

THE CAMPBELL CLINIC MAGAZINE FOR DENTISTS

Practice News

December 2021

THE STANDARD
YOU'VE BEEN LOOKING FOR



EDITORIAL

Hello and welcome to The Campbell Clinic's December newsletter!

To begin our December newsletter, we will be showing you a case study of one of our patients who underwent Full Arch Treatment here at The Campbell Clinic. This treatment was performed by Andy Legg. Andy is passionate about the use of dental implants in helping restore patients to a more natural form and function and believes they play a pivotal role in improving the quality of life and general health in patients.

During our last dentist newsletter (which you can read by following the link [here](#)) we spoke about the four main charities we support through our social legacy project. For this newsletter we have provided some information about the activities we are involved in to help make a difference.

For those looking to invest in further training and education, we have included an update of what's new at The Campbell Academy and also our existing courses which will be running again in 2022.

We have also dedicated a section in this newsletter to introduce DB Dental, a provider of dental equipment, instillation and maintenance services. DB have played an instrumental role in the fitting of our dental equipment in the new practice and have also recently become one of our platinum sponsors of The Campbell Academy.

Finally, we would like to introduce Alex Jones, who has recently joined The Campbell Clinic team to provide dental implant treatment. Alex has a huge amount of experience providing dental implant treatment and has also provided nearly 200 full arch cases.

Thank you for taking the time to read this and we hope to see you very soon in our new practice.

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OUR VALUES

BRAVERY
EMPATHY

HONESTY
ENJOYMENT

RESILIENCE
EXCELLENCE

is is what it takes to B.E.H.E.R.E.

CASE STUDY

Immediate Full Arch Treatment provided by Andy Legg

Here at The Campbell Clinic, we provide a variety of treatment options for patients who have lost single teeth, the majority of their teeth and in some cases, all of their teeth. Full Arch treatment is an options available for patients who want to reinvent their entire smile.

Anne first attend the Clinic for an initial consultation in February 2020 following a recommendation of The Campbell Clinic by her general dental practitioner. Unfortunately Anne was very distressed with her dental situation, she was ashamed of her teeth but also suffered from ongoing pain in several of her teeth.



Anne's main complaints were:

1. Poor appearance of her upper and lower teeth and she did not like the overbite she had. Anne requested that we removed all her upper and lower teeth and replaced them.
2. Pain which had been present for many years which Anne's general dentists unfortunately was unable to isolate. The pain existed in all areas of her mouth but none of her teeth were tender. It was something the patient could function with but an issue she would like to resolve.

There is no significant medical history and a full dental examination revealed a deep class 2 div 2 traumatic overbite.

Anne's remaining teeth were in poor condition and as such it was a complex restorative case to improve aesthetics and function in it's current set-up.

There was significant wear particularly in the lower teeth and the deep overbite meant there was very limited restorative space in this area.

Following the clinical examination there was a long discussion over several appointments on how we should proceed and it goes without saying that we will not remove patients teeth without due consideration.

Full Arch reconstruction with implants is a complex procedure and requires a great deal of planning and forethought prior to commencement of treatment.

There is also a long consent process that needs to be undertaken as once the teeth have been removed they cannot revert to their initial form and in spite of implants being very much the best substitute, they are still very much a substitute and unfortunately aren't as good as the original teeth they replace. This is both in terms of proprioception and longevity.

That said, in this case, following long discussions Anne was very keen to have Full Arch Implant Reconstruction with fixed bridgework to include immediate same-day reconstruction following removal of Anne's remaining teeth and placement of four-six upper and lower implants.

Prior to any surgery taking place we carried out a full diagnostic process which included a full mouth wax-up, full mouth cone beam CT scan and work-up with the technician and a discussion with Anne on what to expect both on the day of surgery and in the long-term.



In preparation for the day of surgery we produced upper and lower surgical guides as well as upper and lower dentures which can then be converted into upper and lower fixed immediate temporary bridges or should the worst happen and the implants are not stable enough, these can be used as a temporary denture until the implants integrate.

On the day of surgery Anne attended The Campbell Clinic at 8am to be sedated by one of our sedation dentists.

Sedation is carried out to ensure patients are as comfortable as possible during this long surgical procedure and will relieve any anxiety related to implant surgery.

Anne's remaining teeth were removed, a full mucoperiosteal flap is raised in the upper jaw in the first instance, implant sites are identified using the surgical guide and placed with good primary stability to allow us to restore the teeth on the day of surgery.

Following implant placement we then took impressions of the implants and passed these to our technician so that the temporary implant bridge can be constructed.

CASE STUDY

Firstly we carried out surgery in the upper jaw and whilst the upper bridge is being constructed, surgery on the lower jaw will commence. At around 4.30pm on the day of surgery we fitted Anne's upper and lower immediate temporary bridges.

There is no doubt this is a long day and can be uncomfortable for the patient at times but the end result outweighs the discomfort that the patient experiences.

In this case we were able to provide a new temporary set of teeth which much improved on Anne's original set-up.

