

COTTINGHAM
DENTAL PRACTICE



A patient's guide to being referred

Cottingham Dental Practice

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Cottingham Dental Practice

Welcome to our practice

We provide contemporary dental care in a comfortable and friendly environment, for our own patients and for those referred to us by other practices. We take the time to explain your options and keep you fully informed of treatment plans, estimates and procedures. The latest techniques and equipment are used to ensure clinical excellence. And, above all, we treat you as we like to be treated ourselves, with respect and courtesy.

Robert Nichols BDS (Bachelor of Dental Surgery), PgDip Dental Implantology, MSc Endodontology

A member of the British Endodontic Society, the International Team for Implantology, the Association of Dental Implantology UK and the Society for Advancement of Anaesthesia in Dentistry



Rob graduated in dentistry from the University of Manchester (1986), and continued his training with a Master's degree in Endodontology from the University of Chester (2013) and a Postgraduate Diploma in Dental Implantology from the University of Central Lancashire (2015).

His experience and knowledge of different techniques and approaches inform his methods.

"I love to see the positive effects that a successful course of treatment can have on a patient's life. My approach is about the balance of predictable and cost-effective solutions."

Please note that it is strict practice policy that we do not accept referral patients on to our own list of patients for general dental care, even if requested to do so by the patient.

Why you have been referred to us

There are occasions when your dentist feels it is advisable for you to be treated by another colleague who has a special interest in a particular field of dentistry. This is to ensure that you receive the highest possible standard of care.

You are being referred to Rob Nichols at Cottingham Dental Practice because of his experience and postgraduate education in endodontics (root fillings), implants and complex restorative care. Rob's involvement in your course of treatment is dictated by your own dentist, depending on your particular needs. He may carry out a whole procedure or just one element, with the rest completed by your dentist.

We keep your dentist fully informed about your treatment whilst at Cottingham Dental Practice, supplying records, X-rays and photographs as appropriate. Once Rob's involvement is ended you will return to your usual practice to continue receiving general dental care.

Endodontics explained

Your dentist will advise using endodontics (root treatment) when the blood or nerve supply of the tooth (known as the pulp) is infected through decay or injury. The alternative is to remove the tooth. You will be referred to Rob if your case requires additional skills and equipment.

If the pulp becomes infected, the infection may spread through the root canal system of the tooth. This may eventually lead to an abscess. The aim of the treatment is to remove all infection from the root canal. The root is then cleaned and filled to prevent any further infection.

Following the initial consultation, the infected pulp is removed. Any abscesses, which may be present, can also be drained at this time. The root canal is then cleaned and shaped ready for the filling. A temporary filling is put in and the tooth is left to settle. The tooth is checked at a later visit and, when all the infection has cleared, is filled.

Implants explained

Dental implants look and work just like your own teeth. They allow you to smile, speak and eat with confidence. Your dentist may advise that this is the best solution to replace missing or damaged teeth and refer you to Rob.

Dental implants are made from inert materials that have undergone extensive testing over many years. Titanium is accepted by your body and forms a bond with bone that is strong enough to support the new teeth (or crowns) effectively. Implants can also be used to hold dentures firmly in place – no more slipping or gaps.

What is involved in placing an implant?

There are three stages (local anaesthesia is used to eliminate any discomfort):

- The implant is placed into your jaw and remains covered for three to six months by your gum while it adheres to the bone. You may be fitted with a temporary denture/bridge during this period.
- The implant is uncovered to attach an extension, which acts as the foundation of the new tooth.
- The new tooth is applied; it is designed to blend with the natural characteristics of your own teeth.



Sedation

Sedation is a form of anxiety control to make treatment more pleasant for you. We are fully trained to offer either intravenous (IV) sedation or inhalation (RA) sedation, depending on the treatment you need and the time it will take to complete.

One feature of our approach is that we take our time – we are aware that nervous patients above all want to be listened to and not rushed. Patients have also reported that:

- their anxiety is reduced and they feel relaxed
- they feel sleepy
- they are less aware of the procedure
- they experience partial or total loss of memory of the procedure.

We have found that this service is also a perfect way to help anyone who may not be particularly anxious but whose complex treatment involves long periods in the dental chair.

3D CBCT dental scanning

We have invested in a 3D CBCT (cone beam computed tomography) dental scanner, which allows the visualisation of anatomy that cannot be diagnosed by conventional dental X-rays. This helps in the planning of treatment, such as dental implants and root fillings, by pin-pointing the orientation and position of critical structures like nerves, teeth and roots. A 3D scan may sometimes be recommended as part of your consultation to assist with diagnosis and treatment planning. On occasions, you will be asked to return for a separate visit to enable us to schedule in the 3D scan. Please note that a separate charge will be made for the 3D scan, in addition to the consultation fee.

Directions

Cottingham Dental Practice is close to the centre of the village of Cottingham, to the west of Hull. Cottingham is easily reached by road from Beverley, Hull, North Lincolnshire (via the Humber Bridge) and the rest of Yorkshire. We are a 20-minute drive from the M62. Cottingham also has a rail link to Beverley and Hull.

Satellite navigation

Postcode: HU16 5QJ, House Number: 192

Parking

There are two supermarket car parks within easy walking distance of the practice (one is directly opposite, with its entrance on Northgate). There are also limited spaces on King Street and surrounding streets.

Accessibility

The surgery for referral patients is on the first floor, accessible by stairs. Please contact the practice for further details.

Payment

Please pay for your treatment on the day it is carried out. We accept cash, cheques guaranteed by card and major credit cards. Please contact the practice for further details.

