



Rock House Dental Practice Newsletter

EXCELLENCE IN DENTAL CARE

IN THIS ISSUE

Thank You to Our Patients

We wanted to take this opportunity, to thank all of the amazing patients at Rock House Dental Practice.

The practice continues to grow, and this is down to you all, our fabulous patients!

Our patient base is not limited to Tettenhall, or even Wolverhampton. We treat patients from all over the country, even some from abroad. We are fortunate that many local dental practices refer their patients to us for the provision of more complex dental services

However, it is important to us that we do not change the feel of the practice too much.

The history of the practice is unique and by all accounts at its outset, it was ahead of its time. Originally known as "The House by The Church" practice has always been regarded as a centre of clinical excellence in and around the Tettenhall area.

Faye, our receptionist has been with the practice, for longer than she would care to admit. Having worked with both Dr Evans and Dr Aulak she is on hand to ensure that the patients are treated in the manner that they are accustomed too. We hope we continue to meet your expectations.

If you have any stories, and/or photographs, regarding the history of the practice, please do share them with us.



An Expanding Team

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News From The Practice

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New Opening Hours



Many of you will recall that only four years ago, the practice was only open 2 days per week.

In that short time the practice has grown from strength to strength, thanks to you, our lovely patients. We have been slowly increasing our working days to five days a week

Now, by popular demand, we have had to extend our opening hours.

Now, as well as being open Monday through to Friday, we have extended the hours on a Tuesday to remain open until 7pm, and we have added an additional session at the weekend. We now hold a Saturday morning clinic from 9-30 am to 12-30pm.

So, if you have an emergency, or need to be seen outside of normal business hours, please give us a call and we will do our best to accommodate you.

The Saturday clinics are run by Dr Mandair and Dr Rana, and the late-night Tuesday Clinic is run by Dr G Nandra. Dr Karan Jolly will also be running some facial aesthetics on occasional Saturdays.

Now, here for you longer!



New Technology

by Rock House Dental Practice

So, in the last four years what changes have we made to the practice?

- New technology including Digital radiographs
- Electronic dental anaesthesia
- Email communication
- Text (SMS) communications
- A new surgery
- The team has grown to 13 people
- Opening hours have been extended
- Introduced different Denplan options
- Different treatments are now offered, such as implants, Botox, orthodontics and sedation

We are planning to add:

- CT scanning
- Digital impression taking
- Online appointment booking
- New and updated website

Technology in dentistry is developing fast. Already we can print crowns and dentures.



Soon we will be able to regenerate bone by printing scaffolding structures for it. We will be able to monitor if our patients are brushing their teeth correctly. Who knows, we may even be able to grow new teeth!

Advances in technology can only be a good thing. But nothing will substitute ensuring that you look after your own teeth. As such we recommend, regular dental health check-ups and regular appointments with the dental hygienist.

SURGERY REFURBISHMENT

The main surgery was refurbished in late 2017. It is now completely set up for advanced surgical procedures.

We hope you like the design!

ROCK HOUSE DENTAL PRACTICE
01902 751618

Dr Nandra Injured Playing Cricket



Anoup playing cricket in a floodlit tournament in India

As many of you may know, Dr Anoup Nandra is an avid sportsman, and participates in cricket, football and mountain biking.

Dr Nandra plays for Chaddesley Corbett Cricket Club, and in fact, the practice provides sponsorship to the side.

Unfortunately, a few weeks ago, he broke his right thumb whilst opening the batting for his side. He has admitted that the injury is entirely his own fault, and had he possessed more talent, he would have hit the ball with his bat, and not his thumb! Maybe some net practice is in order???

Whilst we (unsuccessfully) continue to try to talk him out of playing cricket, as it doesn't make for a healthy dental surgeon, he has

assured us he will be fit to work by mid-September.

For all dental surgeons, protection of their fingers and thumbs is key to their ability to practice. Unfortunately, broken digits are a common injury for cricketers.

In the meantime, he can be found moping around the house. Both he and his wife are counting the days until he can return to playing cricket (and work of course).

Dr Nandra's clinics are currently being covered by the rest of the clinical team. Dr Juan Dopazo has taken over Dr Nandra's Oral Surgical and Implantology referral list.

We wish him a speedy recovery!

