

# Coppice View NEWS



Coppice View  
DENTAL CARE

2019 - ISSUE 1

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## LEADING THE WAY IN ENVIRONMENTALLY FRIENDLY DENTISTRY

Recently we've been giving a lot of thought to the environmental impact of our day-to-day practice. We're all more than aware that we need to be doing everything we can to help our natural environment.

The good news is that we're already doing our bit. For example, by using digital radiography there is no requirement for the gallons of developing chemicals per year used in the production of films, not to mention the reduction in lead and plastic waste production. Our continued move to reduce the number of mercury-containing amalgam metal fillings and employing a mercury/amalgam scavenging filtration system eliminates the release of metals into the environment. Our CEREC in-house CAD-CAM system decreases the use of impression materials and the casting of stone models and eliminates transportation to laboratories.

We're doing what we can and will be developing this area of our practice throughout 2019 so

look out for further updates.

In the meantime, make sure you remember to bring in all of your old toothbrushes, empty toothpaste tubes and packaging (no floss or interdental cleaning aids yet sadly) to our recycling point in the reception area. We are the only location in Harrogate able to offer this service at present so please do share this with friends and family – you don't need to be a member of the practice to drop off any products to recycle.



## Improving your smile with Invisalign® Go

We believe that less is more, and we aim to use minimally invasive techniques to create a beautiful smile. With the introduction of Invisalign® Go, this has been made possible.



Invisalign® Go is a removable clear aligner system used when there is mild crowding or overlapping of the front teeth. It is a safe, easy and quick way of moving the teeth into the ideal arch position without getting the dental drill out. In most cases, teeth straightening can be achieved within 3-6 months, compared to up to 2 years with more conventional methods.

The Invisalign® Go system uses clear, nearly invisible aligners (plastic braces that fit over your teeth) to gently move the teeth into the desired position while straightening them at the same time.

## NEW WEBSITE AND INSTAGRAM ACCOUNT!

We're further embracing the digital age and now, in addition to our Facebook and Twitter (@CoppiceView) accounts, we are on Instagram too. Find us @coppice\_view\_dental\_harrogate. Please do take a moment to follow us for news, updates, offers and insights into our world.

If you haven't yet visited our smart new website, then we'd love you to take a look and let us know your thoughts. Same address as ever, it's [www.coppiceviewdental.co.uk](http://www.coppiceviewdental.co.uk). There's lots of information about the practice including an update on each of the dentists.



## SHERIF JOINS THE TEAM



We are delighted that SHERIF ABBAS AII DDS BEng (Hons) MFDS RCS (Glasgow) MSc Oral surgery MSc Restorative dentistry has joined us to take up Gwyneth's position at the practice. He brings with him a wide range of new skills and treatments to broaden our offer.

As well as providing all elements of general dental care, Sherif is able to offer Invisalign® Go (to straighten crowded front teeth) as well as comprehensive smile makeovers and aesthetic consultations. He also has experience in dental implants, facial aesthetics and intravenous sedation. We are very lucky to have him joining us and we're sure you will find him warm and approachable, in line with the high values we hold at Coppice View.

Sherif will be at the practice on Wednesdays and Fridays. For appointments with him, please contact our reception team as usual.

## COMPETITION WINNERS

Congratulations to SARAH GUTHRIE and PAUL TAYLOR, winners of recent refer-a-friend draws. Many thanks to all of you who continue to recommend us to friends and family.

Remember, each time you refer a friend we'll enter you into our monthly draw for the chance to win a bottle of champagne. Thanks again, we really appreciate your support.



## GWYNETH TAKES ON A NEW CHALLENGE

"After six happy years at Coppice View, a position has arisen at a practice much closer to home, so with two little ones now, I have decided to make the move. Otilie Alba arrived in October, a little sister for Faris, so life is now busier than ever!

I'd like to take this opportunity to thank all of my patients and the staff, especially Mike and Karen. I have thoroughly enjoyed getting to know you all and working with the team and wish them continuing success at the practice."

We're sure that those of you who know Gwyneth thank her for her help over the years and will wish her well in her new venture.

## THE COPPICE VIEW BLOG

We're now posting articles weekly on our blog so do please visit us as [coppiceviewdental.co.uk/blog/](http://coppiceviewdental.co.uk/blog/)

# AMY'S JOURNEY TO EMBRACING THE BRACE!

Our dental therapist Amy Hardisty has recently undergone orthodontic treatment to straighten her teeth. She has kindly shared her thoughts during her four-month journey to smiling with confidence.

## Amy's story

Many of us, sadly, are self-conscious about our image and I for one am no different. With so many quick fixes available nowadays I often caught myself contemplating 'Do I need this?' or 'How might that work?'

