



Autumn Newsletter

This Autumn Indigo Little has welcomed two new members to the team, both experts in their respective fields. They will be at the practice to provide in-house specialised services to our members.

Dr Antoaneta (Toni) Day is Indigo Little's Specialist Oral Surgeon and Prosthodontist. Toni trained at Guys Hospital and has been working at a Specialist Referral Practice in Surrey since then. Dr Day is an expert at removing difficult teeth whilst putting you at ease. Toni is also an advanced PADI diver, Argentine Tango and Lambada dancer and loves to paint.

Dr. Day will be seeing patients once a month on Tuesdays between 10am-5pm or by special arrangement on Saturday.

Dr Federico Moreno; If one thing could be said of Dr Moreno, it is that he is passionate about his work. Dr Moreno lives and breathes Periodontics. He believes that the health of one's gums is central to all dental treatment, and to general well being. Originally from the North Coast of Spain, he has a great sense of humour and is well loved at Indigo Little. In his spare time, Federico loves to cycle and read. He is also an avid football fan, supporting Real Madrid.

You can find him at Indigo Little on alternate Saturdays 10am-2pm.

The Indigo Little Blog

If you haven't yet taken a look at the Indigo Little blog on our website, we update it monthly with insightful blog posts related to all things dental. Each of our specialists will be contributing their own knowledge to help you understand what we do and how we can help you achieve a healthy smile. This month, our dental nurse Laura Scougall wrote about her experience with 6 Month Smiles, the invisible braces. Find out what its like to wear discrete adult orthodontics by reading it here: <http://www.indigolittle.com/6month-smiles-journey/>

Adult and Children's Hygiene Appointments

Hopefully, most of you have had the chance to meet our Dental Hygienist, Laura Bailey. She sees patients at Indigo Little on Monday evenings and Wednesdays. When you book your regular checkup with Dr Little, you are welcome to schedule in a Hygiene appointment with Laura.

For Adult patients, Dr Little recommends regular Hygienist appointments, either 6 or 3 monthly depending on treatment needs. For Children, she recommends a Hygienist appointment every 6 months, to build a foundation for Good Oral Health. Laura Bailey teaching children good tooth brushing skills and the importance of dental hygiene from a young age. This is the foundation of good oral health.

If you are unsure whether your child is too young to see the hygienist, you can ask Dr Little for her advice on this when you attend for your child's routine examination.

At your next family appointment:

Indigo Little is now offering our little members a gift of a custom made CD with a song, written and sung by our dental hygienist Laura Bailey. The song is perfectly timed to ensure tooth brushing lasts for the correct amount of time recommended by Laura, all while rocking out to 'Superstar Teeth'.



Children's Workshops

This month, Indigo Little held their first Kids Workshop at the Nightingale Montessori Nursery School. Preventative dental care is at the heart of all treatment at Indigo Little, so we are offering our time and professional knowledge to spread this message to children. The workshop is a fun and interactive 45 minute program which helps the children understand the significance of good dental hygiene and diet. The kids will also receive a goody bag full of helpful information, fun stickers, and Peppermint Tingz. Indigo Little will be running these workshops in all local schools throughout the end of the year and into 2015. If you would like us to arrange a workshop for your school, e-mail us the details to reception@indigolittle.com

The Indigo Little Check-Up

We generally recommend that our patients come in for their routine dental check-up every six months. This allows us to catch any problems as soon as possible, and help you maintain a healthy smile that can last you a lifetime. The Indigo Little Check-Up is a one hour appointment with Dr. Little. It covers fourteen key points in assessing your dental health.



- Updating your personal and medical history
- Discuss how you feel about your oral health and any concerns you may have
- Checking the jaw and the jaw joint for evidence of wear and damage
- Assessing lymph nodes in the neck to see if there are any swellings due to oral infections
- Examining external tissues of the mouth
- Examining all internal oral tissue (palette, tongue, cheeks)
- Checking for oral cancer
- Checking the alignment of the teeth
- Assesses the health of gums, any recession or pocketing around the teeth
- Checking the teeth for decay, fractures, or wear. We also check all existing dental work (fillings, implants, etc.) to ensure that all is as it should be
- Checking for evidence of tooth grinding (bruxism), as well as acid erosion
- If needed, taking photographs or X-rays, which are kept on record
- Discussing findings and treatment plan options in detail
- Finally, Dr. Little will develop a personalised treatment plan based on the findings above as well as YOUR preferences.

For all lengthy or complex treatment, Dr. Little writes to you with a personalised treatment plan letter to follow up after your appointment. All of your dental records will be maintained throughout your six monthly check-ups so that we can monitor your dental health. We can then advise you specifically on how best to keep your teeth and gums in great shape. In the long term, this preventative approach reduces future restorative work.