

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

## FINALLY FEEL CONFIDENT ABOUT YOUR SMILE IN 2023

What a year 2022 has been, it's been a very difficult year for most of us and I'm sure we are all looking forward to 2023 for a bit of a start over!

How many times have you made a New Years resolution? Maybe you wanted a change of career or to start eating healthy, anything to give you a kick start to the New Year and a boost of confidence.

A new smile might be your New Years resolution and that is definitely something we can help you with!

What do you want to achieve? Do you want straighter teeth, whiter teeth, have a gap you need to fill? We have plenty of treatment options to give you the results you want and you can come in for a free consultation with our dentists to discuss all the options available to you.

If you aren't sure what treatment would suit you, we've outlined some of our popular treatments on the next page...

### IN THIS ISSUE:

1 - Start the New Year with a New Smile!

2 - The latest amazing smile transformations from our patients and our new selfie competition

3 - See what's going on in the North Shields everywhere. One local restaurant had a famous surprise!

4 - Our Business of the Month is Cardmarkets, the card shop going on 25 years

5 - 5 at-home toothache remedies if you are really struggling

## A NOTICE TO OUR PATIENTS

We would like to remind our patients that we are sending out emails requesting the change from a standing order to direct debit. This is only for plan patients who currently pay by standing order.

This changes saves on administration costs which we have passed on to our patients, keeping our monthly plan charges to a minimum.

We would greatly appreciate your help with completing the change over.

If you have any questions, please get in touch and we would be happy to assist.

Kind Regards

Ewan Bramley Dental Care

## Teeth Whitening

Everyone wants a nice bright smile which is why teeth whitening is one of our most popular treatments. Teeth can become discoloured for a number of reasons, whether its from food and drink, smoking, poor dental hygiene or with age. There are a number of treatments we can provide to reverse the discolouration of your teeth.

The first we recommend is coming to see our hygienists for a professional clean and plaque removal. Coming in for regular hygiene appointments means we can stay on top of those pesky stains leaving your teeth looking whiter and healthier. Our hygienists can also give you advice on how to keep your teeth squeaky clean and bright at home.

If you're looking to go extra shades whiter, we do have Professional Tooth Whitening Kits available to purchase which you can carry out at home. These are FREE when you sign up to our monthly dental plans or you can purchase them separately. Our hygienists will fit your trays and show you how to carry out this treatment at home. You can carry out this treatment until your happy with the results.

## Straighter teeth/Orthodontic Treatment

The journey to a new straighter smile can be long, but it is worth the wait. The time depends on how complex your case is, the bigger the movements we need to make the more time it will take to do so. Patience is definitely a virtue when it comes to orthodontic treatment. There are pros and cons to clear aligners or braces, some cases may be more suited to braces and some cases might be better solved with clear aligners. We often use a combination of the two to achieve your new smile. Our dentists will talk you through the benefits of both treatments, give you their recommendations and create a smile design to show you what your teeth will look like at the end.

## Dental Veneers/Composite Bonding

These days as soon as you say 'veneers' people

automatically think of the horror stories of shaved down pointy teeth and all of the horrible complications that come with it but this isn't the case at Ewan Bramley Dental Care. When it comes to Veneers, we are very conservative with your teeth and save as much as we can as possible, we want your teeth to be as natural as possible. Veneers are a great way to reshape and straighten your teeth whether they are cracked, chipped or stained, they can completely change how your smile looks and feels.

If you just want minor corrections to your teeth, like fixing small chips or cracks, and want to keep the treatment to a minimum, composite bonding is a great option for you. Bonding is a tooth coloured resin which can be applied to your existing teeth in order to reshape and improve their colour. This treatment requires no anaesthetic or drills, completely pain free, it can all be done in one quick appointment!

## Dental Implants

If you have a missing tooth or multiple missing teeth than none of the above treatment options are particularly suitable for you, so you're probably wondering what treatment is for you! Dental implants are becoming more popular than the traditional bridge or denture because of how permanent they are and now, because of modern techniques, you can be in and out within a day with a new smile. Dental implants can last for 20 years or even more if taken care of correctly so they really do last a life time and are a great investment for your happiness.

## Facial Aesthetics

Last but not least, Facial Aesthetics! We have our very own skin clinic in-house ran by Harriet, who has over 10 years experience in aesthetics and spent 25 years in the NHS, so you really are in the best hands with her. If you are starting to think you look a bit tired and notice ageing lines then you might want to start 2023 with a freshen up. Botox, fillers and PROFHILO are all great options to give you a more natural brighter look to your skin, leaving you with a younger appearance and more confidence.

*If you would like to book a free consultation with us and start your 2023 journey to a new smile, contact us on 0191 259 6506 or email us [reception@ewanbramley.com](mailto:reception@ewanbramley.com)*

# BEFORE & AFTER PHOTOS!

*Here are some of our favourite before & after photos from this month. This month we wanted to share some side views as they show even more of the transformation!*



A perfect example of an age appropriate smile lift. Minimally invasive but a massive transformation! Combination of whitening, composite bonding to increase the bite and repair wear facets and replacement porcelain veneers.



This patient had missing teeth on their lower jaw, to fill the gap we made an implant retained bridge and finished off with teeth whitening and composite bonding to give a natural white smile.

## Tag us in your smile transformation selfies and win a free hygiene appointment!

*We love seeing your smile transformations so we've decided to start a social media competition. Post your photo on Facebook or Instagram and use the hashtag #ewanbramleysmile to enter. At the end of every month we will pick a winner and get them booked in for their free hygiene appointment.*



\*by entering the social media competition you consent to us using your photo for marketing purposes



# WHAT'S GOING ON?

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



## *Get your skates on and try out for Tyne and Fear Roller Derby.*

Tyne and Fear are once again opening their doors to new members!

