



We've welcomed Gwyneth back after her maternity leave and we continue to offer increased availability and a wider range services.

## WHAT'S NEW AT COPPICE VIEW?



Our hygiene/therapists **Emma** and **Amy** are gradually increasing their working hours, so we are able to provide even more access for preventative care. Amy is now undertaking much of our paediatric (children's) dentistry,

and her gentle and reassuring manner has been really well received by our smaller clients! Amy is also able to help you with tooth whitening so please do ask her about it the next time you see her. We're currently working on bringing in an orthodontist to offer treatment for adults and children on a private basis. More details to follow on this...

## DENTAL HYGIENIST APPOINTMENTS

*there whenever you need us*

We will have recommended the recall interval that's right for you, which might include visiting the hygienist for preventative advice and gum health maintenance. Don't forget, you are welcome to book yourself an appointment for a freshen-up whenever you wish.

**A 30-minute gum health check with Amy or Emma is just £48.50.**

## WHY DO MY GUMS BLEED?

There are a number of reasons why your gums might bleed. Here, we focus on the five main ones. Please note, if you have constantly bleeding gums, you should consult your dentist as soon as possible.

### Do you have plaque build-up?

When debris in the mouth isn't removed, a soft, sticky bacteria-carrying film called plaque can result. This hardens and becomes tartar which irritates the gums and causes them to bleed. To avoid this, follow a regular routine of twice daily brushing with a fluoride toothbrush for at least two minutes, not forgetting to clean between your teeth with an inter-dental brush.

### Is your diet OK?

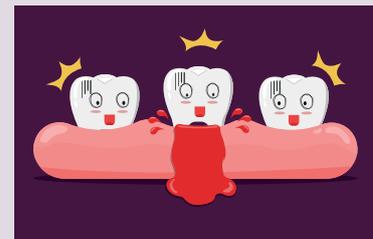
Ensure that you eat a diet that is rich in vegetables and, to a lesser extent, fruit. Avoid sugary treats and drinks - as well as the other health issues it brings, sugar encourages the development of plaque.

### Are the bristles on your tooth brush too hard?

Although it's tempting to think that a brush with firm bristles will do a better job of cleaning your teeth, in fact they may be causing irritation which can lead to bleeding. A medium bristled brush is generally better. Or, have you just started flossing or using an inter-dental brush? This might be the reason. Persevere, any minor bleeding should stop in a couple of days.

### Could it be your medication?

Either prescribed or over-the-counter medication could be at fault. If you are experiencing issues with bleeding gums and think this is the reason, consult your doctor for possible alternatives.



### Could it be your pregnancy?

Many pregnant women experience swollen and sore gums and bleeding when brushing their teeth. This is called pregnancy gingivitis and is a result of hormone changes in the body. While it's not a cause for concern, we recommend a dental check-up in the first trimester and being extra attentive in terms of oral care generally.

**As ever, we're here to help so please feel free to give us a call if you're unsure about any aspect of your dental health.**

## TOOTH WHITENING WINNER!

**Congratulations to Andrew Fogg, who won a bespoke tooth whitening kit as part of our Refer a Friend scheme.** We can't thank you all enough for your kind recommendations, and would urge you to continue to spread the word to friends and family about the special team we have here.



## Staff updates



Dawn departed on maternity leave in December and we are delighted to welcome **Nicole** who joins us from a practice in Bradford.

We congratulate **Janet** on her new position as **Clinical Manager**. Janet has been with Coppice View for over 30 years and almost all of you will have encountered her at some time or another - she is very much at the heart of the business and she plays a significant role in the day to day running of the practice. We are delighted to acknowledge this formally with her promotion.



**We are very lucky to have such an experienced and professional team supporting the dentists and we are certain that you appreciate the great work that Janet, Lynda, Gillian, Marie, Nicole and Kelly do to make your visits as smooth and comfortable as possible.**

## HOW TO DEAL WITH A KNOCKED OUT TOOTH

Hopefully not something you'll ever need but this is really important!

**If you only remember one thing from this newsletter, let it be this: PICK IT, LICK IT, STICK IT.**

We've printed a guide on the back of this newsletter so please share it with as many people as possible and maybe one day it'll help someone. It only takes a minute to read through but once you know what to do, you'll be well equipped to deal with a knocked out tooth. As ever, we're here to help so with any dental emergency just call and we'll be there for you.



## Save a knocked out tooth

**PICK IT**

**LICK IT**

**STICK IT**

**In the unfortunate event of a tooth being knocked out of the mouth:**

1. Keep calm
2. Find the tooth & **PICK IT** up by the crown
3. Clean the mouth by rinsing with water
4. Mop up any blood with a tissue
5. Hold the tooth by the crown only



If it is visibly dirty get the person to **LICK IT** clean OR pour water over it  
DO NOT scrub the tooth

6. Gently **STICK IT** back into position
7. Bite down on a hanky or a tissue



Hold the tooth by the crown only

**Go to a dentist as an emergency**

**If you are unable to reposition the tooth  
put the tooth in MILK and go to a dentist immediately**

**\*\* NEVER replant a baby tooth \*\***

[www.dentaltrauma.co.uk](http://www.dentaltrauma.co.uk)

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