

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



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## A COUPLE OF NOTICES FOR OUR PATIENTS, PLEASE READ!

- We would like to inform you about an upcoming price increase. This decision was not made lightly, but it has become necessary due to various factors impacting the cost of providing high-quality dental care.

If you have any questions or concerns about the price increase, our team is here to chat with you. We truly appreciate your trust and loyalty, and we're very happy to continue serving your dental needs with our usual care and professionalism.

- Please can we also remind patients to let us know as soon as possible if you cannot make an appointment, we have long waiting lists at the moment and same day cancellations don't allow much time for waiting list patients to fill appointment times.
- Bell Street will be closed once again from 3rd July to end of September, this is due to the ongoing development works to the embankment. You will be able to access the Fish Quay from Tanners Bank and Brewhouse Bank

# WHAT IS AN UNDERBITE AND HOW TO CORRECT THEM...

*Having an underbite is a common dental condition where the lower jaw protrudes beyond the upper jaw. This condition can cause several problems, including difficulty chewing, speaking, and breathing. Underbites can also lead to jaw pain, headaches, and even sleep apnea.*

*Fortunately, underbites can be corrected through dental treatments at Ewan Bramley Dental Care. In this article, we will discuss different ways to fix underbites and improve your oral health.*

## 1. Braces and orthodontic treatment

Braces are the most common and effective treatment for underbites. Braces can help shift teeth into the proper position and align the jaws. We may recommend traditional braces or clear aligners, depending on the severity of your underbite.

Orthodontic treatment can take several months or even years, depending on the complexity of the case. During the treatment, you will need to visit us regularly for adjustments and check-ups.

## 2. Jaw surgery

In severe cases where the underbite cannot be corrected with braces alone, jaw surgery may be necessary. Jaw surgery involves repositioning the lower jaw to align with the upper jaw.

Jaw surgery is a significant procedure requiring hospitalisation and several weeks of recovery. However, it can provide a permanent solution to underbites and improve your overall oral health.

## 3. Chin implants

In some cases, a chin implant may be recommended to correct an underbite. A chin implant can help improve the appearance of your jawline and balance out your facial features.

Chin implants are typically made of silicone or other biocompatible materials and are surgically inserted into the chin area. This procedure is relatively simple and can be done under local anaesthesia.

## 4. Tooth extraction

Tooth extraction is not a common treatment for underbites. However, removing a tooth or two may be necessary to create enough space for the teeth to shift into their proper position.

We will carefully evaluate your case and determine if tooth extraction is necessary. If it is, we will explain the procedure and answer any questions you may have.

## 5. Palate expansion

Palate expansion is a non-surgical treatment that can help correct underbites in children. Palate expansion involves using a device called a palatal expander to widen the upper jaw slowly.

Palate expansion can create more space for the teeth to shift into proper alignment and improve the overall appearance of the mouth and face. This treatment is usually recommended for children before their permanent teeth come in.

**If you have an underbite, seeing an orthodontist or dentist specialising in orthodontics is essential. Book a free consultation with one of our orthodontists, who will carefully evaluate your case and recommend the best treatment plan for you.**

**Remember, correcting an underbite requires patience and commitment. But with the proper treatment, you can improve your oral health and achieve a healthy, beautiful smile.**



example of how an underbite looks



# EVER SEEN A BEFORE & AFTER FROM A HYGIENE APPOINTMENT?

Here are some photos our dental hygienists have shared, the purple liquid is a plaque disclosing dye that shows areas of plaque build up.



# DON'T JUST HEAR IT FROM US!

Some of our lovely reviews left by patients in June.

## ***Very polite and attentive***

"I was looked after from the moment I entered the building and the receptionist explained that there would be a wait of 20 minutes and offered me a drink of water.

The dentist Jamie was very polite and attentive examined the tooth that was bothering me (broken crown) and after examination explained that the tooth was broken beyond repair. He then asked if I wanted it to be extracted there and then to which I agreed. At all times Jamie explained what he was doing and was very reassuring. In all as a first with the practice I was very satisfied."

