

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## IN THIS ISSUE:

1-3 - How to choose the best cosmetic dentist for you, all the things you need to look out for

4 - Meet the new starters and an important reminder for our standing order patients

5 - Business of the Month Crew Gal is a North Shields-based training company specialising in Live Events & Music Production Training.

6 - We've hand picked some seasonal events to get you in the Christmas Spirit

7 - And last but not least, Hygiene Appointments: What to Expect and Why It Matters

## HOW TO CHOOSE THE BEST COSMETIC DENTIST FOR YOU

When it comes to achieving the perfect smile, choosing the right cosmetic dentist is key. Cosmetic dentistry can transform your teeth, boost your confidence and enhance your overall appearance. However, with so many dental professionals offering cosmetic procedures, it can be difficult to know where to start. In this article, we'll explore what to look for when choosing the best cosmetic dentist and how to make an informed decision that leaves you smiling.

Cosmetic dentistry focuses on improving the appearance of your teeth, gums, and smile. Popular treatments include:

- Teeth whitening
- Dental veneers
- Clear aligners or braces
- Dental implants
- Crowns and bridges

These treatments can correct a range of issues, from discolouration and crooked teeth to gaps and missing teeth. But not every dentist has the experience or expertise required to deliver the high-quality results you deserve. This is why selecting the right cosmetic dentist is crucial. Here at Ewan Bramley Dental Care, we have dentists who specialise in each area, providing you with the best dentistry service.

# TOP TIPS FOR CHOOSING THE BEST COSMETIC DENTIST

## Check Qualifications and Experience

One of the first things to consider is the dentist's qualifications. Look for a dentist who is highly trained and experienced in cosmetic procedures. In the UK, all dentists must be registered with the General Dental Council (GDC), and many pursue additional training in cosmetic and aesthetic dentistry. You can view our Dentist's GDC numbers in our [About Us](#) section.



## Review Their Portfolio and Before-and-After Photos

A reputable cosmetic dentist will be proud to show you examples of their work. Many clinics display before-and-after photos on their websites or during consultations. This gives you a clear idea of what to expect and whether the dentist's style matches the results you're looking for.

Pay attention to cases similar to yours and assess whether the outcomes appear natural and aesthetically pleasing. A great cosmetic dentist should be able to deliver results that enhance your smile while maintaining a natural appearance.

If you would like to see any before and after photos, please look on our social media, website or ask reception and we will happily provide you with some images.



## Read Reviews and Patient Testimonials

Patient reviews and testimonials offer valuable insights into the quality of care and satisfaction with a dentist's work. Look for independent reviews on platforms such as Google Reviews, Trustpilot, or healthcare review websites.

Pay attention to comments about the dentist's communication, professionalism, and, of course, the results of the cosmetic procedures. A dentist with consistently positive reviews is more likely to provide a high standard of care.

You can find all our reviews on Google or Working Feedback.



**Unbeatable**

Derek G | 14 Oct 2024

First class patient care. Cannot fault the service provided. Friendly and helpful reception staff, followed by extremely professional and caring dental staff 10/10 .





# HOW TO CHOOSE THE BEST COSMETIC DENTIST FOR YOU

*continued...*

## **Arrange a Consultation**

Before committing to any treatment, schedule a consultation with the dentist. This gives you the opportunity to ask questions, discuss your concerns, and gauge how comfortable you feel with the dentist. A good cosmetic dentist will take the time to explain your options, provide recommendations based on your specific needs, and discuss any risks involved.

During the consultation, be sure to ask about:

- Treatment options and alternatives
- Expected results
- The duration and cost of treatment
- The materials used in procedures, such as veneers or crowns

A face-to-face meeting also allows you to assess the clinic's environment and whether it's clean, professional, and welcoming. All our consultations are free of charge, you can book with our reception team at [reception@ewanbramley.com](mailto:reception@ewanbramley.com).

## **Consider Technology and Treatment Options**

Cosmetic dentistry is constantly evolving, and many leading cosmetic dentists use advanced technology to provide more precise, comfortable, and efficient treatments. Ask about the types of technology the dentist uses, such as digital X-rays, 3D imaging, or intraoral scanners.

The availability of modern treatments like clear aligners, laser teeth whitening, or minimally invasive veneers can also be a sign that the dentist is at the forefront of cosmetic dentistry trends.

## **Look for a Focus on Personalised Treatment**

Every smile is unique, and the best cosmetic dentists take an individualised approach to treatment. Avoid clinics that offer a one-size-fits-all solution. Instead, look for a dentist who tailors treatments to your specific dental structure, facial features, and overall aesthetic goals.

