



Patient Newsletter

Craigentiny Dental Care

Dec 2019

Welcome

Welcome to the December 2019 newsletter from Craigentiny. 2019 has been a very eventful year, with its fair share of ups and downs for the team. The newsletter will keep you up to date on what we have all been up to as well as what's is new in the world of dental health and practice development.

The practice celebrates its 30th birthday this year and amazingly there are a few of the original team who have been with us right from the start and remember well our tiny original location, and small team of only 3! Our hygiene team have been introducing their patients to Airflow and GBT treatment that delivers a new and higher standard in both gum care and comfortable treatment.

Sadly the second half of the year has been very much overshadowed by the sudden and serious illness of my partner in crime for the last 25 years John Booth who experienced a major cardiac event in early September. John and his family have been quite overwhelmed by the number of good wishes, e-mails and cards that they have received wishing him well and want to pass on their thanks to everyone who has reached out to them. There is an update on his progress in this newsletter too

Enjoy Christmas and the festive season as it rapidly approaches, I hope you enjoy the read and look forward to seeing you in the practice soon.

With all good wishes

Fraser

Fraser Hendrie BDS MFGDP
Partner Craigentiny Dental Care

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Edinburgh Marathon Team Relay

Once again we entered a team for the Edinburgh Marathon relay event this year. As it is a subject close to the heart of several team members and their families we raised funds for Alzheimer's Scotland. The team was subject to a last minute (and



suspiciously youthful!) substitution due to injury but we were proud to raise over £1300 for this cause. Thanks to everyone who supported us with sponsorship, many of whom were our patients.

Did you know you can send us direct text messages reply to ours on

07860 048340

please add us to your contacts

Airflow & Guided Biofilm Therapy At Craigentiny

Guided Biofilm Therapy- seeing the invisible

“Airflow gets the teeth cleaner than a traditional scale and polish and is less abrasive.”

There is now evidence to show that the bacteria that cause gum disease in the mouth also have an impact on whole body health. Being linked to heart disease, elevated blood pressure, diabetes and more recently some forms of Alzheimers. Our hygiene team have for many years helped our patients treat gum

problems and optimise dental health but a new treatment concept called Guided Biofilm Therapy (GBT) is helping us take this to the next level.

The bacteria that cause gum and health problems are invisible eye but with GBT we can now see where they are and eliminate

them comfortably. GBT is rapidly becoming recognised as the most up to date way for hygienists to work. Our hygiene team were among the first in Edinburgh adopt this new approach after we installed Airflow treatment units in all of our hygiene surgeries earlier this year.

Airflow - a more comfortable way to clean

Traditional cleaning in dentistry has involved the use of ultrasonic or hand scalers. For patients who find dentistry stressful or have more sensitive teeth this was not always the most pleasant experience even with local anaesthetic. Airflow is the new way of cleaning teeth, it uses a very fine powder and

a gentle stream of water that is pre heated to body temperature. The result is that we can clean into all the nooks and crannies in your mouth comfortably and with greatly reduced sensitivity. The treatment has been shown to be less abrasive than a traditional scale and polish and is so gentle

you can even use it on gums without a problem. Airflow removes the vast majority of the deposits in your mouth leaving the hygienists only a small amount of "tidying up" to do by hand afterwards. Although taking a little longer than the old way our patients have been loving this new approach

John Booth an Update



We are all very much missing having John around the practice and spend much of our week updating patients on progress. Johns cardiac event required lengthy emergency surgery and despite his fitness entering the process, he has experienced many complications after surgery which

have prolonged his time in intensive care. Johns medical team now think he is ready to start what is expected to be a long rehabilitation process. Clearly at present we have no information when or to what extent John will rejoin the practice. Those that know him well know how determined he

can be., He carries with him the very best wishes of the team and his patients for the road ahead. He has asked me to personally pass on his thanks to everyone who has asked after his well being. We will of course keep you updated on his journey.

Keeping Up To Date

Our team have had a busy year with continuing professional development. Fraser attended the 3 day Association of Dental Implantology conference in June and has also been studying computer guided surgery and digital implant planning. Earlier on this year

hygienist Jill Bourke took to the other side of the podium delivering a well received lecture on tooth whitening at the Royal College of Surgeons in Edinburgh.

Congratulations are due to Dentist Miriam Figge who passed her Membership exams to become a member of the Faculty of General Dental Practitioners. She is now studying towards a Diploma in Sedation Dentistry.

Meanwhile Dentist Callum Ward is part way through a year long dental implant course. And of course the whole team completed our annual CPR recertification training. Finally with the addition of a modest in house lab this year we have trained the team to provide bite guards, whitening trays and orthodontic retainers in house and more rapidly than we were able to do before.

Team News

Congratulations are due to one of our senior nursing team members Suzanne who became Mrs George on October the 19th. Many of the team were there to enjoy the big day with her. Suzanne rejoined us in November after a well deserved break and honeymoon.



Practice Updates

We have been updating our technology swapping around 20,000 pieces of paper that we used each year to update medical histories for digital tablets. The system has been up and running for a few months and we hope that after an initial settling in period it

should speed up and make easier the process of keeping your details up to date with us. To reassure you that your data is safe all information provided on the tablets is transferred immediately on completion to our server and deleted from the tablet.

Next month sees a major IT overhaul as we update all of our workstations and servers to the next generation of windows and make ready for the advent of more 3d imaging in dentistry.

At Craigentenny we strive to bring dental care that is right for you and your family. We focus primarily on the things that will enhance not only your dental health but your general health too. Our team can do all of the clever cosmetic things too but we always remember that the person behind the smile is the focus of all that we do.

Resin Bonding and Tooth Whitening

While dental health and the promotion of whole body health is without doubt the main focus of the whole team at Craigentenny we can also provide a range of minimally invasive treatments to enhance smiles. Whether this is tooth whitening or resin bonding the team are well trained and experienced. Here are just two examples that our patients have been kind enough to allow us to share with you. If you have any questions about these treatments please just ask your dentist.



Before & After Resin Bonding



Before & After Tooth Whitening

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