

Daleys Dental News



WELCOME

to our Centenary newsletter 2021

Our aim is to update you on the happenings at the practice as well as informing you of the latest developments in dentistry to help you have excellent oral health for life.

409 Eaton Road, West Derby, Liverpool, L12 2AJ
Telephone: 01512594104
Email: daleys@btconnect.com
Website: www.daleysdental.co.uk

A WARM WELCOME TO ALL OUR PATIENTS OLD AND NEW

Our last newsletter was about to be published in early March of last year, put on hold for a couple of weeks! then obviously did not appear.

Although we were closed to patients from 27th March until 8th June 2020 we remained open throughout the early pandemic for telephone triage calls and help for our patients. After that date we reopened for emergencies only initially and then seeing more regular patients. Since then we have been operating pretty normally but with obvious changes to standard operating procedures. The main one having to wear full PPE to do an aerosol generated procedure (AGP) which is quite a job as well as having to have a 30 minute fallow time afterwards. But things have worked well in practice, we have all remained well and myself and most others

twice vaccinated. I cannot see things changing much in how we operate for the remainder of the year.

Up to date information is given to all patients before appointments and I like to feel we have a safe working environment for our patients and staff. If you have questions or concerns please feel free to ask.

On a happier note, the 'Daley Family' celebrate 100years of doing dentistry in Liverpool this year, of which I am very proud to be part of.

It was started in 1921 (or maybe slightly earlier) by my grandfather TF Daley who was an engineer in the first world war who then retrained as a dentist and opened a surgery in the family house in

Prescot Road, Fairfield Liverpool. Three of his sons followed him into dentistry studying at Liverpool University, TA Daley, GL Daley and PB Daley and opened further practices in Belmont Road Anfield, Broadway Norris Green and Dinas Lane Huyton. After that came my brother TC Daley his wife Linda and myself and my wife Francesca. None of my three children have done dentistry or any other relatives hence this could be the end of the line but I will carry on for a while yet I hope!

Please read and enjoy the rest of the newsletter but I repeat if you have any questions or concerns please ask any of us.

Very Best Wishes

Nick Daley

Practice Principal

Child Dental. Since then he has achieved numerous qualifications in Restorative dentistry, as well as attaining his National Board Exams of Canada. He has also had advanced training in Toronto, Manchester and London.

He has developed a wide range of experience in private, community and hospital based clinics, enabling him to confidently understand and address patient's concerns and needs. He enjoys all aspects of his work but has a particular interest in restorative dentistry and treating patients holistically, emphasising the importance of prevention and helping choose appropriate long lasting, and where possible, minimally invasive treatments.

Alongside his clinical work he has spent 5 years at Liverpool Dental School, as a clinical lecturer, teaching the undergraduates in the Oral Surgery and Restorative departments.

In his free time he enjoys his sports, specifically snowboarding and golf. However, with a young daughter and the arrival of twins, just as lockdown started in March 2020, most of his time is happily spent with his family.



STAFF NEWS

Nicola Fitzpatrick one of our three hygienists has recently had surgery on her neck which went well but unfortunately due to further back/shoulder problems she has had to make the very difficult decision to medically retire from dentistry. Nicola has worked at the practice for 16 years so we are very sad for her to leave but wish her well for the future.

Lisa Dwyer Dental Hygienist/Therapist works at the practice on a Thursday morning will be taking over Nicola's list on a Tuesday.

Sadly at the beginning of April at the start of lockdown dentist and Endodontist

Obie Essam left the practice as a general dentist to concentrate on his Endodontics.

We have a new dentist with a specialist interest in Endodontics **Shakil Umerji BDS, MFDS RCPSG** who takes referrals for RCT

Dr Neil Fearn BChD (Leeds), MFDS RCPS, NDEB Canada

Neil has been working at the practice since August 2019, and has increased his days with us.

Neil studied at Leeds University and graduated in 1998, with a distinction in

AIRFLOW

TEETH POLISHING

We have recently upgraded our Airflow System to the latest model AIR-FLOW handy 2+.

The Airflow is a cosmetic treatment to remove stains from grooves and spaces in-between the teeth. It works through the combined power of three things – Air, sodium bicarbonate and a jet of water.



Airflow produces great results which are immediate and without the risk of damage to the teeth. This procedure on its own takes 20 minutes or can be added to your routine hygiene visit for a 40 minute appointment and is a very popular treatment.

