



KELVIN HOUSE DENTAL PRACTICE

“word
of
mouth”

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The Brush DJ app is compatible with android devices as well as iPhones, iPod touches and iPads. Visit ...
www.brushdj.com

Download a **FREE** app to make your tooth brushing fun and more effective!

All dentists have a mission to prevent dental disease rather than just manage its consequences. So I was really pleased when I heard about this new app which is useful motivational tool for anyone who wants to help prevent gum disease & tooth decay and to maintain a healthy smile and fresh breath.

The dental advice in the app was built around information from the Department of Health's **Delivering Better Oral Health Toolkit** and so has solid scientific backing.

A recent study investigating the effect of brushing time on dental plaque removal reported:

Routine toothbrushing is perhaps the single most important step an individual can take to reduce plaque accumulation and associated diseases.

The average time spent brushing is only about 45 seconds whereas most people would benefit from spending 2 minutes. Therefore this app plays 2 minutes of music taken at random from your device's music library and gives you a visual display showing where to brush.

Brush DJ also allows you to set reminders to:

- Change your toothbrush head every 3 months
- Brush at least twice a day
- Floss/clean interdentally every day
- Use a mouthrinse if appropriate
- When you next need to visit the dentist
- When you next need to visit the hygienist

An unforeseen bonus when I tested the app was that it allowed me to rediscover some classic tracks from my music collection which I had forgotten where there!



Just to let you know that we now have a small foldable wheelchair available for patients who find it difficult to get in and out of the surgery.

If you are a carer, please let the receptionist know and it can also be used to help patients from the car into the practice, without having to load up your own wheelchair.

Paul Downes | BDS MGDS LDS DGDP
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Call 01227 **771323** now to make your routine check-up appointment