

Dental emergency case study

The photos here are of a 12 year old who fractured his front tooth whilst playing at school. As the boy was about to start orthodontic and hygiene treatment, Dr Dixit repaired the tooth temporarily with composite bonding.

This was very effective, as you can see, you can't tell that the tooth had ever been damaged. Once he has completed his orthodontic treatment the composite filling will be reassessed and repolished if necessary.

BEFORE



AFTER



Dr Dixit

President of the BACD

The British Academy of Cosmetic Dentistry is a world leading authority on cosmetic dentistry. The organisation aims to educate and inspire dentists by creating an environment where they can come together to share their knowledge and experiences to enable everyone to become better at what they do.

In November 2019 Dr Dixit became President of the BACD. In a recent press release he said "I'm truly privileged and humbled to have been elected BACD President this year. It is an honour to lead an Academy that I have been a member of for many, many years. I'm looking forward to the BACD's growth in 2020.

"I hope to educate and inspire members, encouraging further collaboration within the BACD community. I have the support of a strong Board of Directors, whose spirit of teamwork and camaraderie will ultimately help push the BACD forward."

Patients at Blue Court Dental benefit from Dr Dixit's commitment to clinical excellence. Dr Dixit offers the latest treatment solutions including smile makeovers, dental implants and Invisalign. If you would like further information please get in touch.



Edited in association with the Oral Health Foundation

Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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blue court smiles

Welcome

Our newsletters are aimed at providing you with the latest dental health news, information about our services and tips on looking after your teeth and gums.

Articles in our latest newsletter include:

- Electric VS manual toothbrushes
- President of the BACD
- Wisdom teeth
- Don't hide your smile, we are here to help
- Dental emergency case study

If you have any questions about anything you read or any other dental matter, please get in touch, we'll be happy to help.



Electric VS Manual Toothbrushes

Electric toothbrushes clean teeth and gums much better than a manual toothbrush, according to the findings of a new study.

Scientists found that people who use an electric toothbrush have healthier gums, less tooth decay and also keep their teeth for longer, compared with those who use a manual toothbrush.

The ground-breaking research took 11 years to complete and is the longest study of its kind into the effectiveness of electric versus manual brushing.

Chief Executive of the Oral Health Foundation, Dr Nigel Carter OBE, says: “Health experts have been speaking about the benefits of electric toothbrushes for many years. This latest piece of evidence is one of the strongest and clearest yet – electric toothbrushes are better for our oral health.

“Electric toothbrushes, especially those with heads that rotate in both directions, or ‘oscillating’ heads, are really effective at removing plaque. This helps keep tooth decay and gum disease at bay.

A recent poll by the Oral Health Foundation found that less than one in two (49%) British adults currently use an electric toothbrush. For those who use a manual toothbrush, the cost of going electric is often a turn off. However, Dr Carter says that electric toothbrushes are more accessible than ever before.

“As technology has developed, the cost of having an electric toothbrush becomes even more affordable,” adds Dr Carter. “Battery-powered toothbrushes are available for as little as £10 while electric brushes can be had for as little as £30.

“Given the advantages of electric toothbrushes, having one is an excellent investment and could really benefit the health of your mouth.”

Further findings from the Journal of Clinical Periodontology, found that electric toothbrushes resulted in 22% less gum recession and 18% less tooth decay over the 11-year period.

Dr Nigel Carter says: “It’s important that whether you currently use an electric toothbrush or not, you should be following a good oral health routine.

“That means that whether you’re using a manual or electric toothbrush you should be brushing for two minutes, twice a day, with a fluoride toothpaste. Also, a good oral health routine would not be complete without using an interdental brush or floss once a day.

“If you follow a good oral health routine then whether you use a manual or electric toothbrush, you’ll have a healthy mouth either way.”

Wisdom teeth

Wisdom teeth are the last set of molars on the tooth development time line, usually erupting between the ages of 17 and 25 – as we age we are said to get wiser alas the nickname ‘wisdom teeth’!

Wisdom teeth are an evolutionary throwback. Early humans used to lose their teeth far earlier through damage and lack of dental care, and so the appearance of an extra molar in later years was extremely useful. Early humans also had larger and stronger jaws, because their food was uncooked and needed a lot of chewing. These days our jaw is smaller, and we are less likely to lose teeth, which means there is often not enough room for the wisdom teeth when they appear. The lack of space means wisdom teeth can impact, preventing them from erupting into the mouth properly. This can cause any number of problems such as infection, decay of adjacent teeth, gum disease or other more serious complications.

Since it is not practical for most people to check how their wisdom teeth are developing, it’s important that a check is carried out by a dentist. Only if necessary will we recommend that they are removed to avoid any further complications.

If you have any concerns please do speak to us.



Don’t hide your smile, we are here to help

Do you cover up your mouth and withhold from smiling in photographs?

Are you worried about your dental health but feel too embarrassed or anxious to seek help?

As dental professionals we are passionate about helping our patients feel at ease. Rest assured that there is no judgement. We are here to help you maintain healthy teeth and gums for life and can offer a range of solutions to get you smiling with confidence.

Hygiene appointments

Helping you achieve and maintain healthy and clean teeth and gums

Tooth whitening

A very popular way to brighten up your smile

Tooth-coloured fillings

Restorations that look completely natural

Bonding

Disguise small imperfections such as chips, cracks and gaps

Veneers

Thin layers of porcelain to fit over the teeth to improve colour, shape and position

Dental implants

Strong, long-lasting, realistic replacements for missing teeth

Teeth straightening

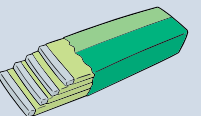
A wide range of discreet treatment options are available to straighten and realign crooked teeth.

If you would like to find out more about our treatments, please ask, we’ll be happy to help.



FUN FACT

Children begin to develop their primary teeth 6 weeks after conception while in their mother’s womb.



TOP TIP

Chew sugar-free gum after eating or drinking to help boost saliva production and prevent decay.