



*Welcome to the Dental  
Rooms newsletter*

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*Happy New Year to all our lovely patients*



*Your dental hygiene questions answered*

It's important to stay on top of our health, and that includes taking care of our oral hygiene.

Did you know there are links between gum disease and other health conditions like cardiovascular disease, diabetes, and dementia. That's why it's recommended to see your hygienist at least twice a year as a prevention measure.

## *Deciphering the numbers*

We've all been there; sitting in the dental chair, safety glasses and bib on, mouth open wide and you hear your clinician say 3,0,2, 2,2,2. What does all this mean?

During your dental checkup and hygiene visit, your clinician will perform a Basic Periodontal Examination (BPE) that divides your mouth into six sections and assigns a score between 0 and 4 to each based on the condition of your gums.

Code 0 : Healthy gums

Code 1: Bleeding gums ( Gingivitis)

Code 2: Presence of tartar

Codes 3 : Moderate Gum disease (Periodontitis)

Code 4 : Advanced Gum disease

Please check our blog for information and best to manage each condition

Our hygienists will work with individuals to remove deposits from the teeth (both above and below the gum lone) and achieve excellent home care habits with regular supportive periodontal maintenance sessions.

[Click here to learn more](#)



[Click here to book your hygiene appointment today](#)

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## *Is it time for a new toothbrush?*

[Watch our Hygienist's Expert advice](#)

Why not elevate your dental care routine and treat yourself to a new toothbrush? We always suggest using an electric toothbrush, as they allow for precision cleaning, plaque removal, and thorough gum care.

Remember, we recommend changing your toothbrush or toothbrush head every three to four months.

**Oral-B is offering an excellent New Year deal of 67% off on their latest brush the iO and**

60% off on all Pro 3 series all with an easy payment scheme, making this the perfect opportunity to snag a deal and ensure your oral health stays at its peak.

Don't miss out! You can take advantage of the discount by collecting one-time use vouchers from our reception desk.

Contact our reception to collect your voucher

## *Hygiene Solutions*

To enhance clarity our hygiene services, we have renamed the hygiene treatments as follows:

### **Express Hygiene**

Sessions lasting up to 30 minutes

### **Comprehensive Hygiene**

Sessions lasting up to 60 minutes

### **New Patient Hygiene**

Designed for patients undergoing their first hygiene treatment lasting up to 60 mins

## *Meet our Hygienists*



**Annette (Quamina) MacKenzie**

Annette graduated from Liverpool University Dental Hospital in 2003. She joined the Dental Rooms team in March 2021 bringing with her a wealth of clinical experience from her time spent in private clinics in Harley Street, Knightsbridge and overseas. Annette is passionate about patient care and prevention alongside the treatment of more complex periodontal disease. She is currently studying for a postgraduate diploma in Periodontics.



**Vasiliki Karantoumani**

Vasiliki Karantoumanis interest in becoming a Dental Hygienist Therapist first began by obtaining first class honours degree in Biology at Portsmouth University 2017. Her passion for applying scientific based research to empowering and improving patients health prompted her to further study Dental Hygiene and Therapy at Birmingham University 2021, learning from world leading research clinicians such as Professor Iain Chapple.

Her warm and welcoming personality creates a calming atmosphere, making every visit to the hygienist enjoyable and pleasant.



**Alexandra Fuller**

Qualifying in 2005 with eighteen years of experience, Alexandra has worked at Dental Rooms since 2018. She has worked predominantly in private practice within the Marylebone area and as a result, has developed a gentle but thorough technique for her patients.

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Remember, the best way to keep up-to-date with everything Dental Rooms is by following us on Instagram!

[Follow us on Instagram](#)

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*Thank you for reading our newsletter and we hope to see you at the practice soon!*

*From, the Dental Rooms team*