

Hello to all our new and existing patients.



UPDATE FROM THE PRACTICE

We hope you all had a wonderful summer! Even if the sun didn't always shine, we hope you found some bright moments.

We have some exciting news and updates to share with you:

Welcome Back, Vatsala! Our lovely hygienist, Vatsala, is back from her maternity leave and will be available Monday-Friday at our Ilkley practice. We're thrilled to have her back and know your smiles will be in great hands.



Cath

New Additions to Our Team! At our Skipton practice, we're excited to welcome three fantastic new faces to the hygiene team—Cath, Michelle & Olivia. They're looking forward to keeping your smiles sparkling.



Olivia

Familiar Faces Returning! We're delighted to announce that Kerry is returning to work alongside Phil. You may remember her from before, and we're thrilled to have her back on board. Sophie, who has been working closely with Phil, will be reducing her hours to focus on a college course to advance her career in Dentistry—good luck, Sophie!



Hannah

Meet Hannah! Our nursing team is growing! The lovely Hannah has joined us, and we can't wait for you to meet her. She's ready to help make your visits comfortable and enjoyable.

And Some Baby News! Our hygienist Amelia is expecting her 3rd baby and will be heading off on maternity leave in October. We wish her all the best and look forward to welcoming her back when she's ready!

We're excited about all the new (and familiar) faces and can't wait for you to meet them.

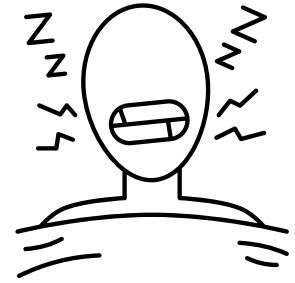
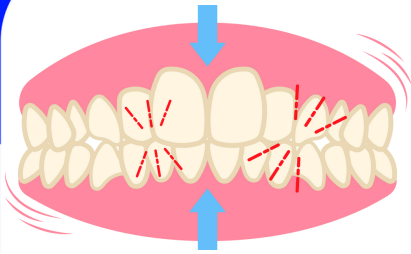
NEWSLETTER AUTUMN 2024

ILKLEY DENTAL CARE & BELLE VUE DENTAL PRACTICE



TREATMENT SPOTLIGHT

Bruxism



Do you clench or grind your teeth without even realizing it? You might be dealing with **Bruxism**—but don't worry, we've got you covered!

What is Bruxism?

Bruxism is when you clench or grind your teeth, often during sleep, and it can affect more than just your smile.

Signs & Symptoms:

- Jaw, face, and neck tenderness
- Frequent headaches
- Worn-down teeth
- Sensitivity to hot and cold
- Earaches
- Morning teeth or jaw pain that eases as the day goes on

What Causes Bruxism?

- It's not always easy to pinpoint, but common triggers include:
- Stress and anxiety
 - Sleep issues, like sleep apnoea
 - Certain medications
 - Smoking
 - High consumption of caffeine or alcohol

Quick Fixes to Relax Your Jaw:

- When the grind gets tough, try these simple tricks to ease tension:
- Ice packs or a hot water bottle for relief
 - Breathing exercises to relax your muscles
 - Mindfulness practices
 - Calming music to help you unwind

Long-Term Solutions:

For lasting relief, consider these options:

Nightguards to protect your teeth while you sleep

Botox to relax the overworked biting muscles

Ready to take control of your smile again? If you'd like to explore mouth guards or Botox treatments, contact us today to book your consultation.

We'll find a solution that suits you.



Our Online Portal Just Got Better!

We've revamped our online portal to make your experience smoother and simpler than ever. Now, with just a few clicks, you can:

Easily Book your Dental Health Check and Hygiene Maintenance Appointments

Quickly Update your personal details like your address and contact numbers

Effortlessly Refresh your medical history

To get started, simply ask our friendly reception team to send you the link, and you'll be all set! All you need is an email address and mobile number.



We'd be over the moon if you could share the love by leaving us a glowing 5-star Google review!
You can use the QR codes below.

ILKLEY DENTAL CARE



BELLE VUE DENTAL PRACTICE



If you have any questions or concerns, don't hesitate to reach out. Email our Patient Care Manager, Jodie, at jodiemarks@myidc.co.uk, and she'll be happy to help you out.

A Big Thank You!

Lastly, we want to take a moment to express our heartfelt thanks for your continued support. You're the reason we do what we do, and we couldn't be more grateful to have you as part of our dental family!

Here's to many more healthy smiles together!

Phil, Owen & all of the team

www.ilkleydentalcare.co.uk / www.bvdp.co.uk

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Ilkley Dental Group



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