

# Get ready for the big reveal!

Spring 2021



Soon we hope that wearing masks will become a thing of the past. Is your smile ready for the big reveal?

There is nothing more beautiful than a confident smile with healthy teeth and pink gums. If yours isn't quite there yet, there are lots of ways to get your smile looking great - and they needn't break the bank.

If you brush your teeth twice a day for two minutes every day, then well done. Only 73% of Brits say they brush their teeth twice a day or more and 33% claim they never floss.

#### Why is flossing important?

Flossing or using inter-dental brushes before you brush is great for dislodging anything trapped between your teeth and helps reach those areas that a toothbrush just can't get to.

Inter-dental brushes come in all sizes (depending on the gap between your teeth) and cost just a few pounds. They are well worth the investment, are simple to use and will help improve your gum health enormously if used every day.

#### Cosmetic solutions

If you have managed to squirrel away

some money during the coronavirus pandemic, why not invest in your smile?

We have a range of cosmetic and orthodontic treatments available from whitening, composite bonding, white

fillings, braces and veneers. We also offer 0% finance and payment options to help spread the cost.

Call us now to find out how we can get your smile ready for showing off.

## Upstairs surgeries get a makeover!

Just look at our fully refurbished upstairs surgery! We are delighted with our makeover and know you will be too.

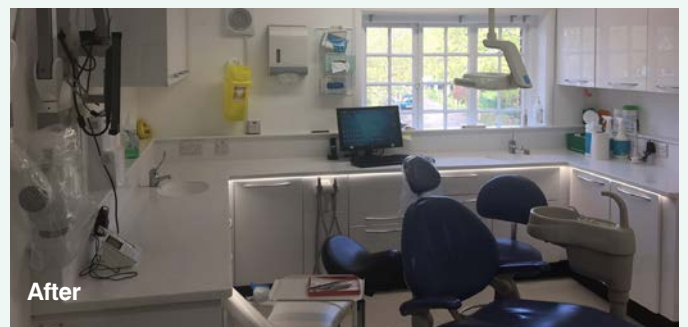
This means that all of our surgeries have now been revamped.

Thanks for bearing with us while the work was being carried out.

**If you require the downstairs surgery, please mention this when booking your appointments and we will accommodate your needs.**



Before



After

# Spotlight: lockdown snacking

Have you found you are suffering from low mood or reaching for snacks more than usual in lockdown?

Many people have found the third national lockdown really tough. Feelings of uncertainty and worry can lead to low mood and when we feel unhappy, we can often comfort eat. As well as affecting our dental health, irregular eating patterns and unstable blood sugar levels can make a difference to our mood and energy levels too.

It is not so easy to snack when we are at work but with so many of us working from home, the kitchen is just a few steps away.

Snacking could be the result of boredom and the need to find a distraction that gives us a short-term comfort. The problem is that snacking can have serious repercussions for our health, both mental and oral.

Whenever we eat or drink anything, plaque bacteria builds up in the mouth. This produces acids that attack the teeth, causing tooth decay and erosion. Usually, the mouth can neutralise these acids by producing saliva, however, constant snacking does not give our mouths chance to recover. This leaves us susceptible to acid attacks.

So, it is worth thinking about your diet, as eating regularly and keeping your blood sugar stable can make a difference to your mood, energy levels and dental wellbeing.



Consider looking after your physical health too by trying to get enough sleep. Sleep can give you the energy to cope with difficult feelings and experiences. And physical activity can also help because exercise can be really helpful for your mental wellbeing.

If you have any concerns, please get in touch.

## Keeping our practice Covid secure

We work very hard to ensure that our practice is Covid secure and have put lots of extra measures in place for your protection and to keep our team safe too.

We are open for dental health and cosmetic examinations, hygiene visits and emergency care, in line with government rules.

### We are now paper free

One of the changes we have made is that you now fill in any necessary forms digitally. You will receive an appointment reminder, which includes a link to any forms we require, such as your medical history. We politely ask you to fill in the forms before you visit us.



Our surgeries are thoroughly cleaned between patients and we have reduced the number of people in the practice at any one time.

- We ask that you do not arrive early for your appointment and you wait at the front door to be escorted in by the nurse.

- You will be screened for Covid before your appointment.

- We will take you into the treatment room as quickly as possible after sanitising your hands.

If you have any questions, please just ask.

### Drayton Dental

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Drayton,  
Norwich,  
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01603 860885

Opening hours  
Monday: 8.30 am - 5.00 pm  
Tuesday: 8.30 am - 5.00 pm  
Wednesday: 8.45 am - 5.00 pm  
Thursday: 8.30 am - 5.00 pm  
Friday: 8.45 am - 5.00 pm  
Saturday: twice a month for hygiene

info@draytondental.co.uk  
www.draytondental.co.uk

Articles within this newsletter are for information only. It is not our intention to endorse or recommend any specific treatment. You should seek advice and guidance from your dentist when considering any dental treatment or procedure.

## Practice news

### Happy 60th April!



Wishing our lovely receptionist April a very happy 60th birthday!

### All had vaccines

The Drayton Dental team is now fully vaccinated against COVID-19.

### Hygiene Saturdays

We are now open two Saturdays a month for hygiene! We have also invested in a fantastic new machine to ensure your smile sparkles. Watch this space for some amazing new treatment options!

### Polite reminder

A polite reminder that during the covid restrictions, please do not attend the practice unless you have an appointment booked, please call or email us with your queries.