Airflow only for regular hygiene patients 20 min appointment £50.00

Airflow + routine cleaning 40 minute appointment £85.00

*Extra AGP fee will apply

Discounts apply to patients registered to a Daleys Dental Plan

- Brighter whiter teeth
- Immediate results
- Kind to tooth surface
- No dentist referral required
- This treatment is perfect for surface staining from tea, coffee, red wine and tobacco

TEETH WHITENING

AVAILABLE AT THE PRACTICE

Phillips Zoom Take home Whitening

Some people prefer to whiten their teeth on their own schedule. Phillips Zoom has created a full line of superior whitening products you can take home, but each one can only be sold and used under the supervision of your dentist.

First your dentist will take impressions of your teeth for customised trays to be made to fit your mouth.

There are 3 options of Phillips Zoom Whitening Gel and your dentist will prescribe the best suited to you. Full instruction on how to apply the gel to your customised trays and length of time to wear them will be given.*We will supply enough Whitening Gel for you to achieve the desired results

The cost: £375.00

10% discount for Plan 2 members: £337.00

20% discount for Plan 1 members: £300.00

DIABETES

Does it affect your oral health?

If you have diabetes, it can affect many parts of your body. This includes your teeth and gums. The effect is even greater when your blood sugar is not well controlled, making it harder to fight bacterial infections.

Plaque Build up

Plaque is a sticky layer of bacteria that forms on both teeth and gums. If not removed, it can lead to infections such as gum disease.

If your high blood sugar is not controlled, you may have more plaque bacteria than most people. That means you are more at risk for oral health problems.

Gingivitis

Gingivitis is a form of gum disease. It is caused by a build-up of plaque and tartar on the teeth and gums.

If you have diabetes, it is harder for your body to control plaque bacteria. That is why people with diabetes are 3 to 4 times more likely to get gum disease.

Be sure to see your dental professional if you have any of these symptoms:

- Red Gums
- Swollen or tender gums
- Gums that bleed easily

Periodontal disease

If gingivitis is left untreated, it can turn into periodontitis. This is a more serious form of gum disease. Over time, it can cause your gums to pull away which leads to loss of the bone that supports the teeth and the teeth become loose.

Oral Health can affect diabetes too

Having an infection like gum disease can affect your blood sugar. That's why it's vital to practice good oral care habits at home. It can help you protect your oral health as well as manage your diabetes

Special oral health tips for people with diabetes

- Brush at least twice a day using an antibacterial toothpaste that contains fluoride
 - Floss at least once per day
 - Try using fluoride or antibacterial mouthwash (without alcohol) at least once per day
 - Tell your dental professional that you have diabetes
 - Go for regular dental cleanings every 6 months or more often as directed by your dental professional
- Taking good care of your gums and teeth is key when you have diabetes, Helping you protect your teeth and gums for life***

IF IN DOUBT, GET IT CHECKED OUT



Mouth cancer can strike in a number of places including the lips, tongue, gums and cheek. Given that early detection is so

crucial, it is important to have regular dental examinations. Three signs and symptoms not to ignore are:

- Ulcers which do not heal in three weeks
- Red and white patches in the mouth
- Unusual lumps or swelling in the mouth or head and neck area.

DON'T SIP AND SNACK ALL DAY

Every time you eat or drink anything acidic the enamel on your teeth becomes softer for a short while

If this happens too often, your mouth does not have a chance to repair itself. Over time, you start to lose the enamel of your teeth.

TO HELP PREVENT THIS YOU CAN



Limit acidic products and fizzy drinks to mealtimes to reduce the number of acid attacks on your teeth

Drinks should be drunk quickly without holding in or 'swishing' around your mouth. Or use a straw to help drinks go to the back of your mouth avoiding long contact with your teeth



Finish a meal with cheese or milk as this will help neutralise the acid

Chew sugar free gum after eating to help produce more saliva to help cancel out the acids which form in your mouth after eating



Wait for at least 1 hour after eating or drinking anything acidic before brushing your teeth. This gives your teeth enough time to build up their mineral content again.



Google "REVIEW US"

We are always delighted when we receive reviews from our patients. This means a great deal to us as it informs us if you are happy with your dental care and are pleased to pass on this news. We would like to request if you would please leave a review of Daleys Dental Practice on Google.