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Issue 2

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### Farewell to Ieva and Jess – A New Chapter Begins!

It's with a mix of sadness and gratitude that we announce the departure of two much-loved members of our team: our wonderful dental nurse, Ieva, and our warm and welcoming receptionist, Jess. Both have been such an integral part of our practice, and their absence will be deeply felt by staff and patients alike.

Ieva has been with us for several years, bringing not only clinical excellence but also a calm, friendly presence that reassured patients and supported the entire dental team. Her dedication, professionalism, and good humor have made her an absolute joy to work with. Jess, the first face many of you see when you walk through our doors, has brightened the reception with her infectious smile and genuine care. She's kept everything running smoothly, always going the extra mile to ensure patients felt at ease and well looked after.

As they both move on to exciting new adventures, we want to extend a heartfelt thank you for everything they've done. You'll always be part of our practice family, and we wish you all the very best in your future journeys.



As we say goodbye, we also welcome a new face to the team. We're delighted to introduce Chantelle, who will be joining us as our new receptionist. Chantelle brings with her a wealth of experience, a caring nature, and a real enthusiasm for patient care. We're confident she will be a fantastic addition to the team and can't wait for you all to meet her.

Change is never easy, but with the support of our amazing patients and team, we're excited to start this new chapter together. Please join us in saying goodbye to Ieva and Jess, and a warm welcome to Chantelle!



Fun  
Dental  
fact



### Busting the Myth: George Washington's Teeth Were Not Made of Wood

Let's clear up one of history's biggest dental fibs: George Washington did not have wooden teeth. Yep, it's a total myth—though we get why people believed it. Those old dentures looked rough!

In truth, Washington had several sets of false teeth, and none of them involved wood. His dentures were made from a strange mix of materials, including ivory from hippos, human teeth (some sadly from enslaved individuals), metal springs, and even cow or horse teeth. Basically, a little bit of everything except your average tree branch.

Washington started losing his teeth in his 20s (ouch) and by the time he became president, he had only one natural tooth left. Poor guy. And let's just say, 18th-century dentistry was not exactly what we'd call comfortable. His dentures were bulky, clunky, and sometimes even painful. They changed the shape of his face and might be one reason he looked so serious in portraits—smiling wasn't really an option with those things in his mouth!

So why the wood myth? It likely started because ivory can stain over time and take on a grainy, dark appearance—kind of like wood. But now you know: America's first president had some wild dental work, but not a splinter in sight.

Moral of the story? Be glad for modern toothbrushes, floss, and dentists who don't need to use hippo teeth.



BEFORE & AFTER



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### Why You Should Replace Old Dental Crowns with New Metal-Free Crowns

Over time, dental crowns can become discolored, worn down, or mismatched with your natural teeth. If you've had your crowns for several years, replacing them with modern metal-free options can significantly improve both your oral health and smile aesthetics.

One of the key benefits of metal-free crowns—such as zirconia or porcelain—is their natural appearance. Unlike older crowns with a metal base that can create a dark line at the gum line, metal-free crowns are completely tooth-colored, offering a seamless blend with your surrounding teeth. They can be up to three to five shades whiter, helping you achieve a more radiant and youthful smile.

In addition to improved color, new crowns can also correct minor alignment issues. Dentists can fine-tune the shape and position of your new crowns to better match your bite and facial symmetry, giving you a more harmonious and balanced smile.

Metal-free crowns are also bio compatible and less likely to cause allergic reactions or gum irritation. They bond more securely to the tooth structure, reducing the risk of future decay around the crown edges.

Whether you want a brighter smile, improved comfort, or a more natural look, upgrading to modern crowns can make a big difference. With advancements in dental materials and techniques, today's crowns don't just restore function—they elevate the aesthetics of your entire smile.

Is your smile due for an upgrade? Book now with Dr Jas, and achieve the beautiful smile you deserve

Refer a friend or family member, & get a  
\*FREE Hygiene session worth £89

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