



Wedmore Dental Practice Newsletter

Wedmore Dental Care @ Home

At Wedmore Dental Practice our vision is to “share our passion for health” and our reputation is built on providing personalised care for every patient. Our Practice Principal, Jennifer Morecroft, has long recognised the lack of domiciliary (care that takes place in someone's home) services in Somerset. With this in mind, we are delighted to be able to offer a new domiciliary service. “Wedmore Dental Care @ Home” is a private dentistry service provided for those patients who are unable to access our practice to have their check-ups or treatment carried out; instead, we come to you in your own home/care setting. It is recognised that other illnesses such as heart disease and dementia can be linked to the inflammation and infections that oral germs can cause. One of the primary advantages of domiciliary care is that individuals who cannot, through physical or mental disability, reach a dental surgery can receive care within the familiar surroundings of their own homes. This environment promotes a sense of comfort, security, and emotional well-being, which can significantly enhance the overall health outcomes and quality of life for those in need of assistance. To find out more information about this service and the treatments available please visit our website and go to our “Dental Care @ Home” information page or phone us on 01934 713013 to speak to one of our reception team who will be happy to help.

Sharing our Passion for Health...



Welcome to the Team....



We are thrilled to welcome Kerry Thomas to our nursing team. Kerry started with us in November as a Trainee Dental Nurse, and her transition has been seamless. With a background in management, Kerry brings a wealth of experience and a strong work ethic to her new role. Her dedication and eagerness to learn have already made her an invaluable part of the team, and we look forward to supporting her as she continues to grow in her career with us.

Cold Sore Advice

If you have a cold sore, it's best to avoid visiting the dentist until the outbreak has fully healed. Cold sores are highly contagious, and dental procedures involve close contact with the mouth, increasing the risk of spreading the virus to others, including the dentist and other patients. Additionally, the sensitivity and pain from a cold sore can make dental treatments uncomfortable and could delay healing. If you need urgent dental care, inform your dentist so extra precautions can be taken. Rescheduling your appointment is the safest option to protect both your health and the health of others. If you need to reschedule please try to do this 24 hours prior to your appointment where possible.



Additional Services at Wedmore Dental

At Wedmore Dental, we offer more than just dental care! In addition to our expert dental treatments, we provide a range of services to enhance your smile and overall appearance:

- **Hygienist Services:** Professional cleanings to keep your gums healthy and smile fresh.
- **Facial Aesthetics:** Including Botulinum toxin (Botox) and dermal fillers to smooth wrinkles and enhance features.
- **Teeth Whitening:** Professional whitening treatments to brighten your smile.
- **Sports Mouth Guards:** Custom-fitted for protection during contact sports.

For more details or to book an appointment, visit www.wedmoredental.co.uk or call us at 01934 713013.



Why it is Important to Brush your Teeth Twice a day...

Brushing your teeth twice a day is essential for maintaining good oral health. Here's why

1. **Plaque Removal:** Plaque is a sticky film of bacteria that forms on your teeth after eating. Brushing helps remove this plaque, which can lead to cavities and gum disease if left unchecked.
2. **Preventing Cavities:** Regular brushing helps to remove food particles and bacteria that can cause tooth decay. The longer plaque sits on your teeth, the more acidic it becomes, breaking down tooth enamel and leading to cavities.
3. **Gum Health:** Brushing helps keep your gums healthy by reducing plaque build up along the gum line, preventing gingivitis (early gum disease) and periodontitis (advanced gum disease).
4. **Fresh Breath:** Brushing eliminates food particles and bacteria that cause bad breath (halitosis), giving you fresh breath throughout the day.
5. **Stain Prevention:** Brushing twice daily helps to prevent stains caused by food, drinks, or tobacco, keeping your teeth looking whiter.
6. **Overall Health:** Poor oral hygiene has been linked to various health issues, including heart disease, diabetes, and respiratory problems. Keeping your mouth clean can contribute to better overall health.

Brushing twice a day ensures you're consistently removing build up and bacteria to prevent these issues.

If you would like further advice on cleaning your teeth speak to your dentist at your next review. Once you have seen your dentist for your regular review you can then book in to see one of our hygienists who specialise in cleaning and removing plaque. They can advise you on cleaning techniques and equipment personalised to your health needs.