A £3.85 million project to build the Broxden Dental Centre in Perth for NHS Tayside has been completed by Archial, one of the country’s largest architectural practices.

The new dental practice will provide general primary care dentistry services and undergraduate teaching spaces for NHS Tayside and NHS Education Scotland. It also makes NHS dental facilities accessible to all in the Perthshire area.

The construction of the building began August last year, comprising of 20 surgeries, clinical skills training rooms, dental laboratory, decontamination units and office accommodation.

According to reports, NHS Tayside chairman Sandy Watson accepted the keys for the site in September and over the last two months staff have been working to install equipment and furniture, ensuring that the building is ready for patients.

Not only has the new centre been filled with calming colours and light and airy spaces, it has been fitted with solar panels, improved air tightness, use of heat exchangers, intelligent lighting controls and sanitary fixtures with reduced water demand, to reduce the carbon footprint of the building.

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**Botox for Bruxism?**

According to one expert, Botox could be used to prevent bruxism.

Writing for the Grinza International Journal of Wrinkles, David Castillo explained that in severe cases of bruxism Botox can be a successful method in treating the disorder.

Castillo said: “Widely used commercially for cosmetic surgery applications, Botox weakens muscles in a person’s jaw, thus disabling them and preventing motion that causes teeth grinding to take place.”

As Castillo states, if untreated, teeth grinding can be “extremely harmful” to a person’s overall oral health, and the habit leading to an eventual loss of teeth in the most extreme circumstances.

Even though Botox could be used as a useful treatment to severe bruxism cases, experts recommend adopting a healthier diet, reducing levels of stress and taking various vitamin supplements, such as magnesium, B5 and calcium to also help. However, the most popular management of bruxism remains to be dental guards or night guards.

Even though the use of a night guard does not prevent bruxism, the patient’s teeth and jaw joints are protected from its detrimental side effects.

According to the Bruxism Association, some one in ten people suffer from excessive teeth grinding, however it is rare that patients receive Botox treatments to help alleviate the grinding action itself.

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