A dentist who spends time understanding your vision and works with you to achieve the best possible results is likely to deliver a smile that truly enhances your appearance. Included in all treatments is our unique Smile Design appointments, after your initial consultation we will bring you back in and show you what your smile will look like after treatment, walk you through the whole process and make any changes necessary.

## **Check Pricing and Payment Options**

Cosmetic dentistry can be a significant investment, so it's important to understand the costs involved and what payment options are available. Ask for a detailed breakdown of the cost of your chosen treatment, and ensure there are no hidden fees.

Many dental clinics offer flexible payment plans or finance options to make cosmetic treatments more affordable. Check whether the dentist offers these services, allowing you to budget for your treatment over time.

## **Location and Convenience**

While qualifications and experience are the most important factors, it's also worth considering the location of the dental clinic. Regular appointments may be needed, especially for treatments like Invisalign or veneers, so finding a cosmetic dentist who is conveniently located can save you time and hassle.

Choosing a clinic that offers evening or weekend appointments may also be beneficial, particularly if you have a busy schedule. Ewan Bramley Dental Care are open on Saturdays 9am – 3pm.

**Choosing the best cosmetic dentist is an essential step in your journey to a brighter, more confident smile. By considering qualifications, experience, patient reviews, and the range of treatments available, you'll be better equipped to make an informed decision.**

**At Ewan Bramley Dental Care, we offer personalised cosmetic dentistry services designed to meet your unique needs. Contact us today to book your consultation and take the first step towards your perfect smile.**

# EWAN BRAMLEY NEWS!



## MEET OUR NEW STARTERS!

I'm sure you will all join us in saying a big welcome to our new team members. From left to right, Beth - Trainee Dental Nurse, Molly - Trainee Dental Nurse and Gracie who has joined the reception team. Make sure you give them a warm welcome next time you see them!

## An important reminder to our patients paying by standing order...

We recently contacted you regarding a change in how you make payments for your plan. As a reminder, the bank account you currently use for standing orders will be closing at the end of this month.

To ensure uninterrupted coverage, please respond to our previous message and switch to a Direct Debit (DD) payment method. Alternatively, if you prefer not to pay by Direct Debit, you may settle your plan in full.

Thank you for your attention to this matter, and please do get in touch if you have any questions.







# BUSINESS OF THE MONTH

***Crew Gal is a North Shields-based training company specialising in equipping individuals with the essential skills needed for careers in live music, events, and screen production.***

With a passion for hands-on, industry-relevant education, Crew Gal focuses on empowering a diverse range of students to thrive in this fast-paced, dynamic industry.

"We understand the demand for skilled, adaptable workers in an industry that is constantly evolving. By offering real-world, on-site experience, courses are led by industry professionals ensuring that learners are trained to the highest of standards and supported in their transition into the workplace." says Susan French, Founder of Crew Gal.

Located in the vibrant Cultural Quarter in the coastal town of North Shields, Crew Gal's training programmes are uniquely designed to cater to a wide range of learners, from those just starting out in the field to seasoned professionals looking to sharpen their skills.

Courses cover the full range of production roles, including sound engineering, lighting, stage management, camera operation, marketing and more. Students not only gain technical knowledge but also cultivate soft skills such as teamwork, problem-solving, and time management.

Recently supplying Crew to a vast array of national events and productions including Sam Fender, Pink, Beyonce, 28 Years later, Glastonbury and Coast Fest, Crew Gal is an industry leader in preparing the next generation of production professionals to take on exciting challenges and opportunities in the world of live events and screen production.



photos by Max Hunter

***"We are passionate about promoting inclusivity and diversity. By fostering an open and supportive learning environment, we actively encourage underrepresented groups to explore careers in live music, events, and screen production. This focus on broadening access and removing potential barriers helps to create a more diverse workforce that reflects the changing landscape of the industry."***

**Unlock your creative potential and dive into the dynamic world of Screen Production and Live Events by contacting [crewgalhq@crewgal.com](mailto:crewgalhq@crewgal.com) for details of our next recruitment event.**

# HELLO NOVEMBER!

The latest events, activities and food & drinks in the North East.

## GIVE THE PERFECT PAW PRINTS GIFT THIS CHRISTMAS!

The Dog Hoose in Tynemouth have put on two extra dates by popular demand. Saturday 2nd & Sunday 3rd November 10-5pm.

With a little help from your furbabies create the perfect gift this Christmas. Choose a bauble and use a non toxic water based paint to make the cutest paw print decoration.



## WREATH MAKING WITH EMMA!

It's that time of the year again, Christmas is coming and the wreath making is in full swing.

Join Emma at Vineyard72 to make the most beautiful Christmas wreath for your front door using foraged items to make them all natural.

Price is £29.95 per head which includes a glass of wine and all the materials.

