

Coppice View NEWS



SPRING 2025



TOP TIPS FOR GOOD DENTAL HABITS IN 2025

Let's continue into 2025 with good habits for our dental health.
Here are our top tips for great oral health and dental hygiene:

Brush your teeth twice daily for two minutes

This is the big one! Regular brushing for at least two minutes twice a day with a fluoride toothpaste will ensure that your teeth are free from the bacteria that cause decay and gum disease. And remember not to rinse your mouth after brushing – this washes away all the beneficial fluoride. If you have dentures, remove them at night to allow your teeth to rest.

Use an interdental brush

Plaque hides in the spaces between your teeth so use an interdental brush to reach those awkward areas that your toothbrush can't get to. An interdental brush is more effective than floss, ensuring that all of the spaces between your teeth are thoroughly cleaned.

Regular check-ups with your dentist

Twice-yearly visits to your dentist are necessary to ensure that any issues are identified before they can occur and gives you the chance to discuss anything that is concerning you.

Book an appointment with your hygienist

Regular visits to the hygienist can deliver lots of great benefits, including:

- Giving your teeth a thorough clean using specialist equipment
- Providing advice on correct brushing techniques and the best tools to use
- Giving you a whiter smile! Many foods and drinks will stain your teeth. These stains are usually on the surface of your teeth and can be removed with professional treatments such as air polishing, leaving your teeth feeling super clean and whiter!

Maintain a healthy lifestyle

Eating lots of vegetables and fruit and drinking at least a litre of clear water each day will do wonders for your health, especially if you also reduce your intake of sugary foods and drinks.

Exercise is also great for your dental health! Research shows that regular exercise improves your body's digestive system and its ability to absorb nutrients and eliminate waste. With the right nutrients, your body's immune system is boosted, ensuring that you will naturally have a lower chance of developing gum disease.

Limit your alcohol consumption

Drinking alcohol has a direct effect on your dental health. It causes a reduction in saliva flow meaning that less bacteria are naturally washed off your enamel. Alcohol metabolises into sugar, which attracts the bacteria that cause cavities in the tooth's enamel leading in time to tooth decay. Heavy alcohol consumption can weaken the immune system, making it harder to fight off such infections as gum disease, characterised by bleeding gums, plaque, gum recession, infection, and the development of pockets where the gums pull away from the teeth.

Quit smoking

If you smoke, you are up to six times more likely to develop gum disease and potentially experience tooth loss. This is due to the detrimental effect that smoking has on the body's immune system. If you'd like to stop, we can help. We can offer guidance on the best ways to quit, and to help manage any smoking-related problems that you may experience.

Consider taking out a Denplan membership

Having a monthly payment plan like Denplan will encourage you to keep up with your regular checks with the benefit of not having to worry about the costs as your examination visits are included. Please visit our **Denplan page** for more information.

If you have any questions on these points or would like to make an appointment with one of our hygienists, please get in touch here.



WELCOME TO SHASHIKA!

We are very pleased to welcome
our new hygienist, Shashika
Wijerathne to Coppice View.

Shashika works at the practice on Fridays
and provides our full range of treatments,
including tooth whitening and air polishing.

AIR POLISHING

THE QUICK AND EASY WAY TO IMPROVE YOUR SMILE!

Air polishing is a fabulous, pain-free way to effortlessly clean away those stubborn, superficial stains from the surface of your teeth that have been caused by tea and coffee, red wine, smoking or certain foods.

What's involved?

Here at Coppice View Dental Care we use the Airflow system – a fine jet of compressed air, water and a powder that gently polishes away stains. It works particularly well on discolouration between gaps which are difficult to reach with normal brushing.

How long does it take?

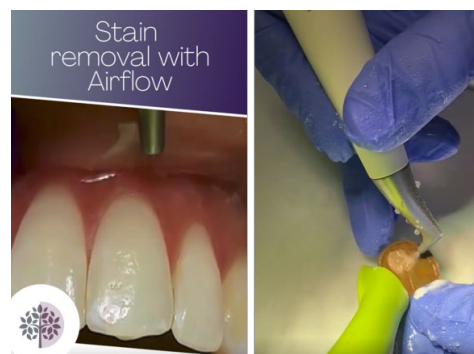
An air polishing appointment takes around 30 minutes, during which your hygienist will talk you through the procedure and the results you can expect, carry out the treatment and then show you the finished results.

How much does it cost?

If you are a member of one of our Denplan membership schemes, air polishing is £30.00 in addition to your usual fee on your comprehensive care package. Otherwise, please review our **Price page** for full details www.CoppiceViewDental.co.uk

FURTHER INFORMATION

Watch our video on [youtube.com](https://www.youtube.com) to see how quick and easy it is to polish away those stains!



Dental Implant FAQs

The decision to go ahead with a dental implant is not taken lightly. There are lots of considerations around cost, the treatment itself, and how the implant will look and feel. To help, we're sharing answers to the questions we're most frequently asked by patients thinking about having a missing tooth replaced.

What exactly is a dental implant?

A dental implant is an artificial substitute for a missing tooth (or teeth). The implant itself is a small metal screw that is securely positioned into the jaw bone. Once the screw has fused to the jawbone, a natural-looking tooth, made from porcelain, is fitted on top. Dental implants can be used to replace a single tooth or several teeth.

Will it hurt to have an implant fitted?

Our patients are often surprised at how little discomfort they experience during the implant treatment. Any discomfort can usually be managed at home with normal painkillers. Minor swelling sometimes occurs, and this is normal. It will subside within a few days after surgery.

How long will dental implants last?

Dental implants can last many years, but this is dependent on your dental routine. Good oral hygiene, a healthy diet and regular visits to see your dentist will help ensure the best, long-lasting results.

Who can have dental implants?

Adults with good dental and general health will usually be suitable for dental implants. A chat with your dentist will confirm that it's right for you.

Who might not be suitable?

Young people whose mouths and jawbones are still growing are usually not suitable. Someone who smokes, or drinks heavily, may also not be

suitable for treatment as these habits increase the risk of problems occurring. Those with gum disease may need to improve the health of their gums before implant treatment can be carried out.

How much does a dental implant cost?

The cost of a dental implant will vary depending on how many you need, the type of false tooth (or teeth) you choose and the overall treatment time. Your Coppice View dentist will provide a tailored treatment plan and give you all the details about the expected costs. Dental implants are usually more expensive than other alternatives to replace missing teeth, but they are also likely to last longer than other treatments for missing teeth.

