

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



IN THIS ISSUE:

1 - We had the chance to sit down with one of our patients and find out about her smile journey

2 - Got no plans for the next month? Have a look at what's going on in the North East

3 - J Dalby & Sons, a family run business for over 50 years and our business of the month

4 - 3 tips to get your children brushing their teeth and enjoying it!

5 - Receding gums or dark lines around your implants? See how we transformed one patients smile with minimal treatment

COMFORTABLE IN FRONT OF A CAMERA? WE ARE LOOKING FOR PATIENT TESTIMONIAL VIDEOS

We've been video interviewing patients so that we can share their feedback with the world. These videos help people find out what Ewan Bramley Dental Care is really like and how the treatment process works through the eyes of the patients.

We are searching for the next stars of the show, could this be you? If you are comfortable in front of a camera (it's just an iPhone don't worry!) and have undergone treatment at the practice then please get in touch with us.

The format of the interview is very simple, we will have a camera set up to the side while we ask you a few questions about your experience. Nice and easy!

If you would like to see the videos we have done before, head over to our YouTube channel - <https://www.youtube.com/user/ewanbramleydental>

If your video gets selected, we will give you either a free hygiene appointment or extra tubes of whitening gel!

Interested? Get in touch with us by emailing us at reception@ewanbramley.com.



THANK YOU & GOODBYE TO DAVE

We would like to say a huge thank you to Dave Vieve, Implant Surgeon, who has been with us carrying out some amazing All on X Surgery transformations. Dave has decided to leave the practice to focus on his own practice in Harrogate. We wish him all the best for the future!



Dave completed the treatment in the before and after pictures to the left and we think this has to be one of the most transformative smiles we've seen over the many years of All on X that Dave has completed.

This surgery was carried out in one day and gave the patient a full arch of new teeth on just 4 implants in their upper jaw and 4 implants in their lower jaw.

This patient has had a **bridge to replace missing teeth and veneers to build a more natural look** and feel on their original teeth, giving them a brand new smile! In between treatments they've also visited our hygienists for a professional plaque & stain removal.



Amazing transformations don't always need to be huge!

Here are some small changes by Dr Jarlath that have made a big difference to someone's smile.

Composite chip repair



Mild orthodontics



Edge bonding



HAVE YOU MET HARRIET YET?

Harriet is our very own Facial Aesthetic Nurse Practitioner! She provides natural aesthetics at the practice for both patients and non-patients, so if you're looking for a fresher, brighter and more natural version of yourself book a free consultation with her to discuss treatments.

Here's a message from Harriet:

"Pretty new to the team but not new to Facial Aesthetics!! I have over 10 years experience in injecting both botox and dermal fillers.

I have just left the NHS after 23 years of very rewarding and enjoyable nursing. Nursing the folk in Wallsend has been an absolute pleasure and privilege and something I hold very close to my heart. However it is time for a change, and with a current interest in aesthetic practise and an established skill set it is the obvious and natural path to follow.

Plus, I'm married to Ewan! We have a collection of children between us. All of them gorgeous of course and we have Harry too who is absolutely the most handsome dog in town...

My philosophy is to foster open supportive dialogue allowing clients to feel comfortable and happy to discuss the concerns that they may have with their skin. The consultation and information giving process is the lengthy aspect of the appointment, but ultimately the most important. This is inclusive of a full medical history, medications, allergies etc.

Once this important aspect is completed the injecting certainly for botox and most fillers is fairly slick and quick...

Many clients admit to it not being as uncomfortable as the dentist..!!! And we always have local anaesthetic for the more faint hearted, I am one!

Ultimately my goal is to give you a bespoke treatment that puts a smile back on your face and a spring back in your step. And hopefully make you feel just a little bit more gorgeous than you already are..