The temporary bridges are then left in place for three-six months to allow the implants to integrate and the soft tissues to heal before we undertake final reconstruction, in this case with fixed acrylic/titanium hybrid screw-retained bridges.

As you can see through the before and after pictures there has been a remarkable difference in both the occlusal set-up and aesthetic set-up and we were delighted to hear that this surgery had been life changing for Anne.

Anne now has absolute confidence in her teeth, both from a functional and aesthetic point of view and family and friends have noticed how much more she smiles in social situations.

Whilst this treatment is not for everybody it is one of several options that we provide at The Campbell Clinic to reconstruct either edentulous or failing dentition patients back to a functional and aesthetic situation.



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PRACTICE NEWS

The Campbell Clinic Social Legacy Project is all about making a difference - to our patients, our team, the wider community and to future generations. We are committed to supporting a number of charities (local, national and international), providing opportunities for the next generation of dentists, and finding new ways to promote sustainability and care for the environment within our practice.

Please see our last newsletter [here](#) for details of the charities we support. In this newsletter, we thought we would take the opportunity to highlight some of the environmental work going on behind the scenes at our practice, both clinical and non-clinical.



We have invested in washable reusable gowns for our hygienist team to replace single-use plastic aprons. At a time when so much plastic is being thrown away for incineration as clinical waste, we wanted to do our bit to reduce this. A clean gown is used for every patient. Over the next few months we plan to use these for more Aerosol generating procedures to further reduce plastic waste.

We have replaced a number of plastic disposable pieces of clinical equipment with metal ones that we can sterilize. Equipment is still changed between every patient, but we can now use our autoclave to sterilize and reuse many times.



On our reception desk, we have a box for the Phillips Dental Care Recycling Programme. This accepts all brands of electric toothbrush heads and covers, electric flosser nozzles, flossing sticks, empty floss containers and interdental brushes. This is shipped to the TerraCycle® warehouse for recycling into plastic pellets and then new products. Even better, Terracycle donate to charity every time we send them 2kg of recycling.



SOCIAL RESPONSIBILITY LEGACY



Our staff are doing their bit for the environment behind the scenes – we recycle glass, plastic, paper/card, drink cans, and crisp packets. We even have our milk for staff and patients delivered by our local milkman to reduce plastic waste. Our drink can and crisp packet collections raise money for charity every time we send them off too.

On top of all this, we make sure that if we can buy recycled/recyclable, we do, for both clinical and non-clinical use. From biodegradable cups to plastic-free dishwashing tablets in recyclable packs, we are always looking for ways to reduce single-use plastic.

We have solar panels on our practice roof. Ideally placed for Nottingham's sunny days, we do whatever is possible to reduce our environmental footprint. Our lights are operated by movement sensors, saving power and removing any possibility of leaving the lights on over the weekend!





What's to come in 2022?

An update of the courses we have running in 2022 both new and old!

The Campbell Academy have got a very exciting year in 2022, we will be running our portfolio of existing courses but also running new courses for the very first time, inviting individuals to join us here in Nottingham to better themselves and further their education.

In 2022 our Year Implant course will be running for the eighth time and will continue to provide individuals with a comprehensive foundation in implant dentistry covering both theoretical and practical elements of the discipline giving delegates the confidence they need to begin placing implants at their own practice.

Our other blue-ribbon course, our Year Two Implant course, will be running once again in 2022 and channels individuals who already have a foundation in straightforward implant dentistry into more advanced and complex treatments.

We are excited to announce that next year we will run the first edition of our Year Endodontic course in association with Bill Seddon and is designed for individuals wanting to learn Endodontics to the highest possible standard. Microscope based treatment will be central to the course and shall encompass both non-surgical and surgical Endodontics.

Another exciting new course in 2022 is a two-day hands-on implant master class with Rony Jung, who Colin describes as the Ronaldo of Implant dentistry. This course is yet to be officially launched but please keep your eyes peeled for when we open bookings to get a place on what will be a fantastic two days of learning with an exceptional speaker!

We will also be hosting a selection of Live Skills courses and one-day Master Classes, this includes training on the topics of sinus grafting, immediate full arch, composite bonding, aesthetic implant dentistry, restorative dentistry, the implant consultation, CBCT reporting and more.

Please get in touch if you have any questions!





OUR RELATIONSHIP WITH DB DENTAL

Back in the dark days of 2018 when we were planning to build a new 'all singing and all dancing' dental clinic and education facility, we needed someone who knew about 'dental stuff'.

Through Karl O'Higgins at Planmeca (who at that stage were designing the internal aspect of the ground floor of the practice) we were introduced to Gareth from DB Dental.

Since that time, both Gareth and Natalie have become trusted sources of advice and help in navigating the world of a multi-chair dental practice from design and installation to maintenance and repair.

Dental units and complete dental set-ups are complicated pieces of kit that involve electricity mixing with water which is always a potential problem.

It's essential that you understand who is helping you to look after these things and that you have trust in the people who are doing that.

From the time that I first met Gareth and then travelled to Helsinki to watch the Planmeca chairs being built, I knew that we'd be able to work together, even in difficult circumstances, for a long period of time.

