

1 – Preventative Dentistry – healthy gums

Your gums are like cushions for your teeth: they surround the teeth in the jaws and help to support them. Looking after your gums is just as important as looking after your teeth. Red and swollen gums that bleed when you brush them could be a sign of gum disease, also known as gingivitis.

When gingivitis is left untreated it can develop further into a type of infection known as periodontitis, which affects the entire area surrounding the tooth. A result of this could be losing your tooth so it's vital to avoid.

To keep your mouth in tip-top shape we recommend you come in for regular hygiene appointments and dental check-ups.

2 – Preventative Dentistry – sensitive teeth

Do you feel a shooting pain in your teeth when eating or drinking something hot? Does the thought of biting into ice cream or a cold hard apple make you wince? Sensitive teeth can be a burden for many people and can be caused by several things. It is always important to seek advice from a dental professional so the source of the problem can be identified and treated.

One cause of sensitivity is dental erosion, which is the loss of tooth enamel. Enamel is the hard outer coating of a tooth, which protects the sensitive dentine underneath. If the enamel is worn away or eroded, this dentine is exposed which can lead to pain and sensitivity, which can be worsened with extreme temperatures.

Erosion can be caused by your diet (frequent consumption of high sugar or high acid food or drink), tooth brushing habits (brushing too hard), tooth grinding, certain medical conditions and eating disorders. For top tips on protecting your enamel and for effective treatment of tooth sensitivity come to the practice for a check-up, where we can create an individualised care plan for you.

3 – Preventative Dentistry – dental hygiene

Dental hygiene treatment is delivered by a dental hygienist who will help to remove any plaque from your teeth that may have built up in certain areas. Your teeth will be professionally cleaned with special equipment and pastes, this process is also known as scaling and polishing. An important aspect of the hygienist's role is to show you how to look after your teeth so they remain free from plaque. You will be advised on the best brushing technique and given tips on flossing and using interdental brushes.

Dental hygiene at the dental practice also forms part of treating gum disease and bad breath. If you have a bridge, denture, orthodontic treatment or a dental implant you will have specific hygiene needs that the hygienist will be able to assist you with.

It is recommended that you come in for regular hygiene appointments to ensure your mouth stays clean and healthy.

4 – Preventative Dentistry – fresh breath

Bad breath is a very common problem and there are many different causes. Some people find that they have bad breath all the time and there may be an underlying medical cause for that, such as throat, nose or lung infections and sinusitis, bronchitis or diabetes.

You can also suffer from bad breath if you have poor dental hygiene. Without regular brushing and flossing, bacteria and bits of food can get trapped in between your teeth, which release an unpleasant odour after some time. Another cause of bad breath is smoking. Bad breath is also caused or made worse by strong foods like garlic, onions and coffee.

Bad breath can be prevented by following a daily oral hygiene regime and cutting down on sugary foods and drinks. Regular trips to the hygienist will also ensure your plaque levels are kept under control.

5 – Preventative Dentistry – smoking cessation

Many studies have shown that smoking and using tobacco products has a detrimental effect on your teeth and gums. The problem is caused by the fact that tobacco affects the gum tissue cells, making smokers more prone to getting infections in the form of gum and periodontal diseases. Other negative effects of smoking are: bad breath, stained teeth, jawbone loss, shrinking gums, mouth sores, decreased senses of taste and smell and poor healing of mouth sores.

In addition to this, most people don't know that smoking is the main cause of mouth cancer, with thousands of people dying every year from mouth cancer brought on by smoking. Being in a high risk category smokers should be screened for oral cancers every six months, if detected early the success rate is good other wise there is a poor survival rate of 50% after five years

As dental professionals it is important for us to tell you the risks for smoking and to help you to quit by giving you information and support. By cutting down and stopping smoking or using tobacco products your oral health will benefit very quickly and you will notice changes in your certain mouth.

6 – Preventative Dentistry – mouth cancer screening

Studies show that mouth cancer is on the increase and that early detection dramatically improves the chances of recovery. Mouth cancer screening is a short procedure at the dental practice that involves a thorough examination of your whole mouth, including the use of a handheld scanning device that is used to examine any lumps or lesions that you might have. This will highlight any risk factors so we can treat or refer you as quickly as possible.

It is recommended that you come in for a screening on a yearly basis. If you have any sores, lumps or long-term ulcers in your mouth, no matter how small, it is very important that you come in to have it looked at.



Late detection of mouth cancers have resulted in a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma, with about 2,700 deaths per year in the UK.

Because smoking is strongly linked with many forms of cancer and other dental problems, we always encourage our patients to quit smoking. An excellent source of information is the [Mouth Cancer Foundation](#) if you require any further information.