



Welcoming Winter!

In this edition, we're delighted to introduce a new member of our dental team and share how they'll be supporting our patients. We're also welcoming new Pay-As-You-Go patients, so if you know someone looking for a friendly local dentist, personal recommendations are always appreciated.

Alongside our practice news, we'll be gently busting some common dental myths and sharing evidence-based tips to help you care for your teeth at home. We'll also be spotlighting dental implants, explaining how they work and who they may be suitable for, as well as raising awareness of mouth cancer—what signs to look out for and why regular check-ups are so important for early detection.

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PRACTICE NEWS



Welcoming Helen!

We're excited to welcome Helen, our lovely new locum dentist, who will be taking great care of Jia's patients while she's on maternity leave. Helen brings a warm, gentle approach, and we're so pleased to have her on board.

Pay-As-You-Go Patients

We're also currently welcoming new Pay-As-You-Go patients—so if any friends, family, or work colleagues are looking for a new dentist, personal recommendations are always truly appreciated.

Website: seahamsmiles.com

MYTH BUSTING FACTS

A recent BBC article titled “Why brushing teeth twice a day is not always best” has sparked debate and, unfortunately, spread some misleading messages. We want to set the record straight. Our clinicians have joined forces with the Oral Health Foundation, the UK’s leading dental health charity, to ensure clear, evidence-based advice is shared.

Brushing twice a day with fluoride toothpaste is essential to help prevent tooth decay and gum disease.

..... Common claims – and the evidence

Claim: “Brushing once well is better than twice quickly”

The evidence says: Brushing last thing at night and once during the day with fluoride toothpaste remains essential. Once a day simply isn’t enough.

Claim: “Brush before breakfast, not after”

The evidence says: Brush before breakfast when you can, or wait 30 minutes after eating. Brushing before breakfast helps coat teeth with fluoride, protecting them from acids.

Claim: “Don’t rinse after brushing”

The evidence says: Rinsing with water straight after brushing washes away fluoride. A fluoride mouthwash can still be part of your routine – just don’t use it immediately after brushing.

“Expensive toothpaste is better”

Any toothpaste containing fluoride (1,350–1,550ppm) will protect your teeth. Specialist toothpastes may help if you have specific dental concerns.

When it comes to cleaning between your teeth, the best evidence supports interdental brushes – whichever size and material fits comfortably. Use them daily to help remove plaque and protect your gums.

Restore your smile with Dental Implants

We believe exceptional dentistry goes beyond the procedure. Our dedicated implant co-ordinator, Ellie, will be by your side to guide you through each stage – from your free consultation and scan to your clinical assessment, treatment, and aftercare. We offer both local anaesthetic and IV sedation to keep you comfortable and provide a 5-year implant guarantee, so you can feel confident in your investment.