

September 2020

Dear Patient,

Who would have thought a year ago that in 2020 we'd all be wearing facemasks or that you could co-ordinate your facemask with your outfit! By the way, we've loved seeing some of your colourful face coverings in recent months. Somehow we're all managing to adapt our everyday life to the new world we're currently living in and that goes for visits to the dentist too.

As the saying goes, "prevention is better than cure" and this is true of healthy mouths as much as anything else. We have always promoted a preventative approach to your dental care and thought it would be timely to remind you of what your dental check-up includes here at Station Road Dental Care:

- We ask if you are happy with the appearance of your teeth
- We ask how healthy you think your mouth is
- We ask if you have any problems or concerns
- We check the health and stability of any existing restorations eg fillings, crowns etc
- We check the health of your gums
- We check for the presence of any plaque as this can cause serious problems
- The TLCs : tongue, lips, cheeks, skin are checked
- We give you an oral cancer screening
- We check the health of your jaw joints
- Your neck is checked to ensure glands are healthy
- Your bite is checked for health and comfort
- We take dental x-rays to check under, inside and between your teeth
- These dental x-rays are studied to ensure bone levels around your teeth are healthy

We're sorry if you've not heard from us yet and would like to book in for your check-up – there's been quite a backlog of cancelled appointments from earlier this year to catch up with. Please do call us on 01332 512105 or email us on [enquiries@stationroad.dental](mailto:enquiries@stationroad.dental) and we will be able to make you an appointment with your dentist and/or hygienist.

Unfortunately, it seems that we are in for a long haul as far as coronavirus goes but we want to assure you that as ever our priority is your health and wellbeing, including your mouth health. Our well tested policies and procedures have been developed in line with advice given by the official healthcare bodies in England and it has been so encouraging to us that our patients who have been to see us in recent months are confident of their safety whilst with us in the practice. Do look at our "patient journey" tab on this website to see details on what to expect when you come for an appointment with us.

Please do remember that if it is not yet appropriate for you to come to the practice, or if you would prefer to delay your visit, we are still here to help you with any dental problems or queries you may have. Just give us a call on 01332 512105 or we can even give you a consultation by video link.

All the team here at Station Road Dental Care wish you all the best and look forward to seeing you soon.