

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care

*Merry Christmas from all of us at Ewan Bramley Dental Care!*



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## CHRISTMAS OPENING TIMES

Please be aware that we will be operating an 'emergencies only' process over the Christmas period. With limited opening hours as follows:

24th - 26th December: CLOSED

27th - 29th: 10am - 2pm EMERGENCIES ONLY

30th - 1st: CLOSED

2nd January: OPEN AS USUAL

A dental emergency is classed as bleeding, pain that can't be eased with pain killers and facial swelling. Should you require an emergency appointment, please call 0191 259 6506.

If you require emergency care outside of these hours, please call 111.

Any questions, feel free to contact our reception team. If not, have a wonderful Christmas and a Happy New Year! See you all in 2024!

# DENTAL IMPLANTS: A LOW-MAINTENANCE OPTION FOR MISSING TEETH



*Dental implants have become an increasingly popular option for individuals with missing teeth. They offer a variety of benefits over traditional tooth replacement options, such as bridges or dentures. In this article, we'll explore the benefits of dental implants, the treatment process, and their various uses.*

## Benefits of Dental Implants:

1. Improved Appearance: Dental implants provide a natural-looking solution to missing teeth that can improve your overall appearance and boost your self-confidence.
2. Enhanced Functionality: Unlike dentures, which can slip and slide around in your mouth, dental implants are a permanent solution that allows you to eat and speak with ease.
3. Durability: Dental implants are designed to last for many years and are made from high-quality materials that are resistant to decay and damage.
4. Improved Oral Health: Dental implants are easy to care for and do not require any special cleaning routines. This can help you maintain good oral hygiene and prevent the development of gum disease and other oral health issues.
5. Convenience: Unlike dentures, which require regular maintenance and adjustments, dental implants are a low-maintenance option that can save you time and money in the long run..

## Treatment Process:

The dental implant treatment process typically involves several stages. The first step is to consult with your dentist to determine whether dental implants are the right option for you. Once you have been cleared for treatment, your dentist will create a customised treatment plan that is tailored to your specific needs.

Next, the implant will be surgically placed into your jawbone. This procedure is typically done under local anaesthesia and requires a

few months of healing time to ensure that the implant integrates properly with your jawbone.

Once the implant has fully healed, your dentist will attach a customised prosthetic tooth to the implant. This artificial tooth will be designed to match the shape and colour of your natural teeth, providing a seamless and natural-looking appearance..

## Why get a dental implant?

Dental implants can be used to replace a single missing tooth, multiple missing teeth, or even an entire arch of teeth. They can also be used to anchor dentures or bridges in place, providing a more stable and secure fit.

*In conclusion, dental implants offer a wide range of benefits over traditional tooth replacement options. They provide a natural-looking, durable, and low-maintenance solution that can improve your overall oral health and boost your self-confidence.*

*If you are considering dental implants, book a free consultation with one of our dentists; they will talk you through the whole process in more detail.*



*Written by Dentist Jamie Drury,  
our Implant Specialist.*



# BUSINESS OF THE MONTH

*Greens Building Solutions is our business of the month and is here for all your home improvements.*

Looking for a building company that can help you bring your dream home or commercial project to life? Greens Building Solutions are a reliable and expert company specialising in home improvements.

Johnny Green and his team of skilled builders have loads of experience and are dedicated to delivering high-quality workmanship that will make you over the moon with the end project.

Whether you're planning to build a new home, renovate an existing property, or take on a commercial construction project, Greens Building Solutions has you covered. They offer a wide range of services, including extensions, conversions, flooring, kitchen fitting and more.

So, if you're keen to get your building project underway, just get in touch with Greens Building Solutions today. Johnny is super friendly and happy to provide free quotes for all projects around the North East.



*Media wall built from hand, including doors and shelves.*



*LED lighting hidden in shelves.*



*Full back extension built including skylight, media wall, flooring and electrics.*

If you are looking for any building work, get in touch with Johnny on 07749 065091.

# TRANSFORMATIONS & REVIEWS

Some of our favourite photos and reviews from last month.

## *'Very professional and kind'*

I came in for my hygiene appointment with Beth and as a nervous patient she considered this and put me at ease. She was very professional and kind and explained how I could improve with me daily cleaning. I must say she is an asset to Ewan Dental.

- *Alison J*

## *'Hygiene deep clean, Elaine is always a pleasure to see'*

Elaine is always a pleasure to see at Ewan Bramley Dental Care, makes me feel at ease as soon I see her and always tells me what she is doing and what I need to do to keep my teeth & gums healthy.

Many thanks, Elaine

- *Derek L*

## *'Check up'*

Kate was affable, friendly, courteous and professional. A great new asset to the team.

- *Tony B*

## *'Ewan Bramley Dental Care'*

Always pleasant and helpful from reception through to dentists and hygienists.

- *David T*



## *Orthodontics and Bonding*

*If you have before and after photos of your smile transformation and what to show them off in next month's newsletter, email them to [jenny@ewanbramley.com](mailto:jenny@ewanbramley.com)*



# WHAT'S GOING ON?

*Here is a round up of events going on in the North East area...*



## *A night of comedy on the Fish Quay*

Salt Market Social are hosting another comedy night on 19th January. Scrapper Reed brings five wonderful comedians to the stage, there will be street food, craft beers and great comedy.