Dental Health - 18 Extraordinary Statistics

by Rock House Dental Practice

FAST FACTS

33%

Brushing only once a day means you are 33% more likely to develop tooth decay

50%

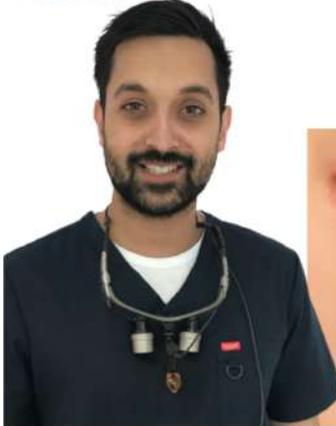
Nearly half the UK population are unhappy with their teeth

20%

One in five of us can't remember when we last changed our toothbrush!

National Smile Month, a campaign run by The Oral Health Foundation, is raising awareness of the importance of maintaining a healthy smile. Did you know that it takes 43 muscles to frown, but only 17 to smile? To mark National Smile Month 2018, here are 18 more extraordinary statistics about dental health to chew over.

1. One in four adults admit they don't brush their teeth twice a day, including a third of men
2. Brushing only once a day means you are 33% more likely to develop tooth decay
3. One in ten admit they regularly forget to brush their teeth
4. One in five of us can't remember when we last changed our toothbrush
5. One in three people have never flossed their teeth
6. 29% of us suffer from regular dental pain
7. 31% of adults have tooth decay
8. A quarter of adults admit they have not visited a dentist in the past two years
9. Around 40% of children do not visit the dentist each year
10. Around 2% of the population have never visited a dentist
11. More than a quarter of adults only visit their dentist when they have a problem
12. 50% of UK adults have a dental fear
13. Women are more likely to suffer from extreme dental anxiety than men
14. 31% of adults have tooth decay
15. 66% of adults have visible plaque
16. Over 4/5 of the UK population have at least one filling, with seven fillings being the average
17. Nearly half the population are unhappy with their teeth
18. Mouth cancer is the tenth most common cancer in men and 15th most common in women in the UK.



LIMITED TIME OFFER

Voucher Code "Summer Whitening Deal"
Hurry, there are **only 25 treatment places** available.

Schedule Your FREE CONSULTATION!

CLICK HERE





LIMITED TIME OFFER

Voucher Code "Summer Braces Deal"
Hurry, there are **only 25 treatment places** available.

Schedule Your FREE CONSULTATION!



New Facial Aesthetics Surgeon Joins the Team

Dr Karan Jolly is an ENT Surgeon. He has joined the team to provide facial aesthetic services.



Karan provides the following treatments at Rock House Dental Practice:

- Wrinkle reduction with Botox
- Smoothing of fine lines with dermal fillers
- Increasing Lip Volume
- Anti-sweating treatments
- Improvements in skin tone.

A very skilled and professional surgeon, he has made a valuable addition to the team.

Juan Dopazo and Simon Rana Join the Team

by Rock House Dental Practice

Dr Simon Rana is one of three latest additions to the clinical team.

Dr Rana qualified from Manchester Dental Hospital and has already proven to be a valuable part of our team.

He works at the practice on Saturdays and provides all aspects of general dentistry.

Simon is currently studying for a Masters in Restorative Dentistry, amongst other specialised dental courses.

Simon is a keen sportsman. Outside of dentistry you will find him somewhere on a football pitch.

Dr Juan Dopazo has also joined the clinical team.

Dr Dopazo is originally from Venezuela, and now works in the Oral Surgery Department in Russell's Hall Hospital and the Dudley Group of Hospitals.

Juan is at the practice to provide oral surgical treatments including cyst removal, bone grafting and the removal of impacted wisdom teeth.

He will be taking referrals from external practices.

In his spare time, Juan works as a scout for Wolverhampton Wanderers Football Club. Another football addict!

We're sure you will be impressed with them both!

FOR MORE INFORMATION

Visit our website for detailed information on our team.

WWW.ROCKDENTAL.CO.UK
01902 751618

Dr Simon Rana



Dr Juan Dopazo



Other News from The Practice

by Rock House Dental Practice

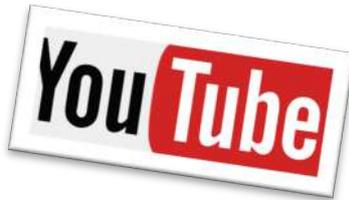
Helping the community

Faye has been visiting a local school demonstrating the correct way to brush children's teeth.



