

# Welcome to our Latest Newsletter

## Important Announcement

After 36 years of dedicated service to Lime Grove Dental Practice, Dr Susan Ashton, is setting her sights on a well-deserved retirement and spending more time with her husband and family. We are also saddened to announce the departure and retirement of both Louise Hare and Karen Oats.



All will be sadly missed by the team at Lime Grove, we will never forget their contributions to our practice and wider community. We wish them all the best in their retirement and future endeavours.

Many of Dr Ashtons' patients will be moved across to one of our new/remaining dentists. We are trying our best to incorporate the changes with as little issue as possible and we thank you for your patience.

## Our New Team

We are pleased to announce the appointment of a few new team members starting 2024, including new dental nurses, dental hygienists and dental therapists.

## What are Dental Hygienists and Dental Therapists?

The field of dental science has seen some tremendous changes in the last few years and has evolved; one of the key factors in this process is the growing awareness amongst people about oral hygiene. In the UK, you come across dental hygienists and dental therapists working in various dental establishments. A patient seeking dental care can visit them before they visit a dentist.

## **The role of a Dental Hygienist**

The job of a dental hygienist is to help people save their teeth by preventing gum diseases, treating them and combat issues like halitosis (bad breath). This is done through procedures such as scaling to remove stains and calculus build-up, application of fluoride, pit and fissure sealants. Many patients will see a hygienist before being referred to the dentist.

## **The role of a Dental Therapist**

Similar to a dental hygienist, a dental therapist can also carry out some dental procedures that patients are more used to a dentist doing. A dental therapist can do fillings, extract 'baby' teeth, place preformed crowns on baby teeth and do treatments using all the materials a dentist would use. As long as an adult tooth does not need treatment to the nerve of the tooth, a dental therapist can fill or restore any part of the tooth that needs treatment.

For more information about us and to meet the team, please check out "Meet the Team" on our website.

## **Charity Run for British Heart Foundation**

We are excited to announce that our resident dental hygienist, Sangita, is running the London Half Marathon for the British Heart Foundation this 7<sup>th</sup> April 2024.

Sangita has been training very hard, we are very proud of her and wish her all the best for the event. If you would like to donate and show your support, please ask at reception on your next visit!



**Your Health is IMPORTANT!**

Here at Lime Grove Dental, at your examination, we always check for signs and symptoms of a variety of conditions including cancer. You can also keep an eye on yourself by checking for ulcers which do not heal within 3 weeks, red and white patches in the mouth, lumps or swellings in the mouth or head and neck.

If in doubt get checked out.

### Going **GREEN** with our paperless system

We have now been fully computerized since October 2019. The team completed their training and immediately put it in to practice. It has mainly been smooth running and all the team have worked very hard to get to grips with our new system.



We will still be updating procedures in the practice and improvements are always ongoing; including transferring paper medical records to our new digital tablets.

We would like to say thank you to all our patients for their patience with us during the transition period.

Thank you for your continued support of Lime Grove Dental Care and please let us know if we can improve upon our existing service to you in any way.

We are always open to suggestions.

**Wishing you all a healthy and Happy 2024.**

**From all the team.**