

Rosebud Dental Group

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Newsletter

QUARTER 3 : 2011

Welcome to our third newsletter for 2011. This year thus far has been full of changes at Rosebud Dental Group and we would like to tell you all about them.

DEPARTURES & ARRIVALS

At the end of May we fare-welled our long time nurse Erin for a year as she embarks on her exciting new role as 'mum'!!

At the end of February, after many years at Rosebud Dental Group Dr. Bernard Campbell has left us to move with his family to Mullimbimby on the NSW north coast. All the staff wish him the best with his northern sea change, we will all miss him.

On a brighter note we welcome Dr. Mindy Nguyen to the practice. Mindy graduated from Melbourne University in 2009 and has been working in a community dental clinic where she met and worked with a lot of lovely people.

Among her many dental interests are conservative and preventative dentistry, special needs and motivating patients.

Mindy is extremely excited to have joined Rosebud Dental Group for she has dreamt of working by the sea. Mindy shares in common with Bernard a caring, gentle personality and we are sure all Bernard's patients will be as happy with Mindy as they were with Bernard. Mindy is available for appointments Wednesdays, Thursdays and Fridays.

In addition, Dr. Heba Elbarki is now here full time and Dr. Peter Coghill is also increasing to 3 days (Mon-Wed), so we have 3 capable dentists to fill the void left by Dr. Campbell.

Derek, Malcolm, and Tom are very pleased to welcome Mindy and have no

hesitation in recommending Mindy, Peter and Heba to you, particularly if you have an emergency. So if you require an appointment, for any reason, earlier than is available with your usual dentist please do not hesitate to take up the opportunity to see any of them.

MEDICAL HISTORY

Your medical history often has an effect on the way we can treat you. Having a complete and current medical history of our patients helps us provide you with a better service.

If you answer 'yes' to any of the following questions then please ask reception for a form to update your medical history or speak to your dentist at your appointment time.

Has it been more than two years since you last updated your medical history with us?

Have there been any significant changes in your medical history since your last appointment with us?

PATIENT PHOTOS

Our dental computer software enables us to upload photos to our patients files. This can be useful for patient identification (putting a face to the name). If you would like to have a profile picture uploaded to your dental file, please ask the reception staff who can take a photo or alternatively email a photo to rosebud-dentalphotos@hotmail.com and reference your name and date of birth.

DENTISTRY- BLEACHING

Lifestyle and ageing can bring about changes in the colour of your teeth. Examples include: certain medications; tea; coffee; red wine; smoking; thinning of the outer enamel allowing the darker inner dentine to show through.

Often your dentist can clean off any external staining. However, if the staining is not removed by cleaning then bleaching is another treatment option to brighten your smile.

This service is provided at Rosebud Dental Group. The treatment involves your dentist taking impressions to create accurate models of your teeth. Our dental technician then makes your custom trays

in which a small amount of whitening gel is placed inside and worn each day. The length of time and amount of days the course requires will depend on the strength of the whitening gel and the response from your teeth as well as the outcome you desire.

Some side effects may occur from bleaching including irritated gums if too much whitening gel is placed in the tray, this irritation resolves quickly and is prevented by using less whitening gel for each tooth. Another side effect from any type of bleaching, even whitening toothpaste, is increased sensitivity to hot and cold. This is not because the whitening agents eat away the tooth, but because it makes the fluid in the dentinal tubules transmit temperature changes more readily to the nerve of the tooth. We suggest wearing your trays with Tooth Mousse Plus in them for 10 minutes immediately after each time you bleach your teeth to prevent sensitivity.

Teeth will discolour again after bleaching for the same reasons they discoloured in the first place and the whitening gel has a fairly short shelf life, however once you have your trays you can purchase top up kits from Rosebud Dental Group whenever you wish so make sure you keep your trays in a safe place.

Bleaching will not change the colour of fillings or crowns, so if your teeth are heavily restored then bleaching may not be an option for you. Bleaching is also not suitable for women who are pregnant or lactating, or for children under the age of 16.

If you want only a minor change in tooth colour then proprietary products such as whitening strips or toothpastes may achieve your desired result. Rosebud Dental Group does not recommend bleaching involving lasers or light activation as these treatments achieve a more rapid result but with greater risks, and a less stable result at significantly higher expense.

For more information on bleaching visit the Australia Dental Association website at http://www.ada.org.au/faqs/faqsCategory.category,Tooth_Whitening.aspx



Dr. Mindy Nguyen