

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



IN THIS ISSUE:

- 1 - Read about a patient's journey to a new smile.
- 2 - Treatment of the month - Dental Crowns! Jarlath our lovely dentist talks you through the treatment.
- 3 - See what's going on in the North East over the next month
- 4 - They stand for uniqueness, fun and GLAM. Our business of the month is Glam Queen.
- 5 - Do you have kids who are nervous about coming to the dentist? Here's a few tips to get them excited for the appointment

RISE IN COVID CASES: TAKE PRECAUTIONARY MEASURES

As you may know we have lifted COVID restrictions within the practice, you don't need to wear a mask anymore and the reception area is now open for you to wait in before your appointment. Our staff members will still be wearing masks and taking other precautions in surgery as required by the CDC.

If you feel more comfortable continuing to wear a mask, please do so, although we do our utmost and follow all safety guidelines there is still a small risk when coming into the practice.

Currently, wearing a mask is advisable but not mandatory. However, we have seen a rise in cases in the last month and have had a number of staff absences. Therefore we will be reviewing our safety measures in the coming days.

If there are any changes to our mandatory safety measures we will inform all our patients before they enter the practice.

Please feel free to contact us with any concerns or questions.



PATIENT JOURNEY

We had the chance to sit down with a patient and talk about her journey to a new smile. Here's her story...

How long have you been with Ewan Bramley?

Well I had a consultation in September 2020 and have been with the practice ever since.

How did you hear about us?

I have a couple of friends who have had treatment here and I also live round the corner so I walk past the practice all the time.

Are you on one of our Dental Plans?

Yes, I am on a dental plan, I have been since I finished my treatment. I'm on the smile for life plan where I see a hygienist and get free repairs of my retainers and things like that. Being on the plan gives me peace of mind that my teeth will stay straight and in good condition, I'm bad at booking appointments so being on a plan means I have to come to the practice regularly.

Do you see a hygienist?

Yeah, I do, I see Yasmin every 3 months and it's amazing. My teeth always look super

white and I've have loads of advice on how to keep my oral hygiene at a high standard especially with having a fixed retainer. I would definitely recommend coming to the hygienist.

Have you had any cosmetic treatments at the practice?

Yes, well I initially came to the practice for veneers but after a discussion with Ewan I ended up with a fixed brace and aligners. Once that was finished I then had some composite bonding. I'm also going to change my silver fillings to white.

How was the treatment process?

It was great! As I said I originally was interested in veneers as I thought that's what



would be best for me but actually a fixed brace was best. My consultation was with Ewan and he made me feel really at ease (I really don't like coming to the dentist), he took into consideration my fears and explained a few different options to get the result I wanted. We agreed that a fixed brace, clear aligners and composite bonding was the best.

Ewan explained the treatment process thoroughly and any questions I had during the treatment the reception team were really helpful and friendly. I actually took out finance to pay for the treatment and had some issues with the form as I had recently moved house and Richard (the practice manager) helped me sort it out.



When I had my clear aligners there was a couple that were a bit rough and were cutting my gums, I took them to the practice and they fixed them straight away!

The whole treatment turned out to be a lot quicker than expected which was great as well.

What did you think of your smile before and after the treatment?

I really didn't like my smile beforehand, I was very self conscious about it, I didn't like smiling in photos or anything like that. I hadn't done anything about it because I didn't think I could afford it but going for a consultation with Ewan it was something I could afford!

Now that I've had my treatment and they are all done I can't even begin to explain how much I love them and how much confidence it's given me. I get so many compliments as well, people that I haven't seen in a while and even friends who see me all the time!

How was the overall service?

It's been amazing, the staff are so friendly, helpful and knowledgeable! Any question or problem I've had they've always answered straight away. They make you feel so welcome the moment you walk through the door, everyone just has a laugh and smiles!

Would you recommend us to friends and family?

Yes! Everyone who compliments my teeth I tell them about the practice and how good it is.



***Book a free
consultation today!
Call our reception
team on:
0191 259 6506***

TREATMENT OF THE MONTH

DENTAL CROWN!