They are hosting another NSI for anyone interested in roller derby whether you have any experience or not! As long as you can stand up in a pair of skates, they will teach you how to do the rest.

If you have your own quad skates, please feel free to bring them along but don't worry if you don't as they have kit you can borrow.

Please bring a bottle of water and wear comfortable clothing such as leggings or shorts.

Join them every Sunday from 12th March at Walker Activity Dome, 11am-1pm.

Please note that in order to take part, you must be 18 or over.

Cost: First session is free to come and try it out and see if you enjoy it. From then on it is £5.00 per session.

[Click here to sign up!](#)



**St. Mary's Lighthouse Suite**  
SPANISH CITY

**Charlotte  
Tilbury**

*Prosecco Afternoon Tea*

**SUNDAY 12TH FEBRUARY**

**Book now: 0191 691 7090 /  
www.spanishcity.co.uk**



**TICKET INCLUDES A £30 CHARLOTTE TILBURY VOUCHER TO BE USED AT THE EVENT**



# MORE WORK ON THE FISH QUAY

*Repair works are underway to strengthen the sea walls on the Fish Quay, these are to last for the next few weeks. There is no major disruption to the walkway and pedestrians can still walk along the promenade as usual..*



Photo Credit: Janet Singleton on Facebook



## LEWIS CAPALDI IN THE LOCAL CHIPPY



*Waterfront Chippy had a nice surprise the other evening! Singer Lewis Capaldi popped in for a chippy tea.*

*Lewis was in the North East for his sell out gig at Utilita Arena.*

*He was absolutely lovely and got lots of pictures with the staff and diners.*

*Wonder if he went for a pint at the Low Lights after!*



# BUSINESS OF THE MONTH

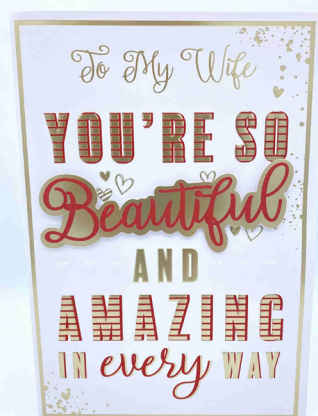
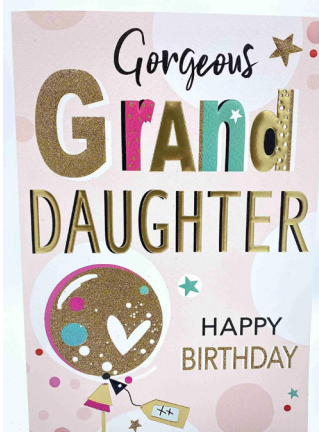
***Cardmarkets is a family run card, balloon and gift shop in Forum Shopping Centre, Wallsend. They are the longest running store in the Shopping Centre, going on 25 years!***

They have a range of cards, balloons, gifts and party decorations that cover all your celebrations and occasions.

With a new online store you can now get all your cards delivered straight to your door. This year they will be adding balloons, gifts and decorative pieces to their website. Have a look and use an exclusive 10% discount code for Ewan Bramley patients 'EB10' [www.cardmarkets.co.uk](http://www.cardmarkets.co.uk)

As well as standard balloons, they can also do boquets, arches and other formations, perfect to decorate your venue.

They are renowned for their friendly staff so feel free to pop in and say hi!



# 5 AT-HOME TOOTHACHE REMEDIES

*Toothache can be very painful, spreading around your mouth and giving you a headache. Book an appointment with your dentist as soon as possible but in the mean time, give some of these home remedies a try.*



## Salt Water Rinse

One of the best ways to relieve tooth ache is to swish warm salty water around your mouth.

1. Start with a glass of warm water. Do not use boiling water.
2. Mix in one tablespoon at a time of pink Himalayan salt or Celtic Sea salt.
3. Continue adding salt until it no longer dissolves.
4. Swish the solution for 30-60 seconds then spit it out.
5. Repeat 4-5 times per day.

This rinse is especially effective with gum pain and if you have something stuck in between the gums.

## Painkillers

Over-the-counter painkillers can effectively relieve dental pain.

- Ibuprofen
- Aspirin
- Paracetamol

Ibuprofen for toothache seems to be the most affective. In general, NSAIDs (non-steroidal anti-inflammatory drugs) are best for oral pain relief. Pain medications should only be a short-term option for toothache relief.

## Elevation

Elevating your head above your heart can reduce excess blood flow to the inflamed tooth which can reduce swelling and relieve pain. It sounds simple, but this small change can make a huge difference in tooth pain. To sleep with a toothache, keep your head elevated with a wedge-shaped pillow or by stacking several normal pillows.

## Cold Compress

Use a cold compress to reduce inflammation that leads to a toothache. It can cause your blood vessels to constrict (tighten) and is extremely useful for helping you sleep.

A bag of frozen peas or a plastic Ziploc bag with half water and half ice work great to keep the toothache area cold and reduce swelling.

## Peppermint Tea

According to studies, peppermint tea has antioxidant and antibacterial properties that can help numb painful areas. Brew a cup of peppermint tea, let it cool, and then swish it around in your mouth. Add a bit of ice to cool it down faster. Or press the cooled peppermint tea bag against your painful tooth.

**If you do suffer from toothache, book an appointment with our dentists to get it checked out. Call our reception team on 0191 259 6506.**