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NEWSLETTER

Nina Bambino Dental PH 07 3366 4298 — May 2016

**NO GAP
DENTAL**
For Kids!


50% OFF
**TAKE HOME
TEETH
WHITENING**

**DENTAL
PROTECTION
DURING THE
SPORTING
SEASON**





NB DENTAL TEAM UPDATE

Hello everyone and welcome to another year at NB Dental. We have started 2016 with a fresh modern makeover to our patient lounge and created a couple of fun areas where the children can relax while waiting for their appointment. The brains behind our wonderful new look are our very creative and long term patients Lea and Graeme Spencer from Spencer Group Design (www.spencergroupdesign.com.au). We love their work and they were absolutely fantastic and so accommodating of our patients' needs to minimise down time. I couldn't recommend them highly enough. Please check our new look and tell us what you think when you are next in.

We have an exciting announcement — I am thrilled to welcome our new dentist Dr Rachel Hoskins to the team. I have known Rachel since she was a little girl growing up in Brisbane's Western Suburbs. Fast forwarding 20+ years and we have a very grown up Rachel, a wife to Matt and mother to their adorable girls Mia and Phoebe. Rachel completed her dental degree in Queensland and brings a wealth of knowledge and 7 years private practice experience which makes her very suitably qualified to provide

the competent, caring treatment all patients deserve and are familiar with at NB Dental. Rachel is looking forward to getting to know you and your family.



We are also happy to inform you that Dr Zoe Dux and our Oral Health Therapist, Debbie are both providing extra hours for appointments. This has also allowed us to offer additional after hours appointments throughout the week and Saturdays. Please call our reception staff if you need further details.

We are planning an eventful 2016 for all at NB Dental and look forward to sharing with you in future newsletters. Until next time, we wish you and your family a great year ahead.

Best wishes,
Nina



50% OFF TAKE HOME TEETH WHITENING

Half price off our take home teeth whitening treatments!

*it is recommended to have a check-up scale and clean as part of your pre whitening treatment to ensure all surfaces of the tooth will effectively be treated with the whitening products.

Offer is valid until 31/12/2016



DENTAL PROTECTION DURING THE SPORTING SEASON

The sporting season is now in full swing and it is important to check the fit of your mouthguard on a yearly basis for adults and 6 monthly for children. Our children's mouths are growing and changing all the time and a mouthguard that fitted snugly last season may not fit anymore. Any adult mouthguard should be checked before every sporting season to ensure it still fits effectively and comfortably. With children's mouths and jaws growing and changing a mouthguard will need replacement more frequently.

CUSTOM MADE VERSUS "ONE SIZE FITS ALL" CHEMIST MOUTHGUARDS?

If your child is participating in a sport where there is a risk of contact to the face, the only way to prevent, or reduce the severity of an injury, is to wear a firm fitting mouthguard. It is preferable that they wear a custom fitted mouthguard (made by a dentist) which will be much safer and more comfortable than a store-bought, prefabricated mouthguard (chemist, sports stores). A custom made mouthguard is designed specifically for each individual patient's jaw shape and teeth. It is the most effective type of mouthguard to absorb the shock experienced by a blow to the face. It is important that they have the mouthguard before they start training for the sport, as most accidents that we see unfortunately happen during practise or training. There is nothing quite as frightening for a parent as a phone call from the school or sporting club to say that their child has been injured. Injuries to the face and mouth can be very painful not to mention expensive. As a dental practice in the local area we have noticed an increase in the number of children presenting with trauma to their teeth and mouths due to sporting and playground incidents. The good news is there is several things you can do to prevent an injury. The most important of these is a custom

made mouthguard. NB Dental believes it is so important to have a custom made mouthguard that we want to make it as affordable as possible for our patients. If you are covered by private health insurance you will not have any out of pocket expenses in relation to your custom made mouthguard. For patients not covered by private health insurance a custom made mouthguard is \$65.00 to cover material costs. A short 15 minute appointment at your dentist is all that is required to take a mould of your teeth. It then takes a week for the mouthguard to be made.



WHAT TO DO IN THE UNFORTUNATE EVENT OF AN INJURY

Knowledge of early first aid in the event of a dental injury can go a long way to save a tooth.

