

## 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, including an operating microscope, are used to ensure clinical excellence. And, above all, we treat you as we like to be treated ourselves, with respect and courtesy.

### Rob Nichols BDS, PgDip Endodontology

*A member of the British Endodontic Society and the Association of Dental Implantology UK*

Rob graduated in dentistry from the University of Manchester in 1986. He regularly attends postgraduate conferences and courses, with a particular focus on endodontics (root treatment) and implant dentistry.

He is the first dentist in East Yorkshire to graduate with a Postgraduate Diploma in Endodontology from the University of Chester. He is on the teaching staff of SimplyEndo and the University of Chester. He took a year-long course in implant dentistry with Osteo-ti in 2002 and has placed 400 implants since then.

"I love to see the positive effects that a successful course of treatment can have on a patient's life. I value my relationship with my referral colleagues and enjoy working with them for the benefit of their patients."

*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.*

## How to find us

### 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 20 minutes' 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 spaces on the road opposite the practice. Alternatively, there is a car park at the nearby supermarket on King Street.

### Accessibility

The surgery for referral patients is on the first floor, accessible by stairs.

### Payment

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

Tel: 01482 848655

[www.cottinghamdp.co.uk](http://www.cottinghamdp.co.uk)

Cottingham Dental Practice, Cottingham House,  
190-192 King Street, Cottingham, East Yorkshire, HU16 5QJ

# Keeping you in the picture A patient's guide to being referred



COTTINGHAM  
DENTAL PRACTICE



## Why you have been referred

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 in endodontics (root fillings) and implants.

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.

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## Endodontics explained

### Root treatment

Your dentist will advise using endodontics 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 particular 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, feel 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.

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