

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



Throwback to 2019  
Christmas Jumper Day!

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- 4 - Business of the Month is Luggage Company Modrec who have given us an exclusive discount!
- 5 - We've hand picked some budget friendly events in January to keep you in the festive spirit
- 7 - Read why our hygienists can't treat anyone with oral herpes and what patients need to do if they have a cold sore

## CHRISTMAS OPENING TIMES!

It's that time of year again, Santa is coming! Please be aware that we will be operating an 'emergencies only' process over the Christmas period. With limited opening hours as follows:

TUESDAY 24TH	10AM - 2PM - EMERGENCIES ONLY
WEDNESDAY 25TH	CLOSED
THURSDAY 26TH	CLOSED
FRIDAY 27TH	10AM - 2PM - EMERGENCIES ONLY
SATURDAY 28TH	CLOSED
MONDAY 30TH	10AM - 2PM - EMERGENCIES ONLY
TUESDAY 31ST	10AM - 2PM - EMERGENCIES ONLY
WEDNESDAY 1ST JAN	CLOSED
THURSDAY 2ND JAN	NORMAL OPENING TIMES

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 2025!



# Smile Bright This Festive Season

***The festive season is a time for celebration, indulgence, and gathering with loved ones. However, it can also be a challenging time for maintaining good oral health. At Ewan Bramley Dental Care, we want to help you enjoy the holidays while keeping your smile merry and bright! Here are some simple tips to care for your teeth during the Christmas season:***

## **1. Keep Sugary Treats in Check**

Sugary treats are everywhere, from mince pies to Christmas puddings and endless chocolates. While it's fine to indulge, try to limit how often you eat sugary snacks throughout the day, I know we sound like a Scrooge! Frequent exposure to sugar can increase the risk of tooth decay. Consider enjoying sweet treats as part of a meal rather than snacking throughout the day.

## **2. Stay Hydrated**

Amongst the celebrations, it's easy to forget the importance of water. Drinking plenty of water not only helps with digestion after a hearty Christmas dinner but also washes away food particles and sugars, reducing the risk of cavities.

## **3. Brush Before Bed (No Excuses!)**

Late-night festivities and indulgences can tempt you to skip your nightly dental routine. Don't! Brushing your teeth thoroughly before bed is vital to remove the day's buildup of plaque and sugar.

## **4. Watch Out for Festive Drinks**

Mulled wine, prosecco, and other holiday favourites are acidic and can erode tooth enamel. Again, try to drink these in moderation and consider rinsing your mouth with water afterwards to minimise damage.

## **5. Travel Smart with Your Dental Kit**

Heading away for the holidays? Don't forget your toothbrush, toothpaste, and floss. A travel-sized dental kit ensures you can maintain your oral hygiene wherever you celebrate.

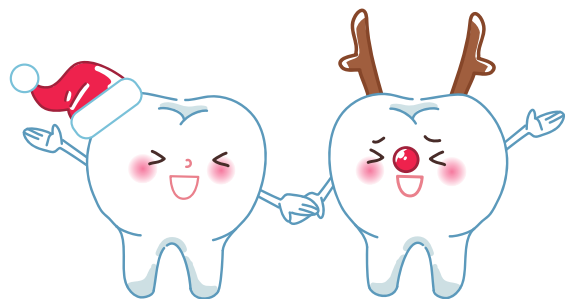
## **Looking Ahead to the New Year**

Christmas is a time for reflection and planning for the year ahead. Why not make your smile a priority in 2024? Whether you've been considering teeth straightening, whitening, or other treatments, the new year is the perfect time to invest in your oral health.

***From all of us at Ewan Bramley Dental Care, we wish you a joyful Christmas and a healthy, sparkling New Year!***

***If you'd like to kickstart your dental journey in January, contact us today to book a consultation.***

***Your smile deserves it!***





# EWAN BRAMLEY REVIEWS!

ewan  
bramley  
dental care ltd

My six monthly appointment with Hygienist, Beth, was good. She was thorough, yet gentle, and always giving me the opportunity to have a break if necessary. If my teeth could talk they would say " Thank you. I'm ready to enjoy the Christmas Goodies"!!!  
Merry Christmas to all.

- Kathlyn W

Another successful visit with Elaine (fantastic hygienist) and Katie (fabulous dentist) with no work required. As a very nervous "anti-dentist" person following a really bad experience when young, (with another dental practice) these two ladies are fabulous, who make you feel totally relaxed and now I look forward to visiting.....I cannot believe I'm saying that !!