If you would like to book tickets, [head to the link](#). This events gets very popular so book asap!

## THERE'S A TRAITOR AMONG US! BUT WHO?!

Calling all Traitors fans! Get ready for a thrilling night of mystery and intrigue. Welcome Tall Tales Mysteries back for another Murder Mystery event, and this time it's going to be Traitors -themed!

Join them for a night of clues, suspects, and a whole lot of fun. One of the contestants is desperate to win and will stop at nothing to be the last man or woman standing! With plenty of interaction with our suspects and lots of laughter, it will be up to you to decide who is the guilty party.

Tickets are £20 including a delicious buffet. These events always sell out quick so get in their fast guys! [BOOK HERE](#).





# HYGIENE APPOINTMENTS: WHAT TO EXPECT AND WHY IT MATTERS

**Even with the best at-home dental care routine, it's easy to miss plaque and tartar build-up in hard-to-reach areas. Over time, this can lead to gum disease, cavities, and other oral health issues. Hygienists are trained to spot early signs of these problems and provide preventive care to help avoid them.**

**Here are some key reasons why attending a hygienist appointment is crucial for your oral health:**

## **Prevention of Gum Disease**

Gum disease, or periodontal disease, can start as a mild condition known as gingivitis but can progress to more serious stages if left untreated. Hygienists are skilled at removing plaque and tartar, the main causes of gum disease, helping to keep your gums healthy.

## **Prevention of Tooth Decay**

Plaque is a sticky film of bacteria that forms on your teeth. If it isn't removed, it can lead to cavities. Hygienists use specialised tools to remove plaque build-up, especially in areas that are hard to clean with a toothbrush and floss.

## **Fresher Breath**

Bad breath (halitosis) can sometimes be caused by plaque build-up and gum disease. A hygienist appointment helps to eliminate odour-causing bacteria and leave your mouth feeling fresh and clean.

## **Improved Appearance of Teeth**

Hygienists can remove surface stains from your teeth, helping them look brighter and cleaner. While this is not the same as professional teeth whitening, regular cleanings can improve the overall appearance of your smile.

## **Oral Health Education**

During your appointment, the hygienist can offer advice on the best ways to care for your teeth and gums at home. This may include tips on brushing, flossing, and using interdental brushes or mouthwash effectively.

## **Early Detection of Problems**

Regular visits allow your hygienist and dentist to detect any issues, such as cavities, gum disease, or oral cancer, at an early stage. Early intervention can save you from more complex treatments later on.

## **What to Expect During a Hygienist Appointment**

If it's been a while since your last hygienist visit, or if it's your first time, you might wonder what happens during the appointment. Here's a step-by-step guide to what you can expect:

### **1. Initial Assessment**

The appointment typically begins with the hygienist assessing the overall health of your mouth. They will examine your teeth, gums, and tongue, looking for signs of plaque build-up, gum inflammation, or other potential issues.

### **2. Scaling (Removing Plaque and Tartar)**

One of the main parts of the hygienist's job is to remove plaque and tartar from your teeth. Even if you brush and floss regularly, tartar can build up in hard-to-reach areas. The hygienist uses specialised tools, such as a scaler, to gently remove this build-up. This process is known as "scaling."

### **3. Polishing**

After scaling, the hygienist will polish your teeth to remove surface stains and smooth out the surface of your teeth. This process is done with a special polishing paste that feels a bit gritty but helps to make your teeth look clean and shiny.

### **4. Fluoride Treatment (Optional)**

In some cases, a fluoride treatment may be offered at the end of the cleaning session. Fluoride strengthens tooth enamel and helps to protect against cavities. It's particularly helpful if you're prone to decay or have sensitive teeth.

### **5. Gum Health Check**

The hygienist will also assess the health of your gums by measuring the depth of the pockets around your teeth. This helps to determine if there are any early signs of gum disease and whether further treatment is needed.

### **6. Oral Hygiene Advice**

Towards the end of the appointment, the hygienist will give you personalised advice on how to maintain your oral health at home. They may recommend specific brushing techniques, interdental cleaning tools, or mouthwash, depending on your needs.

## **How Often Should You See a Hygienist?**

For most people, it's recommended to see a hygienist every six months. However, the frequency can vary depending on your individual oral health needs. For example, if you're at a higher risk of gum disease, your hygienist may recommend more frequent visits.

It's important to attend these appointments regularly, as they can help catch any potential issues early and prevent more serious problems from developing.

*If you haven't booked your hygienist appointment yet, don't delay! At Ewan Bramley Dental Care, our team is ready to help you keep your teeth and gums in the best possible condition.*

*Contact us today to schedule your next appointment and take the first step towards a healthier smile.*