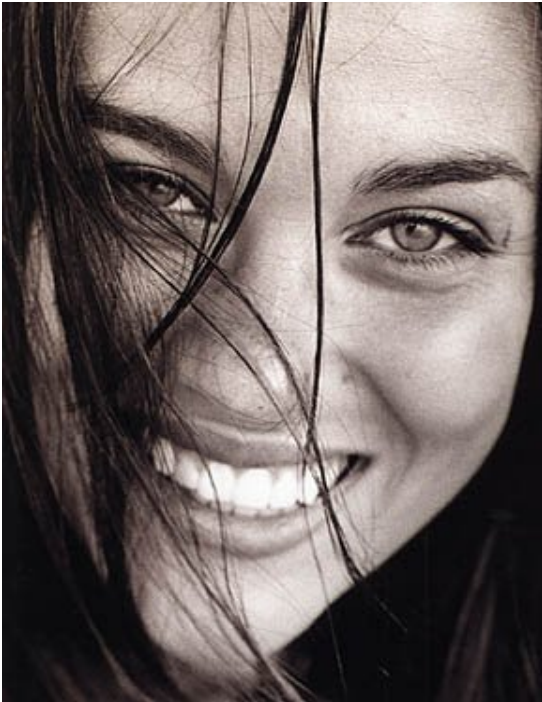


General care – Your Consultation



Our aim is to help our clients keep their teeth for life.

Stanhope Place Dental Practice has been established in the heart of Connought Village since 1980.

Please have a look through our website and you will see that our aim is to ensure that our patients stay healthy, look good and feel good, through genuinely excellent dental care in friendly and comfortable surroundings.

The advances in dental science and technology over the last decade, means that your smile can be rejuvenated to be white, healthy and natural looking in less time and with less discomfort than ever before.

At Stanhope Place Dental Practice you can be assured of our expertise in utilising high quality dental care to provide outstanding patient care.

We will always spend the time necessary to listen to your concerns about your dental and oral health. We have state of the art diagnostic technology, which combined with over 20 years of experience in provision of private dental care will allow us to explain to you how best you can look after them.

We combine high quality dental care and latest dental technology to give outstanding patient care

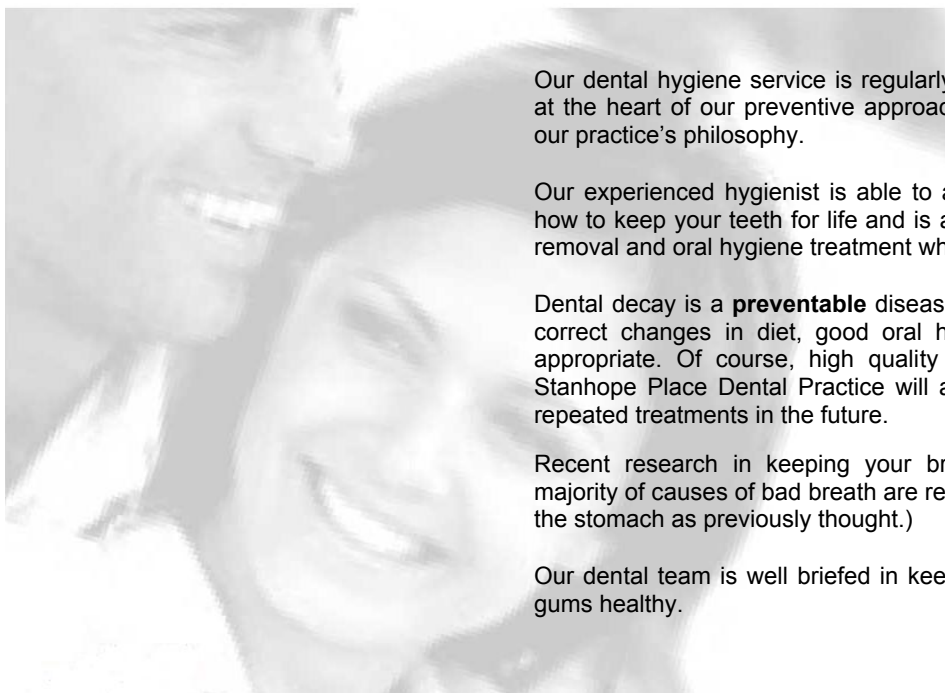
Following your consultation a detailed written estimate will be prepared and terms for payment outlined

Should you require dental treatment, we are able to provide long lasting solutions which are often invisible to your eye, leaving your mouth looking as good as new and we can arrange finance for your investment in your health to suit most budgets.

Making your teeth look good makes you feel confident. And that's all part of being healthy.



Preventative – keeping your teeth for life



Our dental hygiene service is regularly praised by our patients and is at the heart of our preventative approach, which is the corner stone of our practice's philosophy.

Our experienced hygienist is able to answer all your questions about how to keep your teeth for life and is able to provide comfortable stain removal and oral hygiene treatment whenever necessary.

Dental decay is a **preventable** disease. It can easily be controlled with correct changes in diet, good oral hygiene and fluoride use, where appropriate. Of course, high quality dental work provided by us at Stanhope Place Dental Practice will also mean you will need far less repeated treatments in the future.

Recent research in keeping your breath fresh has shown that the majority of causes of bad breath are related to your mouth (and not from the stomach as previously thought.)

Our dental team is well briefed in keeping your breath fresh and your gums healthy.

We also have a large stock of oral hygiene aids that we may recommend you use. Should you require more extensive gum therapy then our hygienists are trained to help you with further programmes and our periodontist is at hand too. Broken teeth can often be fixed with little or no discomfort and of course, if you have toothache, we have all the facilities to get you out of pain as quickly as possible.