ADULT TOOTH THAT HAS BEEN KNOCKED OUT:

- Find the tooth and pick it up by the crown (the white part). Avoid touching the root
- If the tooth is dirty, wash it briefly (10 seconds) under cold running water and reposition it. The supervising Adult should replant the tooth, ensuring it is facing the right direction. The child is then to bite on a handkerchief or tissue to hold it in position and contact a dental professional as soon as possible for treatment.
- If this is not possible, place the tooth in a suitable storage medium, e.g. a glass of milk. If the child is old enough that they will not swallow the tooth, it can be transported in the mouth, keeping it between the back molars and the inside of the cheek. Do not store in water. Once again, seek immediate treatment

with a dental practitioner. The tooth will have a better chance of lasting the sooner it can be replanted in position. (The Dental Trauma Guide: www.dentaltraumaguide.org)

BABY TOOTH THAT HAS BEEN KNOCKED OUT:

If the injury is to a baby tooth then it is best to not replant the tooth. Wash the injuries with running water. Keep pressure on the area with some cotton wool or a tissue to try and stop the bleeding. Seek immediate treatment with a dental practitioner.

ANY BUMP TO THE MOUTH

Despite no obvious permanent damage, a simple bump to the mouth can result in damage to the nerve inside a tooth. This concern may not necessarily become apparent for some months or years, however it can result in discolouration of the tooth and a future toothache. It is always a good idea to have a dental practitioner have a look after any trauma to the mouth even if there are no obvious signs of damage at the time of the event. A chip to a tooth after an injury should also be checked. Exposure of the different layers of a tooth can cause quite an amount of discomfort, particularly if the tooth is bleeding. The dentist can often place a protective cover over the chipped area to reduce the sensitivity. The dentist will also check for any possible long term damage to the teeth and surrounding tissues.

WHAT SHOULD I DO IF NB DENTAL IS CLOSED? WE ARE STILL HERE FOR YOU!

If you experience an unfortunate dental emergency outside of our opening hours we have emergency treatment arrangements for you. Please contact the practice and you will be given a mobile number of our dentist on call via our message bank.

CASSIE'S TURTLE ADVENTURE

Some of you may have seen Cassie in her day job as a dental assistant at NB Dental but come Christmas time, Cassie takes time out from dental assisting to spend time with her other love, the Sea Turtles! Cass has spent her Christmas break every year for the past 12 years with Queensland Volunteer Turtle Research at the coastal region of Mon Repos, near Bundaberg.



December and January is the peak season for the female sea turtles to take the journey up the beach and lay their eggs. Loggerheads can lay anywhere up to 125 eggs or more. The volunteers patrol the beach to ensure the baby turtles have the best chance of survival. The turtles get measured, checked and given identity tag numbers. Loggerheads sometimes lay their eggs below the high water mark. These nests are dug up by the volunteers and get relocated to protect the eggs from the water. Among the Sea Turtle species, Loggerhead turtles are the most endangered in



the world. Australia has the largest Loggerhead nesting beach at Mon Repos turtle rookery and the volunteers endeavour to reduce the mortality risk of these beautiful creatures.

Last Christmas Cass had the pleasure of looking after 'Silly Sally'. Sally was a turtle that had been struck by a boat and now has brain damage. Sally would come up every night and also during the day for 5 hours at a time to try to dig a nest, however due to her brain damage, she would struggle. The volunteers were able to help her dig a nest and allow her to lay this season.

"THE BEST THING ABOUT BEING A PART OF THE QUEENSLAND VOLUNTEER TURTLE RESEARCH IS NOT JUST ABOUT HELPING AN ENDANGERED SPECIES PHYSICALLY, BUT ALSO TO INFORM THE PUBLIC ON THESE BIG BEAUTIFUL ANIMALS."



"Everyone can help the Sea Turtles survive and thrive by looking out for turtles in the bay or helping with relocating nests. Being involved with Queensland Volunteer Turtle Research is an amazing experience that I will never forget and hopefully be able to do for many more years to come".

NB Dental are fortunate to have Cass working with our team! Please chat to her next time you are at the practice. She loves to share her turtle experiences and knowledge.

OPENING HOURS

Monday	7.30am — 7.00pm
Tuesday	7.30am — 6.00pm
Wednesday	8.00am — 7.00pm
Thursday	8.00am — 7.00pm
Friday	8.00am — 3.00pm
Saturday	8.00am — 3.00pm

(by appointment only)

24/7 ONLINE BOOKINGS AVAILABLE

We are excited to announce to all of our busy patients that we now have facilities for you to book your dental appointments online 24/7.

Online appointments can be made through our website:

www.nbdental.com.au or using our QR card reader on your smart phone.

As a practice, NB Dental still values the importance of connecting with our patients and providing the highest level of customer service to each and every one of our patients. For this reason we will always follow up with you the following day with a phone call to confirm your appointment details and ensure that the online booking system has allocated plenty of time for you to see your dentist ensuring all your needs are met. We always encourage feedback on any new venture or systems we put in place at NB Dental so please do not hesitate to offer any feedback you have when you arrive at reception or please email us at reception@nbdental.com.au or call us on (07) 3366 4298.



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