

# THE MALTINGS DENTAL PRACTICE

## Autumn Newsletter

# WELCOME

We are back, and would love to share our Autumn news!

### Is Autumn your favourite season?

For many of our team members here at The Maltings, Autumn brings excitement with that cosy atmosphere, seasonal colours, comforting food, refreshing weather and yes - Strictly Come Dancing and Bake Off are great watches on the box!

The children are of course getting excited & in the spooky spirit for Halloween.

As the shops fill up with decorations and goodies - it can make it much more difficult to keep our children's teeth safe and healthy during this period.

We really do share your pain & understand!

Be mindful with your Halloween choices - attempting to keep sweets to a minimum, offering less harmful treats e.g. savoury snacks and keeping up with a good tooth brushing regime.

Try to remember Halloween is a temporary interruption to our normal regime; keeping or 'saving' your Halloween treats increases and encourages the frequency of sugar and increases the risk of developing cavities.

More tips for keeping teeth in tip top condition during Halloween:

- Keep sweets to meal times, that way the teeth have less time they are under attack!
- Drink water - this can help wash the sugars off the teeth
- Avoid the really chewy sticky sweets - they cling to the teeth for longer causing more damage as the saliva will find it harder to neutralise acid.
- Consider other ways to treat your children - fun activities, games, stickers, conker collecting, pumpkin carving!





# PRACTICE & TEAM NEWS

We have new members to introduce to our ever-growing Maltings team! At present, we have welcomed a 2 new receptionists to our front of house team.

- Welcome, Ella & Mia!

Ella & Mia have adapted well in their new roles and alongside their colleagues.

Please be kind and patient with our new members as there is lots to learn - being a receptionist in a dental environment significantly increases the difficulty!

This can sometimes rise queue lengths so please make sure, where you can, arrive in time for your appointments.

We have got **plenty** of new faces to our nursing team.

- Welcome, Lucy, Freya, Julia, Mia & Lilia.

Our trainee dental nurses are doing exceptionally well and learning all aspects of the dental nursing role.

Our qualified dental nurses shadow our trainees to support the clinicians and patients.

It's that time of year again where we welcome new foundation dentists to the team.

- Welcome Charlotte & Dora!

Foundation training is bittersweet; as we meet many amazing dentists over the years that we do eventually have to say goodbye to - but it is so rewarding being a huge part in the beginning of their dental careers.

George & Sumayyah will be sorely missed and we wish them all the best in the future.

A special mention to our long standing dental nurse, Alex - who reached her 20 years at the practice in July.

During her time, Alex has supported foundation dentists in their time at the practice, assisted her clinicians with x-rays with her radiography post qualification and has ran her own columns as a treatment co-ordinator; this can involve supporting our patients improve their oral hygiene, taking dental impressions, applying fluoride varnish and taking clinical photographs.

Alex has been a pillar to the practice for many years and we are so grateful for her commitment, consistent hard work and contribution to the team.

Our dentist & practice Partner, Dr Jason Wong, celebrated his 30 years in dentistry in July.

As Jason began his clinical work at The Maltings, this also represented 30 years at the practice.

Jason chose to have a small celebration with some of the team, other dental bodies & family at The Nottingham Forest City Ground.

Jason gave thanks to those who attended and made it a special occasion.

Jason is currently England's Chief Dental Officer - providing professional and clinical leadership for the profession.

Understandably, with such a demanding role, Jason has significantly reduced his clinical days at the practice.

Our dentist, Dr Fawad Ashraf, celebrated his 20 years in dentistry and again, like Jason, his clinical career started here at The Maltings.

Fawad is very favoured at the practice and we give many thanks to his dedication to the practice over the years.

Congratulations to our dental nurse Naomi on the birth of her Daughter, Winnie.

We wish Naomi & her family all the best.

We welcome Mary back from her maternity leave this month, we've missed Mary's bubbly personality and smile so can't wait to have her back!



We have recently had a videographer come into the practice to document some of the clinicians speak about their areas of special interest in dentistry.

Zain assembled some brilliant videos which you may see on occasions on our social media pages.

These included:

- Dr Peter Butcher - speaking about dental implants.
- Dr Laura Hunter Shaw - speaking about sedation & its link with nervous patients.
- Dr Sean Walmsley - speaking about composite bonding & aesthetic dentistry.
- Dr Okeoghene Oteri - speaking about facial aesthetics.
- Dr Claire Simpson - speaking about periodontal conditions.
- Dr Laura Cook - speaking about the importance of general oral & dental health.

The practice is excited to be taking part in the Early detection of diabetes trial . The aim is to target patients who do not routinely attend their GP with a view to detecting early undiagnosed pre-diabetes/diabetes and make an onward referral for the patient to receive the appropriate diagnosis and advice. If this is of interest to any of our patients, please do let us know.