An interview with one of our Dentists, Jarlath McAteer



A crown is something which is placed on top of the tooth, like a cup which is used to provide the tooth with additional strength or to restore the tooth back to its natural form, size and function. Generally, teeth which need crowns are normally teeth which have been heavily filled in the past, heavily restored, or are teeth which are broken down and need to be built back up again to improve function or to improve aesthetics.

Who would benefit from a crown?

Patients who would mainly benefit from crowns is patients with big fillings, it generally does tend to be the older population as dentistry in the 60s/70s/80s was a lot more aggressive. These big fillings were great a long time ago but over time they tend to crack and break a tooth. With this we can either do a crown or an onlay which is kind of like half a crown.

A common complaint from patients is that they have an old crown which has got some metal shining through and they don't like it anymore. We can normally replace it with a fully porcelain crown, much better for the tooth and conservative to the tooth structure as well which tends to give you the best aesthetic outcome.

What's the procedure like?

The procedure for a crown starts the same way every procedure normally begins at the practice is with a new patient examination, we'll take some X-rays of the teeth, we'll do a thorough examination of your teeth and mouth. A crown involves two appointments over the course of two weeks. The first appointment is where we prepare the tooth for a crown, that involves removing any old bits of filling or decay which is inside of the tooth and then cleaning everything up and then we place a temporary in the tooth for two weeks and get you back in to fit the crown.

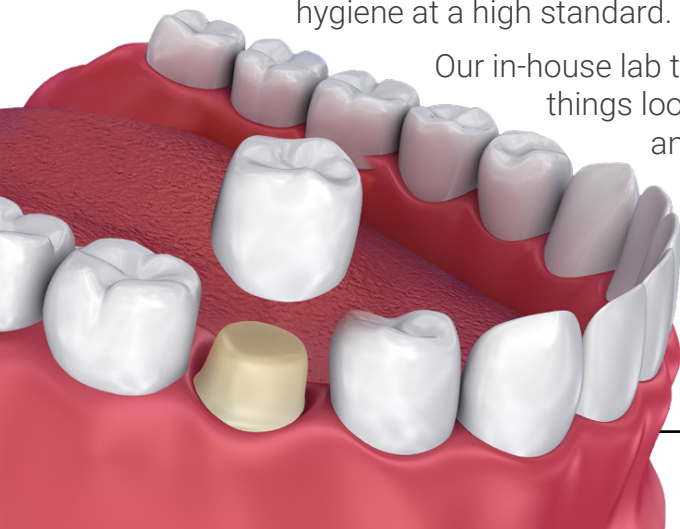
When you have the temporary crown in, you need to be a little bit more careful with what you're eating and drinking. It's not as strong as the permanent crown so nuts and other hard foods you need to try and avoid until you have the permanent crown fitted.

Do I need to have any particular aftercare with a crown?

Once the permanent crown is fitted it functions and looks just like a normal tooth and it doesn't need anymore maintenance than a natural tooth would. Regular flossing, interdental brushes and daily brushing plus seeing the hygienist on a regular basis is what you need to do to keep your oral hygiene at a high standard.

Our in-house lab technician, Phil, well he's basically an artist. He makes things look absolutely gorgeous, he can add lots of different colours and tints to really match the crowns in with your natural teeth. This gives you the best natural look for your new smile.

If you have a cracked tooth, book a free consultation with our dentists to see what treatments are suitable for you! Call our reception team on 0191 259 6506 or email us at reception@ewanbramley.com.



WHAT'S GOING ON?

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



Cullercoats Life Boat Day!

On next month, 6th August is Cullercoats Life Boat Day to raise money for the fabulous RNLI.

As always it will be down on Cullercoats Bay at the Lifeboat Station. There will be stalls, activities and Richardsons Amusements are supporting the event so there will be lots of kids rides and attractions.

This is a fantastic day for the community so get yourself down to support the event.

**FRI 29TH - SUN 31ST
JULY**

- STREET FOOD -
- CRAFT BEER -
- LIVE DJS -
- FREE ENTRY -

STREET FOOD
SQUARE
KRUNCH CORN DOGS
BIG BAHN
KAHUNA COOKIES

CRAFT BEERS
CLOUDWATER - WYLAM - NORTH
MOLLY'S BREW - FLASH HOUSE
FULL CIRCLE BREW - NORTHERN ALCHEMY
AND MORE!!

