



# SPIT ROAD DENTAL

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## DR IAN YERBURY

JANUARY/FEBRUARY 2011



### INTRODUCING ... THE WAND



Having an injection when having dental treatment is very often unavoidable and is a procedure that is received with caution from clients. A state of the art device has now arrived which can make the experience a lot more comfortable.

Dr Yerbury is now using the device which is called.....

#### THE WAND!!!

Before Dr Yerbury used the wand to administer the local anesthetic he used a syringe and manually dispersed the local anesthetic into the desired area.

Although Dr Yerbury is very gentle it was still difficult to regulate the flow of the fluid entering the gum (which is generally the pain people feel

when having an injection)

The new Wand regulates this flow therefore making the injection procedure so much more comfortable..

The procedure takes a few minutes and you will hear a beeping noise as the local anesthetic is dispersed through the machine and into the area being anesthetized. It is easier for Dr Yerbury to hold being much similar to a pen where as the syringe was quite bulky.

Another appealing feature of using the wand versus the traditional method of local anesthetic procedure is that less dosage of anesthetic is required.

Also there is much less numbness to the face and lips. This

is really helpful when doing cosmetic procedures on front teeth as if the lips are not numb a natural smile line is easy to see where as if your lips are numb its very hard to imitate a natural smile line.

If you would like to know more about the wand please feel free to ask Dr Yerbury and he can show you the machine with all its accessories.

### RETURN OF THE MAC

Katie is now back with us after having a few months off on maternity leave. She will be here for 3 days a week and little man Hamish is being a big boy and attending day care (which he loves)



### THINK PINK!!!!

Trying to get children to clean their teeth thoroughly can some times be a mammoth task!!! Very often it is done far too quickly and areas in the mouth where plaque accumulates is very often missed.

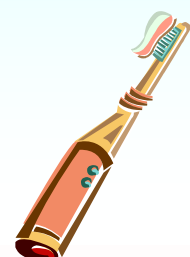
Disclosing Tablets are available from your dentist or pharmacist. They contain a food dye that turns the plaque pink or red. This is fantastic

as it helps your child to see clearly what needs to be brushed off. The tablet form can be chewed and swished around their mouth with their tongue. It is better to let them clean their teeth first then get them to chew the tablet, this way they can see what they have missed. It also encourages them to brush for longer and is a fun way to brush their teeth. After a while it will become a lot

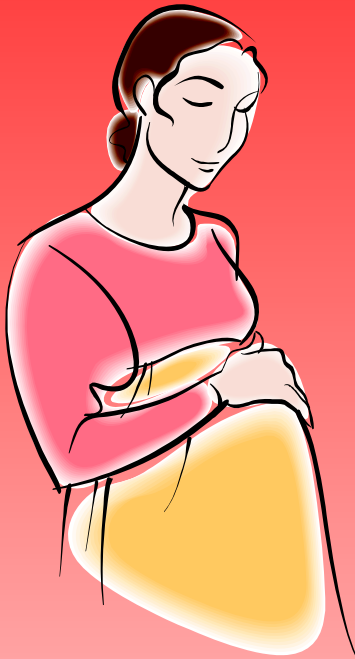
easier for your child to recognize when they have brushed their teeth properly. Another helpful aid when children start to brush their own teeth is having a timer in the bathroom so they can see how long they need to brush for.... Two minutes not two seconds!!!!!!!!!!!!!!!!!!!!!!

### PASS IT ON... THE SUMMER SPECIAL OFFER

All new patients joining the practice this summer who come in for a check and clean will receive a gift bag containing an Oral B Vitality electric toothbrush.



# PREGANCY AND ORAL HEALTH MYTHS



## MYTH 1

### You lose a tooth for every child

People used to think that a developing fetus who did not get enough calcium would absorb it from the mother's teeth. This is not the case. If you practice good brushing habits throughout your pregnancy you are no more likely to get cavities or lose teeth than at any other time.

## MYTH 2

### I can't take medicine while I am pregnant

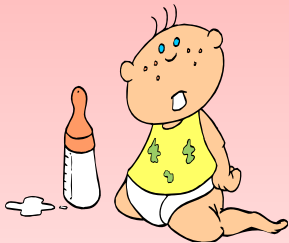
Certainly during your first trimester it's best to try and avoid them—but sometimes this is simply not possible because the benefits of a medicine outweigh the risk related to its use. Most common dental medicines can be used during pregnancy. Sedatives and certain antibiotics should be avoided. Always talk to your dentist about any medicines he prescribes during pregnancy.

## MYTH 3

### I can't have an x-ray if I'm trying to get pregnant

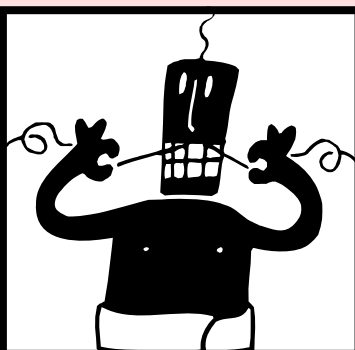
Advances in technology have made dental X-rays much safer. Studies have shown that using a lead apron will protect you and your fetus from radiation. Untreated dental infections can pose a risk to the fetus, and dental treatment may be necessary to maintain the health of the mother and child. Having said that, most dentists would prefer to be safe than sorry, and do not recommend dental X-rays if you are pregnant. X-rays usually are taken if they are needed for diagnosis or treatment that cannot wait until after the baby is born.

## Tips for Baby Teeth



- Even before your baby's teeth appear, gently wipe their gums with a soft cloth once a day. During bath time is a good opportunity for this.
- Once the teeth do start to appear start to use a baby toothbrush with a small head and soft, rounded bristles
- Up to the age of 18 months, teeth should be brushed with plain water, once a day after the last feed in the evening

- There are special low fluoride toothpastes that have been developed for young children and these can be introduced from around the age of 18 months. Use only a smear of toothpaste and teach your child to spit out the toothpaste after brushing
- Store all toothpastes out of your child's reach. Some small children love the taste of toothpaste and will eat it if given the chance.



Did you know that flossing your teeth is an essential part of your daily brushing routine??? Ask Doctor Yerbury about the correct flossing technique

You will see a new friendly face in our practice..... Gwendy has joined our team. You may also notice our lovely flowers around the practice which are kindly brought in and arranged by Gwendy whos father has a flower farm.

