

Welcome to all our new and existing patients.



UPDATE FROM THE PRACTICE

Firstly, a huge congratulations to Pete (one of our Ilkley Dentists) and his Fiancée, Fran, on the safe arrival of their baby daughter. Their bundle of joy arrived weighing 7lb 11oz on May 10th.



Hygienist Whitney will be temporarily leaving us to embark on her maternity leave journey in the next few weeks, we wish her well and look forward to meeting Whitney's baby when he or she arrives.

Alex O'Leary will be covering Whitney's maternity leave. Alex joins us after having just qualified from UCLan University. Some of you may recognise Alex as she has done some locum dental nursing for us in the past.

We have welcomed the amazing Jeni to our already superb reception team. Jeni will mainly be found on reception at Belle Vue giving you a very warm welcome.

On a final note, our brand-new websites are now up and running - here you will find the most up-to-date information about the practice, the team, and the treatments we offer.

NEWSLETTER SUMMER 2022

ILKLEY DENTAL CARE & BELLE VUE DENTAL PRACTICE



TREATMENT SPOTLIGHT

TMJ - Clenching & Grinding

- Do you find you wake up in the morning with pain in your jaw muscles or joints, or do you notice yourself clenching your teeth during the day?
- Have you noticed your teeth wearing through?
- Does your jaw joint click and hurt?
- Do your jaw muscles bulge causing you to have a square jaw?



If so, you could have a temporomandibular joint disorder (TMJD).

Temporomandibular joint disorders are a range of disorders of the jaw joint or muscles. It's important to diagnose what the issue is as there are several treatments that can be undertaken to help.

Your dentist will be able to talk through these and advise on what is appropriate for you



- Conservative care - as with any muscle or joint injury, rest and self-care is usually the first and least invasive option. However, further treatment may be needed, if this is not initially successful.
- Splint therapy - you may be given a mouthguard to wear at night, this is usually called a 'soft splint' or 'bite raising appliance'. This is a simple solution which can help provide a cushion between the teeth. This acts as a deterrent from grinding and ensures that the teeth are not worn through. These can be quite bulky and are often not well tolerated, however, there are a range of different types of bespoke splint from simple retainers (which are useful if you have no pain but you are causing wear to your teeth) to more advanced splints (which retransmit the forces in your jaw and can help with pain from the jaw joint or muscles). It should be noted that the splints/retainers require multiple appointments to adjust and fit.
- Botox injections in the masseter muscles. The masseters are the main chewing muscles which clench the teeth together. We can put muscle relaxing injections into the masseter muscles to cause the muscle to shrink. This has the effect of reducing pain in the muscles as less force goes through them. People with larger masseters often notice that this has a slight slimming effect of the lower face, as the muscle mass reduces over time. This treatment will usually take effect within 4-6 days. However, the face slimming effects can take between 4-6 weeks to show.

Splints range from £120- £650 depending on complexity.

Botox in the masseters is £350 and lasts for approximately 4-6 months.

Sue Peet one of our fantastic dentist is now offering this treatment, for a free initial assessment book at reception or speak with your dentist.



ARTWORK IN SKIPTON

Thank you to those patients who reached out and recommended some local artists. We're pleased to say that we currently have Frazer Barnes' & Linda Hollingshead's artwork adorning our walls at our Skipton practice.

Frazer's passion is pencil drawings of old buildings, and we have up on display some wonderful pieces of his art including some of Skipton and the surrounding area. For more information about his work, please have a look at his Instagram page @fragga.art.

Linda's passion is painting scenes which include picturesque rocks & waterfalls within the Yorkshire Dales. Her unique style of art is truly not to be missed. Follow her on Instagram @artworldoflindahollingshead.



FEEDBACK

We are required by our governing bodies to complete Patient Questionnaires every 12 months, but we love hearing your feedback good or bad (although, hopefully there will not be too much of the latter)! This is why our patient questionnaires are available all year round, should you wish to tell us anonymously (or please feel free to leave your name) about a good experience you have had or where you feel we need some improvement. Please feel free to ask at reception for a form or alternatively you can complete a review on Google or our new website.

We would like to thank you once again for your continued support and we hope that you all have a lovely summer.

Phil, Owen & all of the team

Don't forget to follow us on social media for the most up-to-date information:



Ilkley Dental Care / Belle Vue Dental Practice



Ilkleydentalcaregroup