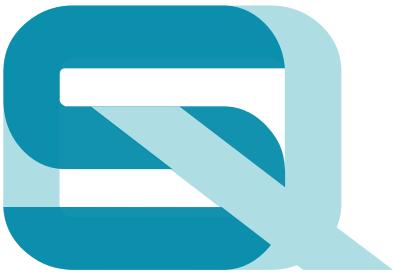




THE SQUARE
advanced dental care



Patient Newsletter April 2020



THE SQUARE
advanced dental care



Oral health is linked to your overall health and wellbeing - take it from the World Health Organisation

We hope you are continuing to look after your teeth in the Square Dental way – diligent tooth-brushing (preferably with an electric toothbrush) and cleaning in-between your teeth with floss, ‘floss picks’ or interdental brushes twice daily.

Now is a more important time than ever to keep up with your good oral health habits. The World Health Organisation themselves have stressed that with healthy mouths come healthy bodies and a better quality of life. Keeping your mouth healthy now will prevent dental problems and treatment needed in the future.

Here are our top tips for keeping your mouth sparkling clean and healthy during lockdown:

Brush and floss at least twice daily

If you use an electric toothbrush, hold at a 45 degree angle toward the gum line and move in a circular movement over the front, top and back of teeth

Don’t scrub too hard on your gums as you may do them more harm than good!

If you find string floss difficult or painful to use, try Curaprox interdental brushes for cleaning between the teeth

If your gums bleed when brushing or flossing, you may not be cleaning your teeth as often or as effectively as needed — keep up twice daily cleaning (including between your teeth) and bleeding should subside within a week

Rinse your mouth with/sip water after eating to prevent plaque build up

Rinse with a fluoride mouthwash after brushing for an extra fluoride boost

Remember also to try and move your body daily (see below!), eat sensibly and keep your diet low in sugary and acidic food and drinks. If you wear braces or have implants or crowns, try to avoid hard or sticky foods that could pose a risk of fracture or breakage such as nuts, popcorn, and toffee. If you smoke, this is a perfect time to set yourself the challenge to stop.



THE SQUARE
advanced dental care



Move your body!

Now is a great time to put those new year's resolutions into action! We're sure most of you that wrote down some resolutions just a few months ago will have added included something exercise related. They say it takes 30 days to form a habit, so why not use the next few weeks to get into a home exercise routine that suits you, especially since there are so many free resources available. Healthy body, healthy mind!

If you need some extra encouragement, here are our top exercise finds for keeping fit during the lockdown:

Try Joe Wicks' free, daily YouTube workouts to improve your overall fitness levels — on your own or with the kids — youtube.com/thebodycoach1

To increase flexibility and get some headspace, try a relaxing yoga flow with Adriene — youtube.com/yogawithadriene

Take part in the 'Run for Heroes' initiative to raise money for the NHS - run 5K, donate £5 and nominate 5 more friends when you finish - uk.virginmoneygiving.com/RunForHeroes

If you're missing your gym classes, try the Peloton app for at-home gym classes with a virtual group - free for 90 days if you sign up before 30 April - onepeloton.co.uk/



THE SQUARE
advanced dental care

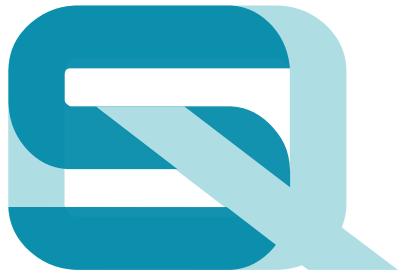


From Easter Eggs to Fresh Fruit And Veg.

We'll let you off for a little indulgence in chocolate bars and Easter eggs over the long weekend, but now it's time to move on to healthier snacks which are easier on your smile. Try to swap out snacking on sweets and chocolate for fresh fruit and veg. There are lots of local fresh produce suppliers offering home delivery of fruit and veg boxes straight to your doorstep. It's a great way to try new recipes and improve your health.

Dental tip: don't forget that fruit is high in sugar. Even though it's naturally occurring, too much can be harmful to your teeth. Try eating more berries (they're in season!) which are lower in sugar than other fruits such as apples or mango.

For a healthy snack for the kids, try a blueberry and oat smoothie for breakfast instead of cereal, or homemade fruit yoghurt ice lollies as an afternoon snack or dessert.



THE SQUARE
advanced dental care

We as a team have been keeping ourselves busy.

Selma our Specialist Nurse has been working at the recent urgent dental care centre's set up to help take the burden off the NHS. I wonder how we can help people get over their dental anxiety when we are dressed like this. The key objective will be safe dentistry for all.

Jeannette – Senior Dental Nurse has been busy building and creating a beautiful garden to harvest natural organic fruits, herbs and vegetables.





THE SQUARE
advanced dental care

Thank You, Key Workers

Finally, we know that many of our patients are either NHS or key workers themselves or have close family and friends who are. From the bottom of our hearts, thank you for all you are doing. We will be clapping for you this Thursday.

We look forward to welcoming you back very soon, and remember if we can help in any way, please contact us.

