

## BASIC ORAL HEALTH ADVICE

### Tooth brushing

- Teeth should be brushed as soon as they appear in the mouth
- Toothbrush should be small headed with nylon bristles and of soft to medium strength
- Always use a pea size amount of family fluoride toothpaste
- Brush teeth and gums at least twice a day
- Children need help with tooth brushing up to the age of seven years
- Do not rinse out at the end of tooth brushing, just spit out the excess.

### Diet advice

- Sugary foods and drinks between meals are harmful to teeth, causing tooth decay so if children are hungry between meals choose fresh fruit
- Dried fruit is harmful to teeth "but counts towards your "five-a- day", so try to keep dried fruit to meal times only
- Do not use sweets as a reward for children.



**RED ROSE DENTAL GROUP**

## Practices

### Private Practice

50 New Market Street,  
Wigan, WN1 1SJ  
Telephone: 01942 242632  
Fax: 01942 829055

### NHS Practices

8 Dole Lane,  
Chorley, PR7 2RL  
Telephone: 01257 264739

12 Standishgate,  
Wigan, WN1 1UE  
Telephone: 01942 243136

51 Atherton Road,  
Hindley, Wigan, WN2 3EA,  
Telephone: 01942 258888

7 Moor Road,  
Orrell, Wigan, WN5 8ND  
Telephone: 01942 215091

[www.redrosedentalgroup.co.uk](http://www.redrosedentalgroup.co.uk)

This leaflet should be used  
as a guideline only.  
Please do not hesitate to discuss any of the  
treatments and costs with your dentist.



**RED ROSE DENTAL GROUP**



A PATIENTS GUIDE  
TO ORAL HEALTH SERVICES  
2009

## INTRODUCTION

Here at Red Rose Dental Group we believe that the best way to care for you and your family's oral health is to take a preventative approach and that is why we have such extensive oral health care services. These services are provided by fully qualified, competent and experienced dentists, dental hygienists, dental therapists and oral health educators.

### WHAT IS A DENTIST?

Dentists are health care professionals who provide preventive and restorative treatments for problems that affect the mouth and teeth.

A Dentist will carry out the following:

- Examining teeth and mouth and diagnosing dental conditions, using tools such as X-rays
- Assessing treatment options with patients
- Compose and co-ordinate with other members of the dental team, treatment plans for patients to improve their oral health
- Carrying out agreed clinical treatments such as, treating gum disease, restoring teeth affected by decay, extractions, restorations and much more
- Educating patients on oral health care

### WHAT IS A DENTAL THERAPIST?

A dental therapist works as an important part of the dental team. While dentists concentrate on treating tooth and gum conditions, the dental hygienist/therapist has a vital role in helping to prevent problems from arising.

A dental therapist performs all duties of a dental hygienist but also has additional skill such as

- Scaling and polishing
- Applying materials to teeth such as fluoride and fissure sealants
- Taking dental radiographs
- Providing dental health education on a one to one basis or in a group situation
- Undertaking routine restorations in both deciduous and permanent teeth, on adults and children
- Extracting deciduous teeth under local infiltration analgesia
- Intra and oral assessment



## RED ROSE DENTAL GROUP

### WHAT IS A DENTAL HYGIENIST?

A dental hygienist works as an important part of the dental team. While dentists concentrate on treating tooth and gum conditions, the dental hygienist/therapist has a vital role in helping to prevent problems from arising.

A Dental hygienist can carry out a range of procedures, including:

- Intra and extra oral assessment
- Scaling and polishing
- Applying materials to teeth such as fluoride and fissure sealants
- Taking dental radiographs
- Providing dental health education on a one to one basis or in a group situation

### WHAT IS AN ORAL HEALTH EDUCATOR?

Our oral health educators offer many services such as toothbrush instruction, diet advice and all aspects oral care and maintenance with regards to oral health. They also offer advanced smoking cessation advice to all patients who are interested in stopping smoking.

### HOW CAN I ACCESS THESE SERVICES?

To access any of our oral health services you can book an appointment at Reception or speak to your dentist who will refer you for any necessary treatment or advice.

