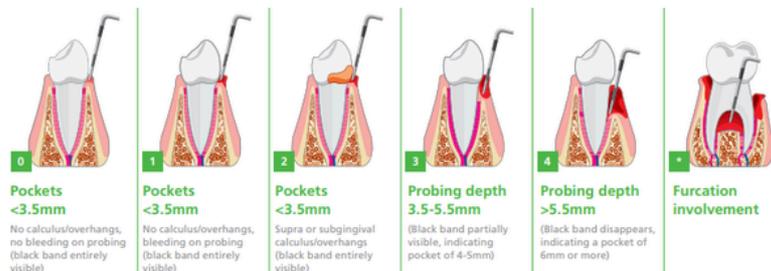
Newsletter topic

What is a BPE?

We've all heard those numbers being read out during our dental examination - but what do they mean?

Basic Periodontal Examination (BPE)

Careful assessment of the periodontal tissues is an essential component of patient management. The BPE is a simple and rapid screening tool that is used to indicate the level of further examination needed and provide basic guidance on treatment needed.



Guidance on Interpretation of BPE Scores



How do we treat?

Your dentist may suggest a visit to the hygienist. Some patients may need more regular cleaning than others, typically 6 months but could be 3 months. For more severe cases, a referral to our dentist with special interest gum care may be suggested for periodontal screening and extensive cleaning.

Newsletter topic

Why is gum care important?

Gum care is essential to prevent gum disease, which can lead to tooth loss, bad breath, and potentially impact overall health by increasing the risk of conditions like heart disease and respiratory infections. Healthy gums also provide essential support for teeth, act as a barrier against bacteria, and contribute to a healthy oral microbiome.

Prevents Tooth Loss:

Healthy gums hold your teeth securely in place; periodontal disease (gum disease) destroys the bone and tissues supporting your teeth, leading to loose teeth and eventually tooth loss.

Combats Bad Breath:

Bacteria that accumulate on unhealthy gums can cause foul-smelling compounds, resulting in persistent bad breath (halitosis).

Protects Oral Health:

Gums act as a seal around your teeth, forming a vital barrier against bacteria and harmful substances that can cause infections and decay.

Contributes to Overall Health:

Research shows a link between gum disease and other serious health issues, including heart disease, diabetes, and chronic respiratory conditions.

Maintains a Healthy Oral Microbiome:

Proper gum care helps maintain a healthy balance of bacteria in the mouth, preventing the overgrowth of harmful bacteria that cause disease.

Enhances Your Smile:

Unhealthy gums can appear red, swollen, or recede, making your smile look uneven and exposing tooth roots, and eventually leading to tooth loss.



Newsletter topic

What is Extensive Gum Care?



So you have been told by your dentist that you would benefit from extensive gum care therapy but not sure what this is or why you need it. Here is a small guide to answer those questions.

Why have you been referred

You've likely been referred because your dentist has diagnosed you with gum disease (periodontitis) that requires specialized treatment beyond a routine cleaning. Dentists with special interests in gum care have advanced training in diagnosing and treating conditions affecting the gums and surrounding tissues.

Here are some common reasons for a referral:

Advanced Gum Disease:

Periodontitis, which is the advanced stage of gum disease, often requires specialized treatments like gum grafting, bone regeneration, or flap surgery, which periodontists are trained to perform.

Deep Gum Pockets:

If your dentist finds deep pockets between your teeth and gums, indicating gum disease, they may refer you to a periodontist for further evaluation and treatment.

Significant Gum Recession:

If your gums are pulling away from your teeth, exposing more of the tooth root, a periodontist can help address this issue.

Dental Implants:

If you're considering dental implants, periodontists are trained to place them and ensure proper bone integration.



Newsletter topic

What is Extensive Gum Care?

Persistent Issues:

If you've had recurring or persistent gum problems like bleeding or inflammation despite regular dental care, a periodontist can provide a more in-depth evaluation and specialized treatments.

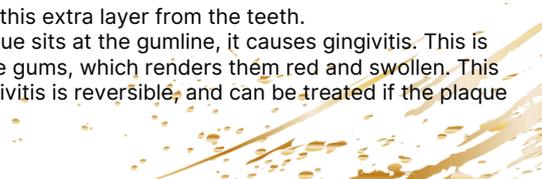
Complex Cases:

If you have certain risk factors, like diabetes or a history of smoking, which can complicate gum disease, your dentist may refer you to a periodontist for specialized management.

Bone Loss:

If X-rays show bone loss around your teeth, a periodontist can diagnose the cause and recommend appropriate treatment.

What is a Gum Disease?