- Mandy W

**Some of the latest reviews from our lovely patients! If you would like to read more or leave us one yourself, you can do so on [Working Feedback!](#) [Link Here.](#)**

I have just had some composite bonding done by Jamie and my teeth look beautiful. Jamie is brilliant at what he does, he is very patient and reassuring and is a perfectionist in my opinion. I have had a couple of cosmetic dentistry procedures performed by Jamie and the results are always amazing. I also see Jamie for my routine dental exams and he is very thorough. If you are looking for a brilliant dentist and a brilliant dental practice as a whole you will find it at Ewan Bramley. The dental care packages are exceptional value for money and all the procedures whether cosmetic or general dentistry are very reasonably priced. I cannot speak highly enough of this dental practice and I am so glad I found it two years ago. Well done Jamie and all the staff at Ewan Bramley Dental Care.

- Vanessa M

# BUSINESS OF THE MONTH

*Established in 1984, Modrec has a rich history we're proud to share. Starting as a luxury indoor games manufacturer, we created exquisite pieces for prestigious retailers like Harrods. Over time, we expanded into stationery and high-quality business bags, sold in renowned stores such as House of Fraser, Debenhams, John Lewis and Liberty, solidifying our reputation for exceptional craftsmanship and design.*

*Today, Modrec is a leader in the luggage industry, owning three unique brands: A2B, Gino Ferrari, and Amica. Since 1988, we've been the official licensee for Pierre Cardin luggage and leather goods, a partnership nurtured for decades. In 2018, we added the prestigious London Fog brand to our portfolio, offering luggage, bags, wallets, and purses under this iconic name.*



With over 35 years of experience in manufacturing and supplying luggage, bags, and accessories, we excel in standing out in this competitive industry. We were the first to introduce upright wheeled luggage to the UK, showcasing our commitment to innovation. Staying ahead of trends and technology drives us, as seen through our Xplore Luggage website, which houses all our brands.

Our success stems from strong partnerships with top manufacturers and material suppliers, ensuring exceptional quality in every product, whether from our own brands or licensed collections. Operating from a large warehouse in the North East, we provide full drop-shipping capabilities and pride ourselves on rapid turnaround and delivery, making us one of the most reliable luggage providers in the country.



*'Our passion for quality, design, and innovation fuels us. Honoured by a legacy spanning over a century, we remain dedicated to redefining travel accessories, delivering excellence, and looking to the future with the same pioneering spirit that has always defined us.'*



# 2025 IS UPON US!

We've brought you some budget friendly activities to keep you in the spirits this January!


## ENJOY A SING AND DANCE WITH ALL THE FAMILY!

Who doesn't love a bit of Taylor Swift and Lady Gaga? Dance and sing your heart out with your little ones at North Shields Catholic Club.

This is a big double show with a tribute to Lady Gaga and Taylor Swift so it's going to be popular! Get your tickets now by either popping into the bar or online.

[BUY TICKETS HERE.](#)

HANNAH HEART  
PRESENTS



**LADY GAGA** Tribute  
**Taylor Swift** Tribute

*\* Double Show \**

**NORTH SHIELDS CATHOLIC CLUB**  
SATURDAY 25<sup>TH</sup> JANUARY 2025  
DOORS 7PM | ADULTS £6 KIDS £3



## GET WRAPPED UP FOR A TRAIN RIDE!

Looking for something fun to do, that isn't sales shopping between Christmas and New Year? Plan a trip to Stephenson Steam Railway and enjoy a relaxing heritage train ride on our 4 mile historic urban line.

Saturday 28 and Sunday 29 December

Train departure times: 11.30am, 12.30pm, 2pm and 3pm

Pre-booking recommended. [BOOK HERE.](#)



## Craft Club at Cedarwood

## ARE YOU PASSIONATE ABOUT CRAFTING?

Whether you love knitting, scrap booking, or jewellery making, our Craft Club offers a welcoming space to pursue your interests. Working alongside fellow crafters can boost your creativity and provide fresh ideas. The club is not just about crafting; it's about building a community.

**Craft, Knit, Natter is on every Monday morning at Cedarwood, from 9:30am till 11:00am. Come along!**

NEW YEAR'S DAY WITH..