We are set to host our annual Macmillan Coffee Morning on the 24<sup>th</sup> September.

We can support sugary cakes... in moderate and for a good cause! 😊  
The team will whip up a range of tasty treats in the attempt to raise money for Macmillan Cancer. We would love to see you all.

Additionally, Breast Cancer awareness will be happening throughout October.

We will support this cause with a fun activity with the team.

Mouth Cancer awareness month is approaching!

Our previous campaigns have been popular and successful throughout the practice so we will repeat our efforts.

We will be offering oral cancer checks with our clinicians throughout November for internal and external patients.



# OUR SERVICES

The Maltings Dental Practice offer many treatments and are happy to receive referrals for the following areas;

- Endodontics – Peter Butcher BChD Leeds, PGDip(Endo), PGCert(MedEd), FCGDent, GDC 79283

Pete continues to accept referrals for endodontic services here at The Maltings Dental Practice. Assessment and treatment are undertaken by Pete; who uses a Global Dental Operating Microscope enabling the treatment of complex and challenging cases.

Pete has attained postgraduate qualifications in endodontics and continues to attend endodontic conferences and meetings to ensure his practice reflects the current trends and evidence base. He currently provides endodontic teaching for foundation dentists in the Midlands schemes. He also receives referrals for surgical and implant dentistry and provides mentoring within the practice for his colleagues.

- Invisalign treatment – Dr Fawad Ashraf, Dr Claire Simpson, Dr Sean Walmsley and Dr Oke Oteri all offer Invisalign treatment at the practice and are happy to receive referrals for this.

- Implants – Dr Jason Wong, Dr Fawad Ashraf and Dr Peter Butcher are our clinicians that can offer dental implants here at The Maltings.

- Periodontal (gum) management/ treatment – Dr Claire Simpson, BChd Leeds Eng 2010, GDC 192532, has a special interest and further education in Periodontics.

Periodontics is the branch of dentistry concerned with the structures surrounding and supporting the teeth e.g. our gums, our bone levels.

Claire can tailor oral hygiene plans, treatment plans and minor oral surgery options dependant on your individual needs - subject to assessment and consultation. Claire accepts in-house & external patients on a private basis - if you have any concerns about your periodontal health, please do not hesitate to book a visit to see Claire.

- Cosmetic treatments – Dr Sean Walmsley, BDS Kings College London 2012, GDC 228559, has a special interest in aesthetic dentistry involving composite bonding, minimal preparation veneers, tooth whitening and Invisalign.

Sean has attended courses to enhance his knowledge and skill in this field and very much enjoys improving a person's smile!

Check out several of Sean's cases on his Instagram page: @drseanwalmsley

- Tooth whitening – ask your dentist about professional tooth whitening! We stock several brands of whitening in the practice, including Opalescence, Boutique & Enlighten.

- Facial Aesthetics – Dr Oke Oteri, BDS Liverpool 2017, GDC 270824, has a keen interest in helping with those wrinkles and imperfections. Oke provides a range of skin care treatments at the practice, including Anti-Wrinkle and Dermal Filler Treatments. Oke has been trained in Foundation and Advanced Botox and Dermal Filler Treatments and completed her Level 7 Diploma in Clinical Aesthetic Injectables.

- Sedation – Dr Laura Hunter-Shaw, BDS (Hons), Sheffield Eng, 2019 GDC284386, Laura has undertaken further qualifications in Dental Sedation which means she is able to provide this on a private basis for both adults and children upon request and it is suitable for most patients (medically permitting) following consultation.

## Have you seen our recent advertisements?

We have advertised in the local newspaper, The Grantham Journal, recently to offer our services & make it known to the surrounding areas that we are available to help you with your dental needs, requirements and requests.

We have found that our Village Link articles are becoming very popular and reaching several patients, new & existing.

We have had a number of new patients bring in the articles that they've seen to discuss them further.

We are always happy to elaborate at a consultation & tailor a treatment plan individual to you.

Keep an eye out for these articles, as they may cover something that you've always considered!

## Refer a friend is back!

We have brought back our refer a friend scheme!

This is where registered patients can gain themselves a £20 gift voucher for referring a friend, a family member, a colleague, or anyone to the practice.

However, please be aware this can only be redeemed if the new patient discloses the referrers name on booking.

*\*not applicable for children.*

## Google review QR codes

Leaving us a Google review has never been easier!

You'll see that we have review plaques displayed in our waiting area.

Scanning the QR code will lead you straight to the web page suitable for leaving us Google reviews.

THE MALTINGS DENTAL PRACTICE, COMMERCIAL ROAD, GRANTHAM, NG31 6DE



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