- ***Gerald L***

## ***Gum treatment***

"My first treatment started today and have to say the level of care you receive is amazing. Also explaining what's being done in simple terms helps you understand more clearly what's actually happening and makes you feel more at ease. All staff I've encountered as well are all really friendly and professional too, a credit to the team at Ewan Bramley."

- ***John C***

## ***Seen by the man himself***

"I was seen promptly at the appointed time by the man himself. The tooth had given me problems many years ago and Ewan recognised it as an old friend. He explained what needed to be done and promptly did it. Everything was completed in 15 - 20 minutes."

- ***Elizabeth P***

## ***Brilliant Hygienist Appointment***

"I've just had my hygienist appointment, I saw Pippa for the first time today. She was absolutely brilliant, instantly put me at ease. Pippa explained everything to me and is very knowledgeable. Thank you Pippa for taking care of me. Pippa is a great addition to a first class team. Thank you."

- ***Michelle M***

## ***Six monthly appointment with hygienist***

"My appointment was within five minutes of the time. Beth took time to explain what she was doing and offered advice to help me with a daily dental programme, including using sensitive toothpaste and a brush to get into awkward places.

She was gentle but thorough so it was as a relaxing experience as can be expected at a dentist's!!!

Thank you."

- ***Kathlyn W***

## ***To me a problem, to Ewan a solution***

"As always Ewan comes to my rescue to save my smile. I have attended for many years and have always left saying a big thank you and really meaning it. I was always scared and avoided dentists till I met Ewan Bramley, but not any more."

- ***Elaine C***



# NORTH SHIELDS FISH QUAY

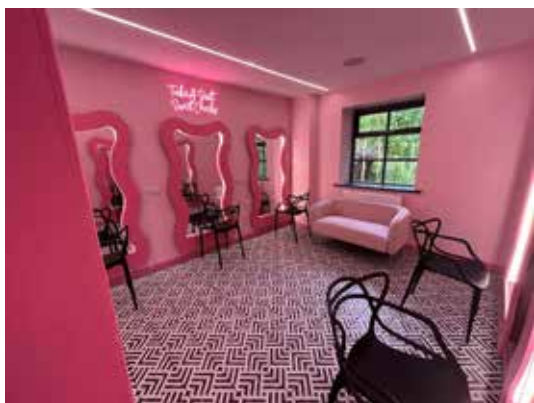
*The latest developments and local news for North Shields and surrounding areas*



## *EBDC sponsors our lovely Abby's lacrosse team!*

Ewan and Harriet's daughter Abby has just graduated from Leeds Beckett University with a 2:1 in Primary Education and qualified teacher status, congratulations to all the graduates.

She also played for the second team lacrosse last season and they were in need of a sponsor, so of course we supported the team with a new branded kit! We are so proud of her!



## *Have you seen the gorgeous new party house?*

This occasion house is an absolute stunner, I have walked past this place many times and thought it looked like an amazing house and the inside does not disappoint!

Tyne House is available to rent for large parties (even accepting stag and hens) on Tanners Bank. It features:

- Sleeping up to 18
- 5 bedrooms with en-suites
- Open plan kitchen/dining/living space
- Garden with seating, BBQ area
- Communal salon/dressing room
- 2 Hot Tubs
- Disco/Mood lighting
- Indoor/Outdoor speaker systems



*If you would like to see more images or to find out pricing head over to their website [tyne-house.co.uk](http://tyne-house.co.uk)*

# BUSINESS OF THE MONTH



***Introducing Nulli Press as June's Business of the Month. If you are looking for stunning personalised stationery for any occasion, Nulli Press is your go to!***

"Hi I'm Rachel, owner and creative mind behind Nulli Press. After working and travelling across Australia, inspired by all of their beautiful small stand-alone businesses, I knew I wanted to return home to start my own. Fast forward almost six years, Nulli Press has grown from a 'lets just give it a go and see what happens' to a business that customers return to time again – which makes it a real pleasure.

