



WELCOME TO NEWSLETTER NO. 5

FAMILY DENTAL PRACTICE

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Infection Control

At all times the FDP strives to guarantee you sterilisation.

There are mandatory **Infection Control Guidelines** under the Australian Standards and the Dental Board that we are legally required to follow. These regulations are in place to prevent or minimise the risk of infection for practitioners and patients alike.

In the FDP you may notice that we have the latest **autoclaves** as well as a **thermal disinfectant** designed to allow us to achieve just this. Many products and instruments today are single use, all other instruments are sterilised through the autoclaving process.

All instruments are **bagged, wrapped, stamped and dated**; this is called **batch control**. Our staff pride ourselves on the cleanliness of our dental surgery. Please don't hesitate to ask any staff member to show you our central sterilisation room.



Autoclaves at the Family Dental Practice

TOP TIPS FOR FLOSSING

It's all about the technique!

It is always important to make flossing part of your dental care routine.

Tip 1: Wind up to 45cm of floss around your middle fingers and place it across your thumbs and index fingers.

Tip 2: Use a gentle up-and-down motion down one side of the tooth, under the collar of gum and continue back up the other side.

Tip 3: If you're not confident about the correct technique, do not hesitate to chat to your dentist who can teach you the right flossing moves.

Did you know, almost half the surface area of your teeth lies between them. By flossing and removing the plaque between your teeth you are helping prevent tooth decay, gum disease and halitosis "bad breath".

Staff Update

Our team has grown! In February 2019 **Kara** joined our team. You will recognise her by her big smile and lovely manner. She brings to the FDP a longstanding background in Beauty Therapy. Kara prides herself on her attention to detail and excellent customer skills.