- Gum disease is where the gums become red, swollen and sore, and bleed. Pockets form at the gum margin where plaque, bugs and bacteria can gather causing irreversible damage to the gums and bone.
 - Tooth plaque:
 - Plaque is a soft sticky deposit that continually forms on each of the tooth surfaces. It contains many types of bacteria (germs). It affects everybody, regardless of age.
 - How dangerous is tooth plaque?
 - Brushing teeth daily is the best way to clean away tooth plaque. If plaque is not removed it can lead to more painful and serious dental conditions:
 - Tooth decay – when plaque mixes with the sugar in the mouth (from food and drink), it creates acid. The acid causes decay or 'holes' in the teeth. Decay can be removed from the tooth, and treated with a filling if it is detected in time by the dentist. However, if left untreated, the decay can progress to the pulp (nerve) in the centre of the tooth, and cause toothache and an abscess. The tooth would then require an extraction (or root canal treatment for adult teeth).
 - Calculus (tartar) – plaque will harden and calcify to produce calculus if it is given enough time (several days). Calculus is a hard cement-like substance, which cannot be removed with a toothbrush. The dentist or hygienist will remove this extra layer from the teeth.
 - Gingivitis – when plaque sits at the gumline, it causes gingivitis. This is an inflammation of the gums, which renders them red and swollen. This can lead to pain. Gingivitis is reversible, and can be treated if the plaque is removed.
- 

Newsletter topic

What is Extensive Gum Care?

Why do I need Periodontal Treatment

Periodontal treatment is necessary to address and manage gum disease, also known as periodontitis. This treatment aims to control the bacteria that cause gum disease, which can lead to inflammation, bone loss, and eventually, tooth loss. By deeply cleaning the teeth and gums, periodontal treatment helps to halt the progression of the disease and preserve your teeth and surrounding structures.

What you can do at home

- Brush for a minimum of 2 minutes in the morning and evening with the correct technique for the type of brush you use.
- Interdental cleaning daily
- Visit your dental provider often and follow their treatment plan as advised.
- Use disclosing tablets to help improve your brushing.

Here's a more detailed look at the gum care treatment process

What Happens on the First Appointment?

Diagnostic xrays may be taken to determine the extent of the disease. A full mouth pocket chart will be completed and noted. This is measuring the depths of your pockets, any bleeding and plaque scores. Once the consultation is complete, the findings and treatment plan will be discussed with you. You may also receive the plan in writing/email.

What Are the Treatment Options for Gum Disease?

Depending on the severity of the condition. In some cases, a deep cleaning may be all that is needed to control the infection. More severe cases may require antibiotics, surgery, or a combination of both. In some cases, tooth loss may be inevitable.

What Happens After Treatment?

After treatment, it is essential to maintain good oral hygiene habits and visit your dentist regularly. You may be required to attend routine review appointments to make sure you are on track which will usually consist of more pocket charting to monitor your progress and further cleaning.





New Product ALERT
Available at Cranfield Dental Care



Zima Dental Pod

Zima Dental Pod - for effective dental appliance cleaner.

Any dental appliance that is not cleaned properly can become a breeding ground for bacteria, plaque and other pathogens posing a serious risk to those wearing it, as well as looking cloudy and dull. Designed to eliminate bacteria, viruses and pathogens. Keep your appliance looking clean and clear. Remove harmful plaque build up. Save time and effort.



What can the Dental pod clean?

- Aligner/Invisalign
- Retainer
- Mouth Guard
- Denture

£79.99

Important notice to our NHS patients

As you know NHS dentistry is hard to find. To maintain registered as an NHS patient at Cranfield Dental Care you must attend regularly.

What is the NHS Dentist 2 Year Rule?

Complete Guidance

The NHS dentist 2year rule is an important guideline for patients in the UK. It ensures regular dental check-ups and helps maintain good oral health. Knowing this rule can help you stay on top of your dental care. It can also help you avoid any issues with getting NHS services. This article will explain the NHS dentist 2year rule, how it works, and why it is essential for both patients and dental practices.

What is the NHS Dentist 2 Year Rule?

The NHS Dentist two-year rule means you should not wait more than two years between check-ups. If you don't see your NHS dentist within this time, you might lose your registration as an NHS patient. This rule helps encourage regular dental visits to maintain and protect your oral health.

Why is the 2 Year Rule Important?

Maintaining Oral Health

Regular dental check-ups are vital for maintaining good oral health. Dentists can detect issues early and provide timely treatment. This helps prevent more serious problems in the future.

We do not send 'you are due reminders'

The easiest way to manage your appointments is to ensure you book your 6 monthly appointment before you leave. We will send an email a week before to remind you of this appointment giving you plenty of time to re-book if you can not longer keep the appointment.

Please make sure your contact details are up to date.



**Revive and Renew
Fillers and antiwrinkle**



Anti wrinkle & filler treatments
Help you look younger & fresher

**Clenching or grinding? Jaw aching? Headaches?
Consider masseter muscle relaxation injections**

Book your consultation now Dr Punam Varsani
Consultations will be subject to a £50 deposit which will be
deducted from treatment costs



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



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 £9.50 per month 31p per day	Membership Plan £19.00 per month 61p per day	Gum Care Plan £30.00 per month £1 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/tabeco.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

May to Aug we lost 46.1 hrs due to failed appointments
Sept to Dec we lost 46.4 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.



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.



Patient Notice Board

Updated policy

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 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**