First release tickets are £15!

*If you would like more details or to buy tickets, you can visit their website [here](https://fatsoma.com/saltmarketsocial).*



## *Looking for some family friendly fun?*

Something a bit different for all the family. NORTH Wrestling brings its inimitable style of professional wrestling to the Linskill Centre in North Shields this January!

Doors // 5pm

Pre-show Match // 6pm

First bell // 6:30pm

Show End // 9pm

Discounts for North Shields Residents + Family Tickets

*If you would like more details or to buy tickets, you can visit their website [here](https://www.northwrestling.co.uk).*

# NORTH SHIELDS FISH QUAY

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

(Image: Places for People/IDPartnership Group.)



## *Latest CGI of Smith's Dock development*

Places for People, an affordable housing provider, has submitted plans to North Tyneside Council for the construction of 160 new properties on vacant land at Smith's Dock. The application forms part of a project to deliver a total of 406 properties on the site.

The proposals also intend to bring the Smith's Dock inlets back into use as public spaces along with green space, playing areas and new trees. Places for People worked with a North East-based architecture firm IDPartnership Group to come up with the proposed designs.

No news of when works will actually begin.



Harbour House on Little Bedford Street



One Three One on Lower Bedford Street

## *Two new exciting creative spaces opening in North Shields*

North Shields couple Skye-Alexander Ferry and Amy-bosé Wilson are behind Harbour House (pictured left). They have a baby daughter Harbour, who the building is named after. Due to open in 2024, it will offer offices and studios for independent businesses, as well as a wedding venue, brunch spot, restaurant, cocktail bar, coffee shop, bakery, florist, photo studio, interior store and holistic wellness centre.

131 Bedford Street has been bought by a new social enterprise headed by internationally-renowned DJ, producer, musician and label owner Geoff Kirkwood, better known as Man Power.

Now renamed The Haswell Building, it will be transformed into affordable spaces for creatives and artists. There is potential to split the three-storey building into studios, workspaces, offices and more.

If you are interested in renting the workspaces, contact [@onethreeonespace](#) or [@harbourhouse\\_](#)



# PRESERVING YOUR RADIANCE: POST-TREATMENT CARE TO MAINTAIN FACIAL AESTHETICS RESULTS

*Congratulations on completing your facial aesthetics procedure! Whether it's a refreshing round of injectables, a revitalising peel, or a skin-tightening treatment, you've taken a step toward enhancing your natural beauty. The key to maximising and prolonging the results is diligent post-treatment care..*

## Understanding the Importance of Post-Treatment Care

Post-procedure care is crucial, as it not only ensures optimal healing but also significantly impacts the longevity and effectiveness of your treatment. Each facial aesthetics procedure comes with its own unique set of aftercare instructions tailored to support your skin's recovery and maintain the achieved results.

### General Guidelines for Post-Treatment Care

- 1. Follow Professional Recommendations**  
Your practitioner will provide specific instructions post-procedure. Adhere to these guidelines diligently for the best outcomes.
- 2. Protect Your Skin**  
**Sun Protection:** Shield your skin from UV rays by wearing broad-spectrum sunscreen daily, especially after treatments that make your skin more sensitive to the sun.  
**Avoid Harsh Products:** Steer clear of abrasive or harsh skincare products that could irritate your treated skin.
- 3. Keep Your Skin Hydrated and Nourished**  
**Hydration:** Maintain skin moisture using gentle, hydrating skincare products recommended by your practitioner.



**Healthy Diet:** Consume a balanced diet rich in nutrients to support your skin's healing and rejuvenation.

#### 4. Avoid Overexertion

**Exercise:** While light exercise might be acceptable, avoid strenuous activities that could increase blood flow to the treated area, as your practitioner advises.

**Facial Manipulation:** Refrain from touching, picking, or massaging the treated area to prevent irritation or displacement of the treatment.

### Specific Post-Treatment Care Tips for Different Procedures

#### Injectables (Botox, Fillers, etc.)

**Avoid Pressure:** Steer clear of applying pressure to the treated area and avoid facial treatments like massages or facials for the specified duration.

**Ice Packs:** Use ice packs as recommended to reduce swelling and discomfort.

#### Chemical Peels

**Protective Moisturisation:** Apply soothing and hydrating creams or ointments suggested by your practitioner to support the peeling process.

**Sun Avoidance:** Minimise sun exposure during the initial healing phase.

#### Skin Tightening Treatments (Laser, Radiofrequency, etc.)

**Gentle Skincare:** Stick to gentle cleansing and moisturising routines, avoiding exfoliation until advised otherwise.

**Temperature Control:** Use cool compresses to alleviate discomfort or swelling.

Maintaining the results of your facial aesthetics treatment isn't just about immediate post-care; it's an ongoing process. Regular communication with your practitioner is vital. They can provide personalised advice and recommend follow-up treatments or skincare routines to optimise and sustain the outcomes over time.

*Post-treatment care is the bridge between the procedure chair and long-lasting results. Your commitment to proper aftercare significantly contributes to the success of your facial aesthetics journey. By following these guidelines and staying in touch with your practitioner, you pave the way for prolonged, radiant results that accentuate your natural beauty.*