**SMOOVE & TURRELL**

\*DJ SET WITH LIVE VOCALS\*



+ SUPPORT



SALT MARKET SOCIAL, LIDDELL ST., FISH QUAY, NE30 1HE

DOORS 3PM - 8PM  
DAYTIME CLUBBING SET UP

TICKETS AVAILABLE FROM [WWW.WEGOTTICKETS.COM](http://WWW.WEGOTTICKETS.COM)

## NEW YEAR'S DAY PARTY LIKE NO OTHER!

We welcome the kings of North East Soul and Funk... **SMOOVE & TURRELL**. DJ Set with Live Vocals. Doors open 3pm - 8pm.

[BUY TICKETS HERE.](#)

# WHY HYGIENISTS CAN'T TREAT PATIENTS WITH ACTIVE ORAL HERPES



Oral herpes (commonly caused by the herpes simplex virus, HSV-1) often appears as cold sores or fever blisters around the lips or inside the mouth. While these sores are extremely common and usually not serious, they can be highly contagious, especially during active outbreaks. In a dental setting, strict infection control procedures are critical for protecting both patients and healthcare professionals. As a result, if you have an active oral herpes outbreak, your hygienist may need to postpone your appointment. Here's why, and what you should do if this situation arises.

## What is Oral Herpes?

Oral herpes is primarily caused by the herpes simplex virus type 1 (HSV-1). It is characterised by fluid-filled blisters or open sores around the lips, gums, tongue, or inside the cheeks. Although these outbreaks generally clear up on their own within a week or two, they remain contagious until fully healed. After the initial infection, the virus stays dormant in the body and can reactivate, causing further cold sores in the future.

## How It Spreads

- Direct contact: The virus is commonly spread through close personal contact, such as kissing or sharing utensils.
- Indirect contact: Transmission can also occur if you touch an active sore and then touch another surface or object without washing your hands.

When you're in the midst of an active outbreak, the risk of spreading the virus is significantly higher.

## Why Hygienists Reschedule Appointments for Active Oral Herpes

Dental hygienists follow strict guidelines to prevent the spread of infections in the clinic. Even though dentists and hygienists use personal protective equipment (PPE) such as gloves, masks, and goggles, the risk of spreading the herpes virus (either to them or via contamination in the clinic) remains a concern.

Here are some key reasons why an active cold sore can lead to a rescheduling:

1. Infection Control: Working in the oral cavity involves contact with saliva and soft tissues that can carry active virus particles. Instruments used during hygiene appointments, such as ultrasonic scalers or polishers, create aerosols, increasing the potential spread of the virus.
2. Cross-Contamination Risks: Despite using sterile instruments, surfaces in the clinic (including chairs, lights, and countertops) could still be exposed to droplets. This puts not only the hygienist but also subsequent patients at risk.
3. Patient Discomfort: Hygiene procedures can irritate already-sensitive sores, causing additional pain. Delaying treatment until sores have fully healed helps ensure a more comfortable experience and more effective cleaning.
4. Professional Guidelines: In the UK, dental professionals adhere to guidelines set by organisations like the General Dental Council (GDC) and other governing bodies. These guidelines emphasise the importance of infection control and recommend postponing non-urgent dental appointments for patients with active oral infections.

## What Should You Do If You Have an Active Cold Sore?

If you have an upcoming hygiene appointment but develop a cold sore shortly beforehand, here are some recommended steps:

**1. Contact Your Dental Clinic:**  
**Let your dental practice know about your active cold sore as soon as possible. They may advise you to reschedule for when the sore has healed. It's best to call at least 24–48 hours before your appointment to avoid last-minute changes.**

2. Follow Cold Sore Care at Home: Use over-the-counter antiviral creams or patches to help reduce pain and speed up healing. Keep the area clean and avoid picking at the sore. Wash your hands frequently to prevent spreading the virus to other parts of your body or surfaces in your home.
3. Stay Hydrated and Well-Rested: Stress, lack of sleep, and dehydration can prolong or worsen herpes outbreaks. Aim for plenty of rest, drink enough fluids, and maintain a balanced diet to support your immune system.
4. Wait Until It's Fully Healed: A cold sore typically goes through several stages and is contagious until it fully scabs over and heals. It's usually safe to visit the hygienist once the lesion has completely disappeared or is no longer weeping or crusted.
5. Seek Medical Advice If Needed: Most cold sores clear up on their own, but if you experience frequent outbreaks or severe symptoms, speak with your GP or pharmacist about prescription antiviral medication.