Another summer soiree at Salt Market with street food, craft beers and local DJs

At Salt Market Social end of July we have Square Pizza, The Big Bánh, Krunch Korn Dogs, Kahuna Kookies and downstairs in the Loading Bay will be MedHead.

Music on Friday will be Salt Market Soul with Ethan McDermott and Saturday will be Mojazz. There will be drinks deals on the night with 4 pint pitchers of Estrella or Flash house Pale Ale - £15, House doubles and mixer - £6 and Cocktails 2 for £12.

No booking required, just drop by, grab some food and have a dance.



BUSINESS OF THE MONTH

Glam Queen is a female led accessories brand based in Newcastle, offering everything from Personalised Tote Bags to Bridal Shower Gifts. They stand for uniqueness, fun and of course, GLAM.

Founded by Sarah Carr, one of our lovely patients, in early 2020, the brand started as result of Sarah developing a love for crafting and making unique & personalised accessories in her spare time from her career as a lawyer.

In the height of the first lockdown, Sarah began selling her handmade accessories on Etsy and after some initial success decided to launch glamqueen.co.uk. Glam Queen's Personalised Tote Bags, Bridal Range, Evening Bags & other accessories quickly became popular with customers worldwide!

The name Glam Queen was a tribute to Sarah's mother, Vivien Carr, who sadly passed away with a rare form of cancer in December 2019. In the 1990's, Vivien had a small fashion business of her own and it was their joint love of fashion that inspired Sarah to do the same! Our Vivien Tote is of course another dedication to the original Glam Queen.



Follow them on Facebook,
Instagram or TikTok
[@glamqueencompany](https://www.instagram.com/glamqueencompany)

View their full product
range at:
glamqueen.co.uk

NERVOUS CHILDREN? HERE'S OUR TOP TIPS FOR PREPARING THEM TO VISIT US



Use positive language

Try to avoid using any negative words when discussing the appointment, don't mention 'pain' or 'hurt' when explaining what they will feel during the appointment. Using positive phrases like 'clean healthy teeth' or 'count your teeth and check your smile' can make the experience a good thing.

Good Role Models

Children are very perceptive and can pick up on your own feelings towards the dentist. When you are discussing your own appointments around them stay positive! If you are nervous about the dentist they will pick that up too, try and overcome your fears to show your children there is nothing to worry about. If you have older children, use them as examples, bring the younger child to their appointments or to your appointment if you're able to.

Also, outside the dental practice, make sure you spend time stressing the importance of great oral hygiene! Let them see you brushing, flossing and practicing what the dentist tells you. They will learn from you and be on their way to feeling positive about going to appointments.

Make it fun

Bring books, toys, games etc. when attending an appointment, we can take short pauses to let your child play with their toys if that helps them relax. We could turn the appointment into a game and get them involved in fighting off the "sugar bugs". Our dentists, nurses and reception staff will be around to keep your children entertained and relaxed.

Picture books with detailed illustrations and easy-to-understand language can also help children get a sense of what to expect and there are loads out there with their favourite characters; Peppa Pig, Dora the Explorer and more.

Start them young

Did you know that you should bring your child to the dentist when their first teeth start to appear or around 1 year old? This allows them to become familiar with the environment and get to know your dentist. Dentists will also give you advice on how to prevent decay and how to identify any oral health issues at an early stage. When a little older we recommend bringing them in for regular check-ups.

Role play

Before the first dentist appointment, play pretend with your child to be the dentist and the patient, get them to open their mouth or your mouth and count the teeth, get them to sit in a chair that reclines back if you can. Avoid making drilling noises or lining up other "instruments." Then let your child role-play by using a toothbrush to clean the teeth of a stuffed animal or doll. The key is getting her familiar with the routine so that they are more comfortable for the real appointment.

Did you know you can add your children to your adult plan with us?

Children 4-16 can be added to a parent or guardians plan for £6.00 per month. Anyone 16 or over will join our 12, 6 or 3 monthly plan.

A child's plan includes the following; 2 dental exams a year, All emergency appointments, All general dental treatments (including extractions for orthodontic treatment) and Hygiene appointments (as prescribed by a dentist).

If you would like to add your child to your plan, call our reception team on 0191 259 6506 or email us at reception@ewanbramley.com.