



MAY 2022 | ISSUE 20



GRIN AND SHARE IT

Monthly newsletter of Cassio Road Dental Practice



Welcome to the May 2022 edition of Grin N Share It

As the Queen's Platinum Jubilee Celebrations are fast approaching, we would love to hear from you about any plans you may have to mark this Royal event and enjoy the lovely, long Bank Holiday! Perhaps a best of British lunch is on the menu or an afternoon tea on a lawn somewhere – or if you are a little more extravagant – there may even be a street party or 2 in your vicinity! However, you choose to commemorate the occasion or even if you aren't, we hope that the sun is shining for the 4-day weekend!

A gentle reminder to our patients that the practice will be closed from Thursday 2nd June and reopen on Monday 6th June.





MARCH 2022

Practice News

In our last newsletter, we told you about our investment in our milling machine. This is the next stage of the process in getting an appliance. Since its arrival, we have been working hard behind the scenes with group training sessions and practising our designing, milling and glazing techniques on how to deliver the optimum laboratory standard appliances to you all!

See the video here: <https://www.youtube.com/watch?v=qneN4k4Mx00>



We hope that we are able to offer you this service should you require it at your next visit to us!





Other News

16th May 2022 marked the start of National Smile Month in conjunction with the Oral Health Foundation. Research shows that health inequalities are present across the country and below are some tips to help you save money yet still maintain good oral health:

- Maintaining a good daily oral health routine keeps your teeth healthy and often lowers the need for expensive treatment like fillings or tooth extractions.
- Attending regular dental appointments can actually save you money in the long run. This is because they will be able to spot any problems early – before they get worse. It's much easier to foot the bill for a filling than root canal treatment.
- You know that you will need to change your toothbrush (or toothbrush head) every three months, and you can have a good guess at how much toothpaste your household will need over the course of a year. You can make some really good savings buying in bulk.
- Turning off the tap during brushing is really important. Not only does it cut water waste, but in turn, it will save you money. Over the course of their life, if the tap was left on while brushing, a family of four would waste more water than what it takes to fill an Olympic swimming pool – that's about £8,000!
- Speak to your dentist about what toothpaste, mouthwash and interdental brushes you use – while many of the premium products have a number of benefits, they may not be useful to you. You might be able to cut some costs by switching to oral health products that are best for you.
- Investing in your oral health by buying an electric toothbrush. You can buy these for as little as £30 and they can make such a big difference to the health of your mouth. Electric brushes remove much more plaque than manual ones and can keep your mouth healthier. One of the best ways to save money on your mouth is to do everything you can to limit the amount of treatment you need to save it.

Best Wishes

The Team at Cassio Road Dental Practice