And so, it turned out.

Due to my complete lack of knowledge and understanding of how a project like this would have played out, I ended up finding myself with contractors and suppliers who were head to head with each other about whose fault it was that this or that wasn't working.

Throughout that whole process Gareth remained humble and dignified and was not drawn into the swamp that other contractors were trying to pull everybody into.

Our next project is as big as the first one and the next one after that is bigger and I hope that the guys at DB Dental will be with us every step of the way because now the trust is established and now we know we can go on and do better things together.

Thanks Gareth and Natalie for all the continued help and support



COLIN'S BLOG

Blog Number 2921

Managing Disappointment

It's fine to be busy and it's fine to crave a full life but life is unpredictable and in a calendar that's full, unpredictability means things have to be moved or shortened.

Moving or shortening things breeds disappointment because you inevitably feel that you're not doing your best at the things that you've already committed to and then comes the balance of the juggler trying to please everybody all of the time and also yourself.

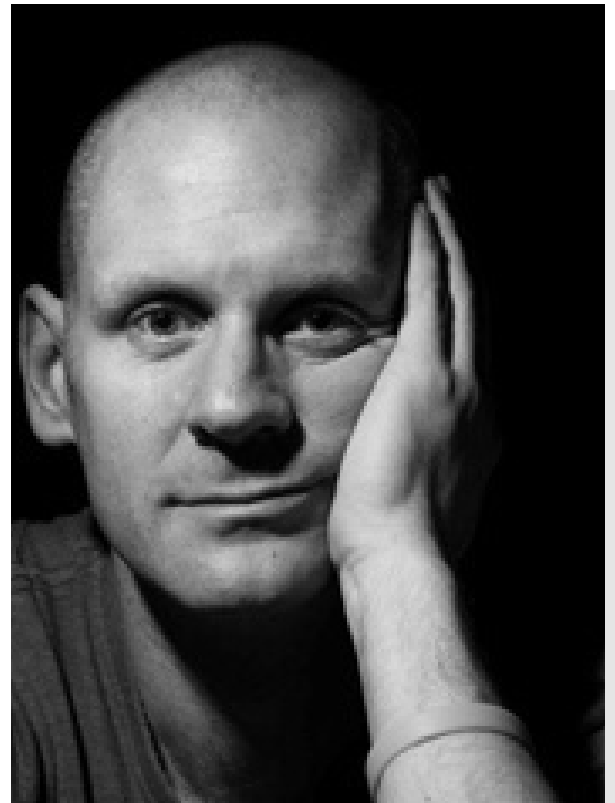
At the moment I'm trying to train like a junkie, to get myself into a better shape to kickstart the year towards my 51st year and the big challenge I have in the summer.

The problem is that things are going too well at work and there is too much to do so, as I put aside two hours to ride my bike, it slowly gets eaten into and becomes 90 minutes or an hour and then I'm disappointed in myself because I'm concentrating on my work and not concentrating on my bike.

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This is always the game isn't it, the 'balance'.

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Forcing in a sense of reality and the understanding that I'm not a professional athlete is essential to try and maintain the disappointment of cutting back on training to look after everybody else I have around me.

This is always the game isn't it, the 'balance'.

You'll never please everyone all the time and you will certainly never be in balance all or most of the time.

Whenever you find it, celebrate it quietly in your own mind and understand that tomorrow or the day after you'll be wobbling again.

If you would like to subscribe to the blog please click [here](#).

MEET THE TEAM

ALEX JONES

*Dental Implant
Surgeon*

QUALIFICATIONS: BSC (HONS)
BDS (SHEFF)
GDC NO: 76127



Alex Jones graduated from the University of Sheffield in 1999 with honours, distinction, and prizes in restorative dentistry. He has successfully placed over 2000 dental implants and has worked in general practice for several years whilst holding a teaching post at The Charles Clifford Dental Hospital before taking the leap to establish his own business in 2004.

From 2006 onwards Alex undertook extensive postgraduate training in Restorative Dentistry, Aesthetic Dentistry, and Implant Dentistry. Since then, he has undertaken over 300 hours of training related to the provision of dental implants.

Alex has a particular interest in the use of dental implants and restorative dentistry to restore patients with advanced dental disease which requires a broad range of skills to rebuild their dental health. He has completed almost two hundred cases of immediate full arch treatment, a treatment he finds exceptionally rewarding for the difference it can make in patients' lives.

Alex is a full member of the Association of Dental Implantology; he is a Study Club Director for the International Team of Implantology and a member of the British Academy of Cosmetic Dentists. As well as dentistry, Alex's other passions are his family (he is married with three children) and cycling whenever time permits!

Alex has recently joined The Campbell Clinic team and will also be speaking on some of our Academy courses. Fantastic to have Alex join our Campbell Clinic family!

WHAT IF YOUR CHILD had toothache and no hope of help ●



Its effects are **not mild** or inconsequential, they are **agonising, debilitating** and **inescapable**.



70%

of the world has **no access** to a dentist **but**

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