New Practice Videos

Lots of informative practice videos and testimonials have been posted on our YouTube page.



Search for Rock House Dental Practice

Anoup turning 40!

The practice celebrated Anoup's birthday in June. Shocking that he is only just 40!



London Marathon 2018

We are so proud of Dawn completing the London Marathon, fundraising for the British Lung Foundation. A worthy cause.

Well done Dawn!



Restorative Dental Practice

Dr Gurpreet Nandra has achieved the prestigious diploma in Restorative dental practice at The Royal College of Surgeons.

A great achievement. Well done Guri!



Facial Aesthetics Opening Evening

A successful opening evening was held to showcase some of the facial aesthetic and skin treatments available



New Trainee Dental Nurse

A warm welcome to our trainee dental nurse, Emily Potts.



We're on Instagram

You can now follow us on Instagram.



Search for @rockdentistry and you will find us. We hope you like the content

Awards!

We have achieved a customer service award for the second year running!



Hate going to the dentist? Don't worry, you are not alone...

Here at the [Rock House Dental Practice in Tettenhall, Wolverhampton](#) we often meet patients that tell us about their fears regarding dentistry. Many patients have grown up fearing the dentist – but I promise you, this really shouldn't be the case.

Dentistry should not be scary. However, we are all individuals, and everyone has a right to be anxious about certain things. I am no different. I have two major fears, heights, and believe it or not, hairdressers. Totally irrational, I know, but we all have our own specific fears.

Visit the Dentist Regularly

The main bit of advice is to our patients visit our dental practice in Tettenhall, Wolverhampton regularly. Prevention is better than the cure. If we can empower you to look after your own teeth, we won't need to treat you. A simple pain free dental examination is all you will need. Keeping on top of any dental issues you may have is the key.

Should you need treatment then [Rock House Dental Practice in Tettenhall, Wolverhampton](#) can offer our patients a whole host of treatments and technologies to help them get over any anxieties they may have.

Treatment in a calm and soothing atmosphere

Come and pay us a visit. You will soon see that our non-clinical waiting areas and surgeries provide a calm and relaxed atmosphere. Nothing is rushed. We take our time in delivering your care, at the pace you want.

Dental Sedation at [Rock House Dental Practice in Tettenhall, Wolverhampton](#)

Conscious sedation is an excellent option for patients who are scared of the dentist, whatever the cause. Dental sedation is a tried and tested technique to relax patients. A sedative agent is given to the patient to take the edge off dental treatments. It's so good that many patients feel like they are ready to drift off to sleep. Commonly patients don't even remember having the dental treatment.

Specialised pain free- anaesthetic treatments.

The latest [Adult Dental health](#) survey showed 41% of the population suffer from dental anxiety. A big cause of this is fear of injections. The dental syringe has not changed since 1800's.

New technology

We use two amazing gadgets for needle phobics. The Wand, and The Vibraject. Both of these devices allow us to painlessly administer local anaesthesia. 100% of patients that we use these on, are amazed by the results. Painful injections really are a thing of the past!



"The Wand" is "a computer-controlled dental injection" and it helps to gradually deliver the local anaesthetic to the gums prior to the treatment. It doesn't even look like a syringe at all, more like a pen. It is an electronic device (which is the computerised base) with a tube through which the anaesthetic is delivered that has a pen-like ending. This is a pain-free injection device that removes the fear of dental injections.



The Vibraject causes the needle to vibrate masking any discomfort from the injection. You hear a buzzing sound and feel the vibration and that's all. This small device is based on the Gate Control Theory of nerve function. In short, the theory suggests that nerve endings sense vibrations first and then cannot transmit feelings of dental injections. Or, to put it another way, it is difficult for you to feel two things in the same area at the same time. So, the vibrations essentially mask the discomfort, putting you at ease during even the most dreaded injections.

Don't let fear of the dentist hold you back!

Come and pay us a visit. Talk to our treatment coordinator about the options for your treatment. I guarantee you will be surprised by the results that we can provide you with. Our goal is to help you overcome your fears – we ultimately want you enjoy your visits to the dentist.

[Contact us](#) for more information.

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DENTAL PRACTICE

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