



Principals: Dr Jennifer Levecke B.D.Sc. Dr William Levecke B.D.Sc. Dr Wynne Yip B.D.Sc.

## NEWSLETTER

December 2018

### Celebrating 50 Years at 23 Blackburn Road



**Blackburn Dental revisited its roots and origins this year for the important recognition of 50 years, as a family dental practice at 23 Blackburn Road.**

The Partners worked closely with Robyn Golder Marketing and a creative team to research, write and produce a body of visual and published material that encapsulated the heart of the practice. Many photos were a great source to develop the projects. Our mission was to bring together a reflective history and milestones achieved. It captured our work with community and the profession. We also saluted the Blackburn Dental team, past and present.



Our commemorative booklet reception panels are published on our website.

With a deadline for early September 2018, a number of projects came together for an important celebration dinner that month. Our projects were also to be shared with patients and colleagues.

For those who have visited the surgery for an appointment recently, you will have seen our new signage and read our two 50<sup>th</sup> anniversary panels covering interesting topics and milestones. We also printed a small booklet and bookmark for patients and staff. Many of our patients have been with us for quite some time and we hope will enjoy some of the anecdotal and photographic references that we have published.



*Our celebration dinner in September*

#### FAREWELL TO DR RACHELLE WELTI

In October we sadly said goodbye to Dr Rachele Welti who has been with us during her university times and since graduating. Rachele was looking for full time hours which we unfortunately could not provide and she also wished to get experience in other areas of dentistry including the public sector. Our patients were expertly cared for by Rachele during her time with us and we all miss her enthusiasm and youth. Rachele has offered to help out during the Christmas period for which we are very grateful. Good luck with your dental journey Rachele.

**Dentists** Dr Jennifer Levecke B.D.Sc. Dr William Levecke B.D.Sc. Dr Wynne Yip B.D.Sc. Dr. Khanh V. Nguyen B.D.Sc, MPhil  
Dr. Rachele Welti D.D.S **Oral Surgery Consultant** Dr. Sophia Richardson FRACDS(OMS) MBBS, B.D.Sc(Hons)

**Dental Care at Christmas** *Dr Jenny Levecke*

**Christmas is a time for peace and goodwill. It's also a time for holidays and celebration...**

For many of us, this involves a departure from our normal routines. We eat and drink different things at different times and our oral hygiene habits can get interrupted. All of this can be detrimental to our oral health. Without wanting to sound too much like the Grinch, here are a few things to consider.

Sweet foods are in abundance at this time and we often tend to graze slowly on these foods over long periods of time. This increases our risk of decay. The longer and more frequently sweet foods are in the mouth, the more chance there is of the decay causing bacteria to flourish and the greater the risk of decay. Try to minimise your intake of sweets. Especially avoid sticky foods that stay in the mouth for long periods. All day sucker lollipops are a definite "no-no". If you do indulge, try to limit the number of times. It's better to eat a few sweets at one time, rather than spread them out over three different occasions. Finishing off with some cheese can also help to minimise the risk.

Nuts are also plentiful during the holiday season. Whilst nuts are not in themselves bad for us, they may contribute to the fracture of an already weakened tooth or filling. DON'T PANIC! It's likely the fractured tooth will be a little sharp and perhaps a bit sensitive to temperature changes. This is rarely an extreme emergency. Try to keep the area clean with regular brushing and flossing and consult your dentist.

Our drinking habits often change at this time too. There tends to be more sweet, carbonated (fizzy) and alcoholic beverages on offer. The sweet ones increase your risk of decay, the carbonated ones raise your risk of enamel "erosion" and the alcoholic ones increase your risk of erosion and oral cancer.

Moderation is the key. Minimise your intake, avoid slowly sipping over long periods of time and rinsing or finishing off with water can help to reduce the risks. It's best not to brush immediately as this can increase the wear on the teeth.

We know all of our patients know that they need to brush twice daily with a fluoride toothpaste and clean between the teeth with floss or interdental brushes at least once a day. During holidays, our routines change, but do yourself a favour and maintain these excellent habits throughout.

Accidents and emergencies can happen any time. Christmas time, when there are new bikes and scooters to be ridden, is no exception. Refer to our website for first aid in these instances. We will be closed for the public holidays. However, we will be open each morning between Christmas and the New Year with time available for emergencies. If you experience facial swelling, pain that is not controlled with over the counter analgesics or trauma that results in lost or loose teeth, you should seek emergency care.

**Continued Education - Infection Control**  
**On 13<sup>th</sup> July 2018, all our staff undertook an infection control update training workshop, conducted by an Australian Dental Association educator.**

The session was both a refresher and a chance to discuss the most recent evidence based information involved in our day-to-day procedures. **Blackburn Dental Group** is committed to ongoing professional development within all areas of the practice. We strive to maximise patient care and minimise impact on our environment with technology and management systems in the workplace.

**Christmas/New Year Hours**  
**Dec 2018**

Friday 21 Dec 8am – 12.30 pm

*Sat 22 Dec - Closed*

Mon 24 Dec 8am – 1pm

*Tues 25 & Wed 26 Dec - Closed*

Thurs 27 Dec – 8am-1pm

Fri 28 Dec – 8am-1pm

*Sat 29 Dec – Closed*

Mon 31 Dec 8am – 1pm

**Jan 2018**

*Tues 1 January – Closed*

**Wed 2 January**

**Normal hours resume**

**The Blackburn Dental Team**  
**wish patients, colleagues**  
**and friends,**  
**"Compliments of the Season"**



**Best wishes from**  
**Jenny, Will and Wynne**

**Gift Giving Donations**

In 2018 we are continuing the tradition at Blackburn Dental of donating Christmas Food Hampers to the St Vincent De Paul Society, in conjunction with our local Parish, St. Thomas the Apostle Catholic Church.

Our Staff members all donate essentials such as pasta, pasta sauces, canned vegetables, tuna and ham, to some more festive items including Christmas cakes and puddings, mince pies and bonbons. We hope our donations, in lieu of gift exchanges, can go to those less fortunate at this time of the year.

**If you enjoy reading our newsletters, you may also source them on our website: [blackburndental.com.au](http://blackburndental.com.au)**