

Oral Health advice from our Dental Hygienists

Dear Patient,

During this challenging time, many of us are finding that our daily routines have changed, and this can have a huge impact on our oral health. Now more than ever, it is so important to try and maintain healthy teeth and gums, and a key part of this may be establishing a new routine that works for you.

Our dedicated team of hygienists would like to keep in touch with you while the practice is temporarily closed to offer free dental care advice and help you with any questions that you may have.

We will also be posting some helpful tips on our Facebook page and website together with advice on how to deal with common dental issues.

If you regularly see a particular hygienist and would like a message sent directly to her please mention this in your email and we will do our best to provide you with a personal reply.

Email our Hygiene Team

The essentials of maintaining a healthy mouth are to:

- Brush your teeth thoroughly twice every day.
- Clean in between your teeth at least once a day.
- Leave some toothpaste on your teeth after each brush by spitting out remaining toothpaste but not rinsing your mouth with water.
- Keep sugary snacks and fizzy drinks (even sugar free ones) to mealtimes only.

Visit our website: Advice on caring for your teeth at home

We want to reassure you that whilst the immediate period may be one of uncertainty and difficulties, we are confident that with the support of our incredible team, we will emerge from the present situation and be there to welcome you back to Devonshire House again soon. Meanwhile, we hope you don't mind us keeping in touch so that we can update you about our ability to provide you with dental care when the situation changes.

With our very best wishes,

Issy, Diana, Sue, Becky, Vicki and Yaz
The Devonshire House Hygiene team

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