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Sympathetic Care

If you require dental treatment or elect to have dental treatment (for example for cosmetic reasons), modern dentistry combined with our gentle approach can make your treatment quite comfortable. Many people have a genuine fear of dental treatment. If you tell us your worries, we can ensure that your visits to our practice are as pleasant and comfortable as possible.

Whether you require simple or complex dental treatment, we will ensure that any required treatments are carried out with the utmost sympathy and care, in order to ensure your complete comfort .

We will always offer you alternative options for your dental treatment so that you will be able to choose what suits you and your mouth best.

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Emergency Care



If you have a genuine dental emergency, we will try to provide treatment on the same day. Please ring early to avoid disappointment.

Out of hours, please leave a message at the practice and we will get back to you as soon as possible or **call Dr. Pourkavoos on 07887 702092.**

We know how reassuring it is to be in contact and we will endeavour to make ourselves available as soon as we can.

Post Extraction Advice

A clean and healthy mouth aids healing. Avoid smoking as this delays healing.

The following steps will help prevent bleeding and relieve soreness:

REST: Rest for a few hours following treatment and avoid strenuous exercise.

SWELLING: Some swelling is not unusual but it will reduce after 2-3 days. It may be reduced by ice or cold compresses held over the area.

RINSING: Do not rinse for at least 24 hours. For the following 2 days rinse your mouth gently after meals and before retiring using a mouthwash made by dissolving 2 teaspoon of salt in a mug of boiled water. Allow to cool enough so as not to burn your mouth. Hold this in your mouth for 1 minute, discard and repeat 2-3 times. As an alternative you can use Corsodyl mouthwash

FOOD: Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.

BLEEDING: Slight bleeding or 'oozing' may occur during the first 24 hours. Should bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen clamped firmly between the jaws for 15 minutes - repeat if necessary.

PAIN: Painkillers as necessary. Please try and avoid Aspirin.

If excessive bleeding, undue pain or other symptoms occur contact us for advice without delay.

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Diet for a healthy mouth



How Do Teeth Decay?

Tooth decay is the loss of minerals from tooth structure. Minerals are lost from teeth as they come in contact with acid in the mouth. Acid enters the mouth through food and drink (such as citrus fruits) and also by the action of certain bacteria on sugar and it takes approximately 120 minutes for acid on the teeth to be neutralised by your saliva.

At times when no acid is in the mouth, with the help of saliva, the tooth structure reforms. It is a high frequency of acid attacks in a day that causes tooth decay and not just the amount of sugar in your diet. More than 5 episodes of 'acid attack' per day will generally lead to 10 hours per day of mineral loss. At this rate, the tooth's structure can not be regenerated quickly enough and this will lead to a net loss of tooth structure, which is more commonly known as *decay*.

Ways to reduce 'Acid Attack':

- 1 Eat less acidic foods.
- 2 Reduce number of acid producing bacteria in your mouth and on your teeth through good oral hygiene routine and technique – a visit to our hygienist will get your brushing up to scratch.
- 3 Use fluoride containing toothpaste and dental hygiene products, Our hygienist will be able to advise you on the most appropriate products for you..
- 4 Reduce both the frequency of intake of sugar containing foods and drinks as well as their quantity.

We can provide toothpastes and rinses designed to specifically help teeth remineralise.

Interesting Facts:

The area of a tooth that has re-mineralised is more resistant to decay in the future. There are more than 400 types of bacteria in a healthy mouth – most of which cause no tooth decay, as they are unable to break sugars in to acids.

When checking food labels on prepared food, the higher up the list sugar is, the more sugar there is in the product.

Foods that are safe for the teeth: Milk, cheese, vegetables, fresh fruit, bread.

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How to be cavity free



Would you like to never get another cavity?

Yes, this is truly possible. In fact, if you follow just a few rules, you are almost guaranteed never to get another cavity.

Everyone has bacteria in their mouths. Decay happens when certain of these bacteria turn sugar into acid. This acid causes teeth to decay. Your saliva slowly neutralises the acid produced by the germs. It takes about 2 hours after having anything with sugar for your teeth to stop dissolving because of the acid produced by the bacteria in your mouth.

So, if your teeth are dissolving for two hours after you have anything with sugar and if you have three meals a day and nothing in between, your teeth dissolve for six hours a day. In most people, their teeth seem to cope with this.

Every sugary snack between meals adds an extra two hours to your dissolving time. Count up how many meals or snacks or drinks with sugar you have a day. Multiply that by two and you get how much of the day your teeth spend decaying.

If your teeth are exposed to 10 hours or more of 'acid attack' per day, then you may as well reserve a seat in our chair for fillings today!

Sugary snacks are the obvious problems - like sweets, lozenges, biscuits and cakes, but they also include drinks with sugar such as soft drinks, fruit juice, coffee or tea when taken with sugar. Did you know that a large McDonalds Coke has 22 teaspoons of sugar? It's full of acid too, which really wrecks teeth. A cup of juice is healthier, but still has 6-8 teaspoons.

The worst snacks are those you suck on for a long time, such as Polos. Even "healthy" snacks like health food fruit bars and dried fruit are loaded with sugar. Before all you "sweet tooth" people give up, there is a simple solution. All you have to do is bundle up all your snacks and juice and include them with the three major meals. This can seriously reduce the incidence of decay.

If you must eat between meals some things are tooth friendly. Most dairy products, fresh fruit (not dried) and vegetables are fine to have as snacks. Meat, cheese and the like are good too. You can drink water, milk, coffee or tea unsweetened or with sugar substitute, and watered-down juices in moderation. Diet soft drinks and sugarless gum are sort of tooth friendly unless they are acidic.

It sounds easy and it is.

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