



Horbury Dental

care & implant clinic

making you smile for over 75 years

SPRING
2023

WELCOME TO YOUR SPRING NEWSLETTER

In honour of International Women’s Day, this newsletter focuses on the incredible women I have the honour of working alongside at Horbury Dental Care.

For those of you who do not know me, I am Harriet – one of the associates at Horbury, and Mark’s daughter. As per the last newsletter, I am currently on maternity leave having welcomed our baby boy Ted in October last year. During my pregnancy I completed my postgraduate diploma in Restorative and Aesthetic Dentistry with CGDent. How amazing to be able to grow a human whilst studying at a postgraduate level! I am excited to have expanded my knowledge and have the ability to take on more complex cases, focusing on cosmetics, on my return to work. On the other hand, maternity leave has given my family a strong reminder of how invaluable working within the NHS contract can be. We are proud at Horbury Dental Care to serve the community and our NHS contract remains as important as ever – we wish everyone a stress-free final push to completing their UDA targets this month.

2023 marks 25 years since Horbury Dental Care moved to its current location. I am incredibly proud to have seen our family grow from the small, ‘green-roofed’ building I remember visiting as a small child to our team here on Queen Street today. We have gone from a largely NHS-based 6-surgery practice to a full, multi-disciplinary centre under one roof – no matter the problem, there is someone at Horbury Dental Care willing to help you (and me) out. This is

contributed to by our incredible female dentists – Kirsty and Helen. Both of whom are busy Mums, holding NHS contracts and practice their sedation and facial aesthetic clinics respectively.

As the infamous saying states ‘behind every successful man is a woman’ – as of December 2021, 77% of the GDC register is female. There are more female dentists practicing in the UK than male but a large proportion of this statistic are our wonderful DCPs. I imagine many of us can vouch this saying is true for our dental nurses – we’d fall apart without them!

My closing remark - a famous lady once said ‘Boy, you know you love it, how we’re smart enough to make these millions, strong enough to bear the children, then get back to business’. I look forward to starting work again come August and hopefully seeing many of you at the next curry club on Wednesday 26th April.

Harriet

BDS MJDF RCS (Eng)
Dip Rest Dent CGDent
AssocFCGDent



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be your best



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GOOD TEETH ARE ALWAYS IN FASHION - BUT LET'S CONSIDER THE FACE WHICH FRAMES THEM!

With the ever increasing demand for cosmetic dental procedures it's our nature as humans as we correct one concern, we seek the next. Therefore it's important that we consider the surrounding structures and facial features that frame the new smile created.

When discussing cosmetic dental treatments we should show the patient any asymmetry with their smile - given they are seeking to improve it! Any imbalance in volume, symmetry, proportion, definition or how much tooth/gum is displayed is something that we can discuss and factor into a treatment plan to give the highest cosmetic result. Please note, this does not mean a 'trout pout' but means considering the soft tissue influences when framing the smile.

Working outwards from our 'dental comfort zone' we can then consider how other facial features balance one another when assessing the patients skeletal class and replacing age related volume loss in the midface to re-support

the skin which often falls to form the nasolabial and marionette lines.

My work focuses on creating balance, symmetry and preventing the signs of ageing with medical grade skincare or rejuvenation treatments before considering injectable treatments to build on the strong foundations we have already created.

I explain to all my patients that the treatment results I give should address their concerns but be balanced with other facial features so friends and family are non the wiser other than noticing that they're looking fresher, brighter and less tired.

Facial aesthetics remains a slight taboo subject with a lack of legislation in the UK allowing the masses to offer high risk procedures that can have devastating results. As medics offering other intricate, cosmetic treatments I believe facial aesthetics should go hand in hand with cosmetic dental treatments we already offer.

HELEN DAVISON



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2017

Nucleodyn Eye/Tear Trough

2023

Nervous Patients



HELLO, MY NAME IS KIRSTY MERCER AND I AM WRITING TO YOU TO GIVE A LITTLE BIT OF INFORMATION ABOUT THE SEDATION SERVICE I CAN PROVIDE FOR YOUR PATIENTS AT HORBURY DENTAL CARE.

KIRSTY: Since qualifying from Leeds Dental School in 2007 and gaining my SAAD sedation qualification in 2010, I have taken a keen interest in the conscious sedation of adult patients (>18 years of age) undergoing dental procedures. As a result, I now have over a decade of experience in managing these patients and we are very proud of the sedation service we offer here at Horbury.

I find it extremely rewarding to help patients who have a negative association with the dental environment and dental treatment. I have a genuine passion for helping these anxious and phobic patients access the treatment they require and, as a result, leave having had a positive experience and often with less fear of dental encounters in the future.

As a profession we are constantly faced with patient anxiety. Reassuring and calming these nervous patients is a big part of our job. Sometimes this approach is not quite enough and, for selected patients, conscious sedation may be the adjunct to treatment necessary, to help ensure they are given appropriate dental care.

If you have any patients you feel may benefit from this service then please refer onwards. I am always happy to liaise regarding any individual cases with you via phone or email, feel free to get in touch if you would like to discuss such patients. If you would like us to send out some leaflets to your patients please let us know.

VICKY: I have worked at Horbury Dental Care since 2005. I initially joined as a trainee nurse and once qualified, gained experience in lots of different areas including endodontics, implants and sedation treatments. I found sedation the most rewarding, helping patients through their appointments and seeing their confidence in dental treatment grow was always lovely to be part of.

I took a career break to bring up my children and once ready to return to work I was fortunate to be able to come back to Horbury Dental Care in an administrative role. I now liaise with Kirsty to look after her diary and our sedation patients. I feel my nursing background really helps me understand how the patient is feeling as I have sat chairside and seen firsthand how tough these appointments can be for some.

Kirsty and I always strive to provide the best possible experience and are always looking for ways to improve what we're doing. Recently I took a call from a patient who desperately wanted to see a dentist but was too anxious to get through the door. By listening to our patient's needs, we have gone on to develop a plan to begin video consultations as we move in to 2023. We hope this will help many more patients take the first step towards achieving a healthy smile!



Kirsty (left) and Vicky (right)

I use sedation to facilitate all aspects of general dentistry in those in which it is appropriate, including: periodontal treatment, restorative treatment, extractions, crowns and root canal treatment. The patients I find that benefit the most from this service are:

- Anxious/ nervous patients
- Needle phobic patients
- Patients with a pronounced gag reflex
- Patients who have experienced failed local anaesthesia
- Patients who struggle to lay flat or keep their mouth open for more lengthy procedures.
- Patients who struggle to tolerate the rubber dam.

“ I just wanted to get in touch to say how impressed I am with

Horbury Dental Care. My first visit was in May (my first visit to a dentist for almost 10 years) and on Thursday last week Kirsty removed 4 teeth and fitted my temporary denture. The whole process was done with such care and kindness, I cannot praise everyone I've dealt with highly enough. Earlier this week you rang and left me a message to check that everything was ok and today I received a thank you card in the post from you. I could not be happier with the service I have received. Good service seem s very rare at present, so I just wanted to let you know how delighted I am.



YOU ARE INVITED TO THE CURRY CLUB

Occlusion Part 2

Wednesday 26th April 2023

6.45pm

Welcome from Mark Willings

6.50pm

Managing complex/advanced wear cases (Tom Rawlins)

7.20pm

Implant options for the failed dentition (Mark Willings)

8pm

Cases and Curry



RSVP & How to join Curry Club

Please email willings@horburydentalcare.co.uk or call the practice on **01924 211234** and speak to Emily Ball or Emma Ferreira.

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