

Wedmore Dental Practice Newsletter

Autumn & Winter 2026

Practice Update

As the autumn and winter months arrive we're looking forward to all that the colder months have in store.

We have lots to celebrate from the summer, starting with our Denplan Excel practice inspection. With the hard work of our, Practice Manager Charlotte, alongside the support and dedication of our whole team, we're delighted to say that we passed our inspection and continue to be an Excel-accredited Denplan practice!

Jen has now returned back to her full hours following her maternity leave after the arrival of her beautiful baby, Colette. It's lovely to have Jen back to her full hours; her appointment books are already relatively full so we recommend booking your annual routine examination in advance. If Jen is fully booked, our fantastic associate dentists still have availability.

Earlier this year, we were thrilled to welcome Sian, our Dental Hygienist, to the team. Sian works with us on Fridays, providing professional hygiene care and helping our patients keep their mouths and smiles healthy.

We're also pleased to offer additional areas of care within the practice:

Hannah, one of our associate dentists, provides facial aesthetic treatments as well as treatment and support for patients experiencing jaw pain. This is alongside her normal dentistry.

Ali has a special interest in root canal treatment and we are fortunate to have her expert skills and advanced equipment available at the practice.

Our Dental Care @ Home service, provided by Agata, continues to provide essential dental care to patients who are unable to leave their homes

And there's more to come! We have some exciting changes planned for the future, including the introduction of our newest service, clear aligners, which will be provided by Agata. We'll be sharing more information very soon, so watch this space!

We're so proud of our team and the wide range of care we're able to provide to our patients, both in the practice and within their own homes.

Here's to a happy and healthy Autumn & Winter!

Vitamin D: Why Your Smile Needs It This Winter!

As winter approaches, it's a great time to think about our vitamin D levels and the important role they play in keeping us healthy.

Vitamin D is important for maintaining healthy bones and muscles, supporting normal immune function and helping our bodies absorb calcium and phosphate. But did you know it also plays an important role in keeping our teeth and supporting oral tissues healthy?

Why is vitamin D important for your teeth?

Vitamin D helps your body absorb calcium and phosphate, two essential minerals needed for healthy teeth and bones.

It plays an important role in:

Strong teeth: Calcium and phosphate help build and maintain healthy tooth structure.

Healthy jawbones: Vitamin D helps to maintain jawbone density.

Healthy gums: Vitamin D contributes to normal immune function and bone health, which are important components of periodontal (gum) health.

Don't forget your children's teeth!

Vitamin D is particularly important during childhood when teeth and bones are developing.

Getting enough vitamin D helps support the proper mineralisation of developing teeth and the growth of strong bones and jaws. Maintaining healthy vitamin D levels is an important part of supporting children's overall dental development.

Remember, healthy teeth start long before the adult teeth appear!

Making vitamin D part of your winter wellness routine

Our bodies naturally produce vitamin D through exposure to sunlight. During the UK winter months, we get less opportunity to make vitamin D in this way, so it's important to consider how to maintain healthy levels.

Foods such as oily fish, eggs and fortified breakfast cereals can contribute to our intake.

The NHS provides guidance on vitamin D supplements, including recommendations for adults, children and babies.



Look after your smile this winter!

A healthy smile needs more than just brushing twice a day. Good nutrition helps support your teeth and the structures that keep them healthy.

- Brush twice daily with fluoride toothpaste.
- Encourage children to develop good brushing habits from an early age.
- Clean between your teeth daily.
- Enjoy a balanced diet.
- Keep up with regular dental check-ups.

Healthy body, healthy teeth, happy smile!

We Asked Our Hygienist Team...

"Why is interdental cleaning so important?"

We often get asked about flossing, but did you know that flossing is actually just one type of interdental cleaning?



Interdental cleaning means cleaning between your teeth, an area your toothbrush can't properly reach. This can be done using floss, dental tape or interdental brushes, depending on the spaces between your teeth.



Removing plaque from these areas every day helps to keep your gums healthy and can reduce the risk of gum disease and tooth decay.

Our hygienists' top tip:

There isn't a one-size-fits-all approach. The best interdental aid for you depends on the size and shape of the spaces between your teeth.
So, if you're not sure whether you should be using floss or interdental brushes, ask your hygienist — we can check your mouth and show you what works best for you.



Healthy gums start between the teeth!

Book your hygiene appointment and let our team help you find the right interdental routine for your smile.

Dental Care, Delivered to Your Door!

Did you know we can bring professional dental care to you?



Our dedicated home visiting team, led by Agata, provides regular dental check-ups and treatment for patients in their own home for those who are unable to visit the practice.

From routine appointments to friendly advice on keeping your teeth and gums healthy, we're here to help you maintain your smile in the comfort of your own home. With our private dental care service, looking after your oral health has never been easier.

Interested in finding out more? Visit our website or get in touch by phone or email. Our friendly reception team will be delighted to answer your questions and help you take the next step.



Dr Agata Milewicz

Scan for more information

Need a Downstairs Appointment Room?

At Wedmore Dental Practice, we want to make sure all our patients can access their dental care as comfortably as possible.

If you are unable to manage the stairs and require an appointment in a downstairs room, please let our reception team know when booking your appointment.

If you have a dental appointment booked and require access to our downstairs surgery, due to an injury or following surgery, please email the practice at least 48 hours before your appointment. This will allow us to make the necessary arrangements to accommodate your needs.

Providing advance notice helps us ensure that a suitable room is available for you and allows us to plan our appointments effectively.

Thank you for helping us make your visit to Wedmore Dental Practice as smooth and comfortable as possible.





TMJ Problems: Could We Help Relieve Your Jaw Pain?

Have you ever experienced jaw pain, clicking, headaches or difficulty opening your mouth? These symptoms may be linked to the temporomandibular joint (TMJ), the joint that connects your jaw to your skull and allows you to talk, chew and yawn.



Dr Hannah York

TMJ disorders can cause a variety of symptoms, including:

- Jaw pain or tenderness.
- Clicking or popping sounds when opening your mouth.
- Headaches and facial discomfort.
- Teeth grinding or clenching.
- Difficulty or discomfort when chewing.

At Wedmore Dental Practice, Dr Hannah York can assess your symptoms and discuss suitable treatment options to help manage your discomfort.

Depending on your individual needs, treatment may include:

- **Bespoke bite splints:** Custom-made appliances worn over your teeth, often at night, to help manage the effects of clenching and grinding and protect your teeth.
- **Botox treatment:** In suitable cases, Botox injections into the jaw muscles may help reduce muscle activity and tension associated with clenching and jaw discomfort.

The most appropriate treatment will depend on the cause of your symptoms and an individual assessment.

Don't suffer in silence! If you're experiencing jaw pain, headaches or discomfort when chewing, speak to our friendly team about arranging an appointment with Hannah.

Booking Your Appointment at Wedmore Dental Practice 🦷

Whether you're due for your routine check-up, have a dental concern or would like to discuss treatment, our friendly reception team is here to help.

How to book:

- Telephone: 01934 713013
- In person: Pop into the practice and speak to our team.
- Online: www.wedmoredental.co.uk

If you're experiencing toothache, sensitivity or any other dental problem, please don't wait for your next routine check-up. Get in touch so we can advise you.