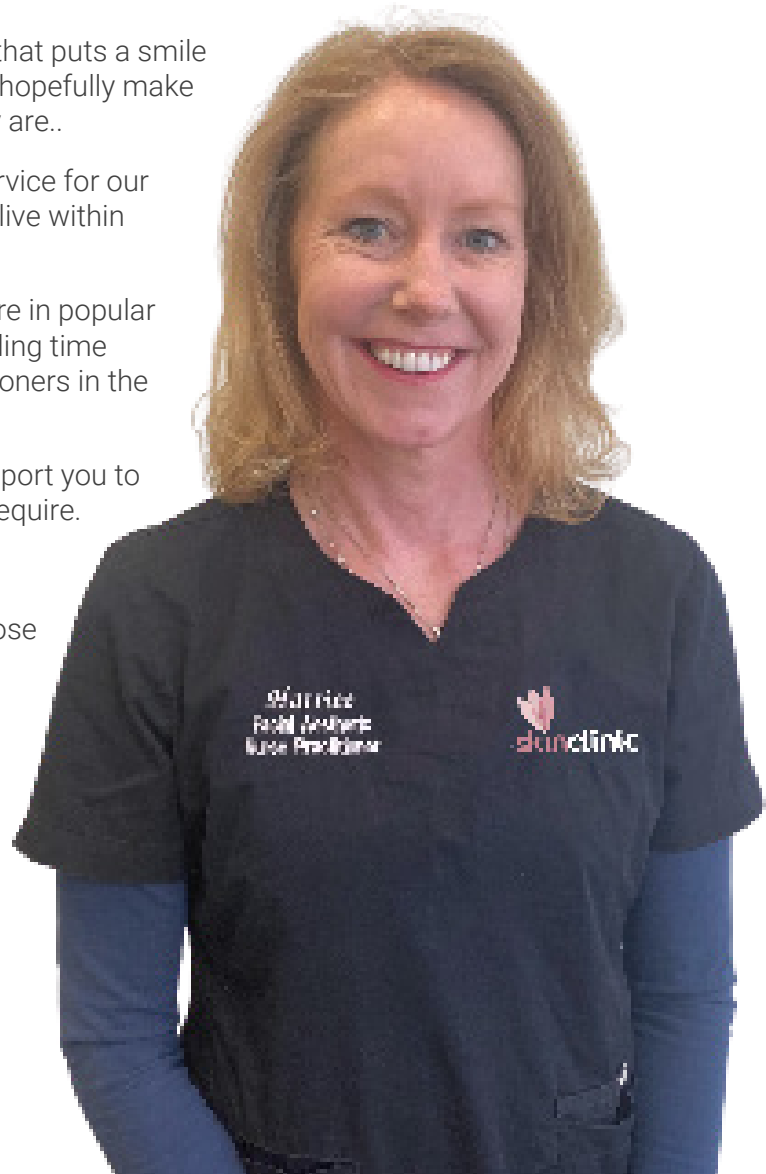
It is an exciting venture, an opportunity to develop a service for our dental patients but also for the lovely geordie folk who live within reach of the practice.

We are keen to develop services and treatments that are in popular demand, let us know your thoughts. I am always spending time upskilling and training with some of the leading practitioners in the field, and have an ongoing development training plan..

If I can't meet your needs, and hopefully I can, I will support you to find a practitioner who can provide the treatment you require.

[See the price list for full details of treatment offered...](#)

And I look forward to meeting you if you decide to choose Ewan Bramley Dental Care for your discrete facial aesthetic care...



WHAT'S GOING ON?

The latest news, events and food & drink on the coast.

A night of open-mic poetry & flash fiction

Are you creative, a wordsmith, poet, writer? Come along to the open-mic night at The Engine Room on North Shields Fish Quay and you can get exposure and support from like minded people at this free event.

This event falls on **Tuesday 7th June**, head down early and talk to the event organisers if you want to be involved.



A little slice of Argentine culture in the North East

Fancy a dance? Join in on Argentine Tango dance classes with Hannah Johnson at Tynemouth Social Club. Traditional milonga with a few contemporary tracks thrown in.

If you haven't danced before, no problem! All experience dancers are welcome. Come and have a drink, have a chat and see what it's all about.

Classes are every Thursday at Tynemouth Social Club, Front Street. Entry is £8.

New pub on the block, The Saltwater Tavern

The Staith House was an award winning Gastropub, but after many years the team behind the pub have moved on to focus on their new venue, Route, in Newcastle.