Let's face it, I only ever have myself to blame for those extra pounds gained but what about my crooked smile? One of the few things I can't claim as self-inflicted. This quirk often meant I smiled with pursed lips, covered my mouth in a moment of laughter or I'd strategically position myself so only my good teeth were on show. Silly, I know, but all true.

As I write this, I'm ecstatic to be able to say that these self-conscious moments will soon be a thing of the past. I've chosen to get braces as a 30-something mum of two. And why not!

My story will give you my insight and experience of treatment with the friendly specialist team at **Yorkshire Orthodontics** (Coppice View's orthodontic partner). If you can relate in any way to this, I hope it may inspire one of you to 'embrace the brace' at any time of life. I'm so excited to soon be smiling with absolute confidence!



## Consultation Day

Today's my first appointment with the orthodontist **Peter Boyd**. I'd anticipated feeling a little intimidated as one often does with specialists, but Peter and his nurse were both very welcoming and I was soon sharing all my thoughts about my teeth.

Photos and impressions were then taken followed by a single X-ray to check all my teeth for good health. I felt nervous about the outcome, but Peter was able to tell me there and then that my teeth were in good shape and that a number of teeth-straightening methods were available to me.

## Treatment Plan

With all the options on the table and my concerns about having a brace that was noticeable allayed, Peter suggested clear ceramic braces which would be fitted to the outside of the teeth. With this form only a fine metal wire would be visible. Magic! It ticked all my boxes and although under no pressure, I committed to treatment that day. I practically skipped to reception to book my next appointment. The buzz of finally doing something just for me isn't something you experience often with having young children. I definitely felt I'd earned this self-indulgence.

## Day 1 with Braces

**45 minutes...** that's all it took to fix my new brace – top and bottom! The nurse and Peter were super quick, and I didn't feel a thing! I'm amazed and grateful for their gentle approach. Once completed I was asked to take a look, expecting to see nothing but braces filling the mirror, but I found myself drawing my reflection much closer. It's so much less apparent than I had imagined. The rubber bands which help move the teeth into position are a pearly white and arguably make my teeth appear even whiter in contrast. Despite the appearance being discreet I certainly feel I have a mouthful at the moment, but I'm sure I'll adjust in time.

## Aftercare

The team advised me on how to clean my newly revamped teeth and how to manage any soreness during the first days of adjustment. With the brackets of my braces being white, I'm told of the risk of stains building up from certain foods and drinks but am reassured there's no need for complete avoidance. My morning coffee can remain on the menu... Phew!

Peter has again explained very clearly to expect some soreness initially as well as some tenderness from the teeth, but he reassured me, saying that this will ease over the first week. What's more, he tells me it's a clear sign that my teeth are on the move!

I certainly haven't felt any immediate discomfort after the appointment. I left feeling really quite excited to show my braces off! I'm back for a review in 6-8 weeks but for now this is me for an estimated 12 months...

## 1 week after

So, my first week with my braces. It's been disappointingly unremarkable. I walked out of the clinic expecting my braces to be the featured topic of conversation amongst friends and family this week, but how wrong I was. The irony of having to point out to nearest and dearest that I even have these braces is laughable. Comfort-wise my teeth are starting to feel a little tender today so I'm opting for some softer foods than normal but nothing worthy of a pain killer.

## 1 month after

After one month with braces things are really starting to settle in. I'm in zero discomfort despite having the odd ulcer in the first weeks and feel quite content with the prospect of managing another 11 months wired up.

Of course, some adaptations have been needed... I recall a moment last week where I was faced with the dilemma of eating something potentially messy – pesto pasta!

Luckily, I came prepped with my interdental brushes, compact mirror and toothbrush which are now a handbag fixture. These have been great to have handy and I use them daily to keep my gums healthy throughout treatment.

## Week 10 – My first review

Today I had my first review to check how my new ceramic braces are performing. At this point I'm almost forgetting I even have them. I was seen by Peter once again and it was great to see a familiar face. He's happy with the movement of my teeth so far and I myself can already see some very big improvements, especially to those teeth which were more noticeably crowded.

My tooth-coloured rubber bands have some slight staining, but I'd say they coped well with my regular coffees and let's not forget the red wine!

No brace tightening today as Peter reports my teeth are moving well but he has replaced my rubber bands back to the pearly whites which have made my teeth look lovely and naturally white. A completely pain free visit once again and back again in 7 weeks.

## Week 17 – Success!

It's 4 months now since my braces were fitted and I'm back for my second review with Peter and the team. To my eye, my teeth are looking almost perfectly straight already, and I've had numerous compliments from friends and family about how great they look! It's amazing to see such rapid results.

After the check over today, Peter has decided to do my first adjustment or "tightening" as people often refer to it. I'm told to expect some tenderness for a day or two but after the rapid changes I've seen I know it's more than worth the mild discomfort.

The best news from today is that things are well on track, so much so that I may be finishing my treatment earlier than the 12 months estimated. ***I'm so excited to smile with absolute confidence!***