I design & print greetings cards, celebration invitations and wedding stationery from my home studio here in North Shields. My style is rather simplistic, which is reflected in all of the pieces I design for the store, mostly influenced by walks along the coast or being in the countryside. Nothing too fancy here - just chic, effortless pieces that could fit in to any occasion.

Recently, I created a new greetings card collection which can be found in-person at the wonderful 'The Wheel House' on Tanners Bank. I have a new wedding stationery collection ready for release next month too – covering all basis from the initial Save the Date's and Bridesmaid proposal cards to the 'on the day' essentials like menu cards and place settings. Nine times out of ten, if there is a collection that you love but you can't see all of the pieces you require for your big day, I can work with you to create it.

You can find Nulli Press and all current collections over on Etsy at [nullipress.etsy.com](https://nullipress.etsy.com) and you can see snippets of my work over on Instagram [@nullipress](https://www.instagram.com/nullipress) – though I must get better at posting! "

**If you would like to get in touch with Nulli Press, you can email [nullipress@gmail.com](mailto:nullipress@gmail.com) or via the 'contact seller' button on their Etsy page.**





# DERMAL FILLERS

*Dermal fillers are a popular cosmetic treatment that can help individuals achieve a more youthful and refreshed appearance. They are a non-surgical option for those who want to improve the look of fine lines, wrinkles, and other signs of ageing. In this article, we will explore everything you need to know about dermal fillers, including how they work, the different types available, and the potential risks and side effects.*

## What are Dermal Fillers?

Dermal fillers are injectable substances that are used to fill in wrinkles and add volume to areas of the face that have lost their fullness over time. They are made from various materials, including hyaluronic acid, calcium hydroxylapatite, and poly-L-lactic acid. Hyaluronic acid fillers are the most commonly used type and are often used to fill in lines and wrinkles around the mouth and nose and add volume to the cheeks and lips.

## How Do Dermal Fillers Work?

Dermal fillers work by adding volume to the skin, which can help reduce the appearance of wrinkles and fine lines. They can also help restore the natural contours of the face, which can be lost as a result of ageing. During the treatment, a small amount of filler is injected into the target area using a fine needle. The injection process can cause some discomfort, but most people find it tolerable. The treatment results are visible immediately and can last anywhere from six months to two years, depending on the type of filler used and the individual's skin.

## Types of Dermal Fillers

Several different types of dermal fillers are available, each with its unique set of properties and benefits. Some of the most popular types of fillers include:

**Hyaluronic Acid Fillers:** These fillers are made from a substance that occurs naturally in the body and are used to fill in lines and wrinkles, as well as to add volume to the cheeks and lips. This is the type of dermal filler we most commonly use at Ewan Bramley Skin Clinic.



**Calcium Hydroxylapatite Fillers:** These fillers are made from a mineral that is found in bones and teeth and are often used to fill in deep wrinkles and lines around the mouth.

**Poly-L-lactic Acid Fillers:** These fillers are made from a synthetic material that stimulates collagen production in the skin, which can help improve the firmness and elasticity of the skin over time.

## Potential Risks and Side Effects

Like any cosmetic treatment, dermal fillers come with some potential risks and side effects. Some of the most common side effects include redness, swelling, and bruising at the injection site. These side effects are usually mild and go away on their own within a few days. More serious side effects, such as infection and allergic reactions, are rare but can occur. It is important to choose an experienced and qualified provider to perform the treatment and to follow all post-treatment instructions carefully to minimize the risk of complications. Harriet, our Facial Aesthetics Practitioner, has over 20 years of experience as a Nurse and over 10 years in Facial Aesthetics.

Dermal fillers are a safe and effective way to improve the look of fine lines, wrinkles, and other signs of ageing. They are a non-surgical option for those who want to achieve a more youthful and refreshed appearance. With a variety of different types of fillers available, there is an option that can meet the needs of almost any individual. If you are interested in dermal fillers, book a free consultation with Harriet to learn more about your options and to determine if this treatment is right for you.