

St Raphael's Hygiene Plans

We listened to our clients and created a hygiene plan so that our client's hygiene appointments are never missed or delayed that could potentially worsen their gum health.

Our hygiene maintenance plans helps our clients to look after their gum health by pre-booking appointment slots with our expert hygienists at regular intervals over the year. It also allows the flexibility to spread the cost of routine hygienist visits.

For clients who have uncontrolled gum disease may need further appointments or laser treatments (advanced hygienist care) above and beyond the maintenance plan. Hygiene plan members benefit from a 10% discount on any advanced periodontal treatment fee with our hygienist.

£6.50 per month

Great for routine maintenance

- 2 x routine hygienist appointments per year:
- Deep Scaling and Polish and "rapid air flow" stain removal (if necessary)
- Bespoke advice and instruction on maintaining better oral health
- Advice and help to select the correct interdental brush type and size for each area of the dentition.
- *10% discount on any further periodontal treatment fee provided by the hygienist

£13.00 per month

Great for clients with moderate to high risk of gum disease.

- 4 x routine hygienist appointments per year:
- Deep Scaling and Polish and "rapid Air flow" stain removal (if necessary).
- Bespoke advice and instruction on maintaining better oral health.
- Advice and help to select the correct interdental brush type and size for each area of the dentition.
- *10% discount on any further periodontal treatment fee provided by the hygienist.

- ▶ Our hygiene plans are hassle free
- ▶ No credit checks or lengthy finance applications
- ▶ No set up fee or interest to pay
- ▶ You save money compared to pay as you go fee for routine hygiene visits
- ▶ Just simple monthly direct debits by GoCardless.com



Dont Keep us a Secret!

We are keen to let as many people know about the various dental treatments we provide. Visit our website or social media pages to like, follow, share and let your family and friends know about our service.

Web & Social Media

Keep up to date with latest news & offers at St Raphaels Dental

 facebook.com/straphaelsdental

 twitter.com/straphaeldental

 instagram.com/straphaelsdental

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Get Healthy Gums, Fight Bad Breath & Bleeding Gums

8 out of 10 people aged 35 and over suffer from some kind of gum complaint.

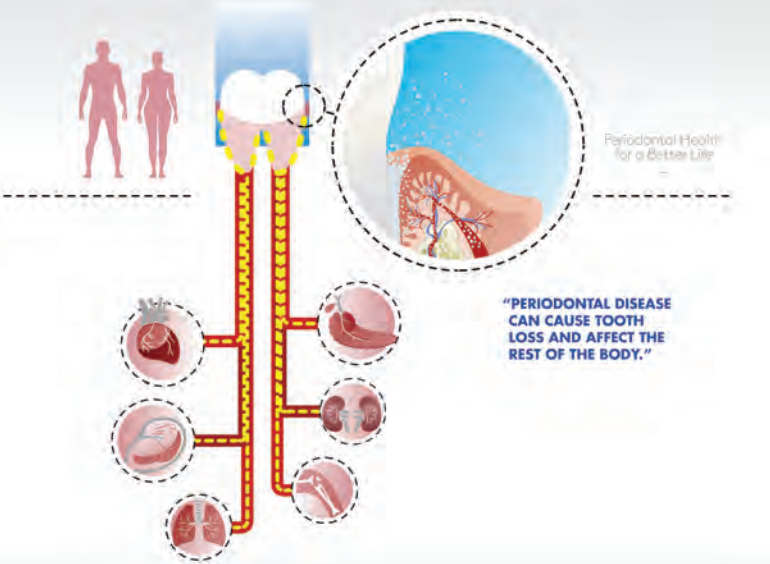
Gum disease is the leading cause of tooth loss in adults but is completely treatable if diagnosed early enough.

Gingivitis: Superficial infection of the gum. The main warning sign is bleeding (but not in smokers). If this is not currently treated, it can lead to periodontitis. Gingivitis is treated easily through professional dental prophylaxis ("cleaning") and correct hygiene.

Periodontitis: Profound inflammation of the gum and other tissues supporting the tooth. This can lead to tooth loss.

Severe Periodontitis:

- Imparts significantly elevated risk of coronary heart disease.
- Adversely affects blood sugar levels in non-diabetes subjects and blood sugar control in diabetes patients.
- Periodontitis requires several phases of treatment, which must involve life-long maintenance.



Do you have Periodontal Disease?

Periodontal disease is usually pain-free (sometimes called 'the silent disease') and so you may be unaware of it until your dentist or hygienist checks for it.

Here are some 'red flags' - symptoms you may notice that should raise concerns:

- Bleeding gums when brushing or even whilst eating
- Red, swollen gums
- Bad breath
- Spaces appearing between teeth
- Loose teeth or teeth moving position in the mouth
- Receding gums
- Sensitivity to cold or hot foods and drinks

Gum Disease - what can you do about it?

- The most effective thing you can do to prevent gingivitis and periodontitis is to remove the bacterial plaque from your teeth by brushing. Your dental team will demonstrate specific techniques. Their professional guidance is vital, just "brushing" may not work.
- Daily cleaning between your teeth using special "interdental" brushes is essential for treating and preventing gum disease.
- Your dental hygienist will advise you on the correct interdental brush type and size, and it is likely that you will need several sizes to clean your entire mouth.
- It is vital that you are shown how to use the interdental brushes in your own mouth and that you can demonstrate this to the hygienist to ensure your technique is correct.
- Using disclosing tablets can help to identify areas you may be missing and help you target these better.

Who is a dental hygienist?

One of the major roles of a dental hygienist is to perform periodontal therapy, which includes assessment, periodontal debridement (scaling and root planing), prophylaxis (preventing disease) for patients with periodontal disease.

Our dental hygienist can assess your gum health and independently provide bespoke prevention and treatment solutions to your problem.

How do you treat gum disease?

- Management includes improving daily plaque removal techniques and by having an intensive course of treatment, in which the teeth are thoroughly cleaned by a dentist/dental hygienist.
- It is important to understand that the treatment of periodontal disease is a partnership between the patient and the clinicians who care for the patient.
- Achieving and maintaining good plaque removal and attending regular dental appointments are a lifelong commitment.
- Treatment also involves stopping smoking and having a healthy lifestyle. People who smoke respond less well to treatment than non-smokers.

What are the benefits of treatment?

Your gums will be healthier and you may notice such benefits as

- greater confidence of a fresher mouth
- gums not being sore or bleeding when you brush
- teeth becoming less wobbly
- less discomfort when you eat
- and ultimately, you will keep your teeth for longer