

Inman Aligner

Dr Dixit is now offering treatment with a revolutionary appliance which can straighten teeth in just 4-16 weeks. It is the ideal solution for clients who are self-conscious about their misaligned teeth, but who don't want to commit to lengthy treatments.



This young lady did not like the appearance of her two front teeth. They were not in line with the rest of her teeth. She wanted fast results without having a fixed brace or having her teeth drilled. After having a consultation with Dr Dixit and discussing all the options available, the patient decided to have the Inman Aligner. She is very happy with the final result – nice straight teeth in just 12 weeks!

"I have received an excellent service and I really love how quickly the Inman Aligner worked. I really like my new teeth and will make sure I take better care of them from now on. Thank you for everything."

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Remove stains and discolouration... for a brighter, more youthful smile

Teeth naturally become darker as you get older. They can also become discoloured by tea, coffee, red wine and other foods and drinks with strong colourings. Smoking can cause discolouration as can tooth decay and tartar build up.

Tooth whitening treatments can lighten your teeth to give you a more attractive, confident smile. If you are considering having your teeth whitened please speak to us first. We can give you more information about whitening, advise you as to if your teeth are suitable for whitening, explain the different treatments available and discuss which could give you the results that you desire.

There are other things that you can do to help improve the colour of your teeth. Visit us for regular cleaning so that we can remove any tartar that has built up. Follow our advice about preventing tooth decay through an effective oral health care routine. Stopping smoking and cutting down or giving up tea, coffee, red wine and other strongly coloured food and drinks can also help.

If you have any questions about this, please ask us next time you visit.



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blue court smiles

In this issue...

We've got lots more interesting articles and useful information for you in our latest newsletter. For example, you can read about the warning signs of gum infections and get advice on how to avoid them. It may come as a surprise that improving your smile needn't cost the earth – you can find out more inside. Also, if you have a sweet tooth or snack between meals you might like to read 'The sugar factor' to discover how to limit damage to your teeth.



We are grateful to those of you who have recommended friends and family to the practice, and continue to offer a warm welcome to anyone you feel would benefit from our services.



Edited in association with the
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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DR NISHAN DIXIT
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FULL MEMBER



Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

