

## Smile with confidence

At Blue Court Dental Centre we offer a full range of the very latest treatments to enhance your smile, from simply disguising small imperfections to full smile makeovers.

Tooth whitening is becoming increasingly popular, more and more patients are realising that it can make a big difference to their smile. It is possible to erase staining caused by smoking, drinking red wine, tea or coffee, as well as lightening teeth that have become naturally darker with age.

The pictures here show an example of the quality of the work we carry out. Nishan enhanced this patient's smile using a combination of tooth whitening and white filling to one of the front teeth.



"Having this treatment carried out has made a huge difference to the way I look and feel. I now smile with more confidence and it has made a great difference to my self-esteem." SK.

**If there are any aspects of your smile that concern you then please talk to us, we will be happy to advise you about the options available.**

## Keeping us up-to-date

If you have moved house or changed any of your contact numbers, please do let us know so that we can stay in touch with you.

Similarly, if you have had any changes to your health or medication, please tell us when you next visit – this information is vital to ensure that any treatment we give you is completely safe.

## New smile, new you

Dental implants are one of the greatest advances in dentistry in the last 20 years. They are strong, permanent and natural-looking replacements for missing teeth.

Implants are tiny titanium posts which are gently placed into your jawbone. The bone bonds with the titanium, forming a strong and lasting structure, rather like a false tooth root. This is then used to hold a crown, bridge or dentures firmly in place.

Najla was very self-conscious about her teeth and decided it was time to do something about them. After an initial consultation to discuss the options available she asked Nishan to proceed with full arch implant treatment.



Najla is now delighted with her new beautiful, healthy looking, white teeth. "I am very grateful to Nishan and his team for making this transformation possible. I am so pleased with my new smile and the extra confidence it has given me. My teeth now look great – I can't stop smiling."

**For more information on how dental implants can help you, please just ask us next time you visit.**

## Website news

We were delighted that our website was 'highly commended' in the Dentistry Magazine Awards in two categories. Please visit [www.bluecourtdental.com](http://www.bluecourtdental.com). Our site contains lots of useful information about the practice and the services we offer.



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British Dental 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.

This issue is packed full of lots of interesting articles, we tell you about the boom in cosmetic dentistry, show you two real life examples of our smile enhancing treatments, look at the causes of sensitive teeth and more!

If you have any questions about anything you read or any other dental matter then please just ask – we will be happy to help.

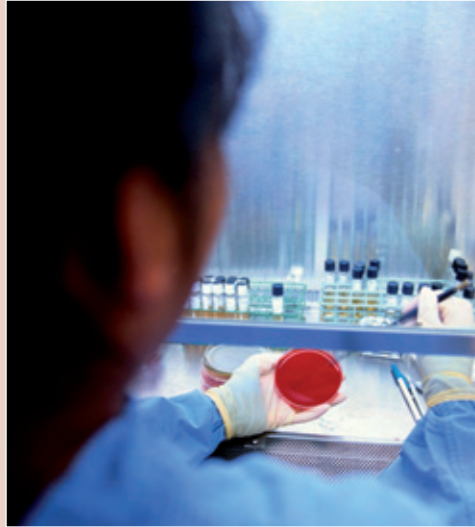


## In this issue...

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# Keeping you *safe*

**Stories about hospital super-bugs such as MRSA are becoming all too common these days, and we are increasingly being asked what hygiene precautions we have at the practice.**



and rigorously sterilising those that are not disposable. Our staff regularly attend training and refresher courses to ensure they stay completely up-to-date with the latest cross-infection control policies and techniques.

We have set procedures for every aspect of our practice, including safely disposing of used needles, cleaning and decontaminating our treatment rooms, and storing sterile items. In many cases, these procedures go well beyond those required by law, simply because we believe that effective cross-infection control is such a vital part of our daily work.

This means you and your family can relax in the knowledge that we always do all we can to ensure that everyone in our practice is fully protected from infection.

Even though MRSA is very rare outside the hospital environment – and to the best of our knowledge unheard of in the dental sector – we nevertheless have very strict cross-infection procedures in place to keep all our patients and our staff safe.

No doubt you will have noticed that we wear disposable gloves and often masks when examining you or carrying out treatment, and provide you with eye protection.

But there are many other steps we take behind the scenes. These include using disposable instruments wherever possible,

## Top tips



Keep a kitchen timer in your bathroom so you know you have cleaned your teeth for long enough – egg timers are ideal. Experts recommend cleaning at least twice a day, especially at bedtime, for no less than two minutes.

# Smile – we're *British!*

**Cosmetic dentistry in the UK is booming, with the number of treatments carried out up by over 55% in just one year.**

While almost two thirds of the procedures are carried out on women, men are also increasingly conscious of the benefits of an improved smile, and even children are becoming more aware.

The new information comes from two leading British dental organisations – the British Academy of Cosmetic Dentistry (BACD) and the British Dental Health Foundation.

The BACD's poll of 650 dentists showed there was a dramatic rise of 144% in porcelain veneer procedures in the previous 12 months. Veneers are very thin layers of porcelain which are fitted to the front of teeth, to disguise imperfections or provide a complete smile makeover.

White fillings and bonding (which is particularly useful for erasing chips, cracks and gaps) have also become much more popular.

Meanwhile, a spokeswoman for the British Dental Health Foundation said that children are becoming more aware of their appearance at an earlier age, and a growing number of them are requesting braces and other orthodontic (tooth straightening) treatments.

**Here at the practice, we too have noticed a big increase in the number of patients asking about cosmetic dentistry. If you would like to enhance your smile, please speak to us – we'll be happy to explain the treatment options that are suitable for you.**



## Dental implants and Greek temples

Titanium, the metal that is usually used for dental implants, is so strong and long-lasting that it is being used to help restore the Parthenon in Greece!

Titanium has the highest strength to weight ratio of any metal – it is as strong as steel but 45% lighter and is extremely resistant to corrosion, making it ideal for long lasting replacement teeth.



## Sensitive *teeth?*

Many people can sometimes suffer pain when eating or drinking hot or cold food and drinks, when cold air hits their teeth, or maybe when they consume something sweet or acidic.

Sensitivity often occurs when the hard outer cover of the tooth, the enamel, has worn away, exposing the softer, sensitive dentine underneath.

This can be caused by dental erosion, a major cause of which is frequently consuming acidic drinks. Other causes might include gum recession, or a cracked tooth or filling.

If you have problems with sensitive teeth, please discuss it with the dentist so we can offer help. This might include treating the affected teeth with special de-sensitising products, such as fluoride gels, rinses, mousses or varnishes. You can also use toothpaste for sensitive teeth – this works best if you do not rinse after brushing.