New owners, Vaulkhard Group, have taken over and rebranded to The Saltwater Tavern, with a new makeover inside and out bringing the venue back to life after a short closure.

The dog-friendly traditional pub now serves the finest real ales alongside a wide selection of spirits, cocktails and beers. Head down and check it out, they also have a massive outside beer garden!



BUSINESS OF THE MONTH

High Tide, overlooking Cullercoats Bay, serves fresh bistro food from a seasonal menu. The delicious food and incredible service make it a Northern Gem.

High Tide opened in 2018 by wife and husband team, Joanne & Nathan. Inspired by travel and a passion for different cultures, High Tide offers you dishes from all around the world.

They use the freshest ingredients from local suppliers as well as stocking the finest North East spirits and ales, supporting fellow local businesses and being a proud Northerner is the soul of the venue.

On the menu you will find a range of small plates from different cuisines; salt & chilli calamari, greek salad, spiced lamb kofta, melanzane parmigiana and much more. Fancy something larger? They have sourdough pizzas and a selection of special seasonal dishes that change every weekend. Taking kids? They have them covered too with a kids menu.

Our absolute favourite is their Sunday Roast, as you can see they are delicious! They serve Beef, Lamb, Pork, Chicken & a mixed meat if you're up for it. Plus, a three nut roast that can be vegan or vegetarian if needed.

A recent upstairs conversion now houses a snug bar with the most amazing view over Cullercoats serving pints, wine, cocktails, shots and much more! You can still pop in for a drink if you don't fancy something to eat.

If you want to dine at High Tide we highly recommend booking as they can get very busy.

To book call them on 0191 2513065/07801659931.



"Just had a family lunch all 34 of us. Food was outstanding, plentiful, hot and delicious. Staff were friendly and extremely attentive. Would I recommend the Restaurant - yes with out a doubt. The Restaurant was warm, friendly, excellent decor and amazing views. Already looking at the menu for another visit. A hidden gem, well worth a visit."





LOOKING AFTER YOUR ORAL HYGIENE WITH FIXED BRACES

Once having your braces fitted, it is very important that you maintain good oral hygiene throughout the treatment to prevent tooth decay and gum disease.

To get you started we will provide you with a hygiene goody bag that includes; Interdental brushes, Single tufted brush and Orthodontic wax.

Interdental brush



Single tufted brush



Orthodontic wax



To maintain a high standard of oral hygiene during your treatment, please ensure your home care routine includes:

- Brushing teeth morning and night for at least 2 minutes using a fluoride toothpaste
- Spit out excess toothpaste, leave remaining toothpaste on teeth, don't rinse with water or mouthwash afterwards
- Toothpaste should be the last thing on your teeth before you go to sleep
- We also recommend an Oral B rechargeable electric toothbrush with Cross Action heads. (Oral B Pro 2 model is a great model to start on)
- Use interdental brushes for in between the teeth and around the bracket and wire to get to the more difficult areas your normal toothbrush struggles to get into (If you are unsure how to use interdental brushes or the single tufted brush, our hygienists will be able to show you how)
- A single tufted toothbrush will also assist these more difficult to reach areas
- Cleaning teeth after 1 hour after meals so that food is not sitting around the brace is also very important.

Diet

After having braces fitted you will need to slightly alter your diet;

- Try to cut back on sugary and acidic foods such as sweets and fizzy drinks etc. Sugar that is left sitting on the teeth and around the brace can eventually lead to tooth decay
- Try to avoid eating foods too crunchy or hard, liked boiled sweets, crusty bread etc, this can cause the brace to break and will need repairing

Discomfort after brace fitting

Your braces may rub against the inside of your mouth causing irritation. We will provide you with orthodontic wax to shield any troublesome areas, all you need to do is rub the wax on the part of the brace causing the irritation.

Whilst becoming familiar with your new braces, it's likely your mouth will be sore for a week or so after fitting, but don't panic, this is normal. Your brace shouldn't be too painful, but aching is completely normal as your teeth begin to move. To help relieve the pain, you can take over the counter pain relief but please ensure you read all the information on packaging and do not exceed the recommended dose.