

Do you have a friend or colleague who is unhappy with the appearance of their teeth? Please ask them to call us for a chat and if they join the practice, you will be given a £10 Marks and Spencer's voucher as a thank you from us.



What's in the news?



There have been recent reports about how **“Sipping acidic drinks such as fruit teas and flavoured water can wear away and damage the enamel.” (The BBC)**. So here at Foley Park we wanted to shine a bit more light on this topic, and provided you with some helpful tips that will hopefully allow you to still enjoy your favourite beverages and reduce the risk of acid wear too. Firstly, it is important to understand that it is true, even some of our healthier drink options can be detrimental to our teeth. For example a firm favourite for many health conscious people is a cup of hot lemon water in the morning but, because lemon is highly acidic drinking lemon in hot water will potentially cause high levels of acid wear over time.

Although fruit teas and flavoured waters can cause damage, there are a few things you can do to reduce the level of damage to your teeth, and here are a few tips for you to follow;

- We recommend cooling the water down or even drinking it cold.
- Always brush your teeth before drinking any fruit teas or juices. However, If you prefer to eat/drink first wait at least 20 minutes afterwards to avoid brushing the acid around your mouth.
- It is also ideal to reduce the amount of times you are eating and drinking throughout the day, so try to have your drink when you're eating a meal, rather than later in the day.
- Use a non plastic straw when drinking cold drinks.

For some people, the damage may already have occurred and you may have noticed that you have some enamel erosion. If it is something that bothers you, either because of the way it looks or because it is causing sensitivity, please speak to the dentist who can advise you on ways to reduce the symptoms and improve the appearance of those teeth.

Around the Practice

There have been many changes here at our practice over the past 12 months; one of the biggest and most exciting changes has been the installation of a brand new upstairs surgery and a beautiful waiting room that we are proud to share with our patients!

We have also changed our name to **Foley Park Dental and Implant Centre** which we feel is much more in keeping with the treatments and services that we are now able to provide.

There are also new treatments available, such as Invisalign aligners for orthodontic treatment, and since last year we have been able to offer implant treatments

In other exciting news we are thrilled to welcome two new members of staff to our team. Hina Janjua is a dentist who will be joining us in April on a part time basis and, Ami Clamp who will be our new part time receptionist.



Follow us!

We now have a new practice Instagram account! You can follow us at [foley_park_dental_and_implant](https://www.instagram.com/foley_park_dental_and_implant/) for practice updates and treatment promotions!



Did you know that even if you have had braces, your teeth will continue to move throughout your lifetime? So if you have your retainers make sure you keep wearing them to keep them straight! If you no longer have your retainer please speak to the dentist for more information.