

NEW

receptionist

If you have visited the practice recently you may have seen a new face on reception. **Safia** joined us in the spring and has been enjoying meeting lots of our patients.

Smile Awards

The Smile Awards reward top dental professionals for their outstanding talent. We are delighted to announce that Nishan Dixit was shortlisted in the Restorative Smile - Single Arch category.

Nishan is one of only a handful of dentists to be shortlisted out of 33,000 dentists in the country so we are very proud of his achievement.

This gentleman from Harrow was very unhappy about the appearance of his teeth. After a consultation with Dr Dixit, treatment options were discussed. To improve his smile Dr Dixit whitened his teeth and then placed 4 ceramic crowns on his upper front teeth, with some gum reshaping to make the teeth longer. He also re-contoured the patient's lower teeth to make them more even. The patient was very happy with his new smile.

Our case study



Sensitive teeth – don't suffer in silence

Tooth sensitivity is a common, uncomfortable condition. The majority of us have suffered from it at some point in our lives. It can range from mild irritation to a shooting pain that can last for hours.

Sensitivity is usually triggered when we consume hot or cold foods or drinks. Teeth can also be sensitive to sweet or sour substances and to pressure.

Often, the pain is caused by the exposure of the dentine – the inner substance of the teeth that is covered by the enamel.

There are many ways that the dentine can become exposed, these include: decay or infection, long-term wear, tooth clenching or grinding, cracked teeth, broken or cracked fillings, brushing too hard, using an abrasive toothpaste, and frequently consuming acidic foods and drinks.

As dentists, it is our job to identify the cause of your sensitivity. We will examine your teeth and ask you about your oral habits and the pain you are experiencing.

Most causes are easy to treat so don't suffer in silence – book a consultation so we can find the best way to relieve your discomfort and get you smiling again.

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blue court smiles

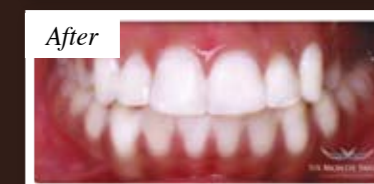
Six month smiles®!

If you are unhappy or self-conscious about your smile but don't like the thought of wearing braces for 18 months or longer, then 'Six month smiles®' could be for you.

This innovative American system uses discreet braces, and is less invasive and more affordable than many other corrective treatments. Appointments are fast and comfortable and it produces conservative and predictable results in an average of just six months!

Nishan Dixit is one of few dentists in the area able to offer this effective and increasingly popular treatment.

Take the first step towards improving your smile and your confidence – call us on 020 8904 9440 and book a consultation.



Facebook & Twitter

Follow us on Facebook: www.facebook.com/bluecourtdental and Twitter: @nishandixit to keep up-to-date with the latest news and information from the practice and to be the first to know about any special offers.



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DR NISHAN DIXIT
British Academy of Cosmetic Dentistry
FULL MEMBER



Below the line...

Even if you are a talented tooth brusher, you are unlikely to remove all the plaque, especially from those tricky areas between teeth and under the gum line.

These areas are particularly vulnerable to food and plaque stagnation and this can lead to gum disease, tooth decay and halitosis (bad breath). It is important that all surfaces of the teeth are cleaned and as well as brushing, inter-dental cleaning is an excellent addition to your daily oral hygiene routine.

You only need to adopt inter-dental cleaning once a day. It is best to try and do this when you give your teeth the last brush of the day, before bedtime. Discover a routine that suits you, the important thing is to get into the habit of doing it daily and doing it thoroughly.

There are many options available including, inter-dental brushes, floss, tape and waterjets to clean effectively between the teeth and below the gum line.

We can advise you which method is best suited to you and your teeth and coach you through the correct way of cleaning in between your teeth and under the gum line.

Did you know?

John Lennon's rotten molar recently fetched a whopping £19,500 at auction. It was purchased by a dentist from Canada.



When accidents happen

Here is a short guide to what action you should take in a dental emergency.



TOOTH KNOCKED OUT

Act quickly – if you can replace the tooth into its socket soon enough (usually within an hour) the tooth may be saved.

Hold the tooth by the crown (the top bit which is usually seen), never the root. Rinse it carefully. If possible, try and place it gently back into the socket. If not, ask the injured person to hold it in their cheek (obviously don't ask a small child to do this). Or, place it in a glass of saliva or milk. Seek emergency dental treatment immediately.

BROKEN OR CHIPPED TOOTH

Put any broken-off pieces in water – it is possible that they could be used to help repair the tooth. Call us for advice immediately. If the damage is bad you will probably need to see us straight way. If it is minor and there is no pain, a scheduled appointment will be fine.

LOOSE TOOTH

Again, contact us immediately. Depending on how loose the tooth is, we may let it 'tighten up' on its own, or we may bond it to the teeth next to it until it heals.

CUT LIP OR TONGUE

Apply pressure to stop or slow the bleeding. If it doesn't stop or the wound is severe, call us or go to the hospital A & E.

We hope you find this information useful, if you have any queries then please ask – we are always happy to help.

Tooth whitening

leave it to the professionals!



Although there are DIY whitening kits available, many dentists do not recommend them. This is because they only contain a tiny amount of the whitening product that is needed for the treatment to be truly effective. Some home kits are highly acidic and can damage the enamel and burn the gums.

Tooth whitening is part of the practice of dentistry and dentistry should only be carried out by dental professionals who are registered with the General Dental Council (GDC). However, some people still choose to have their teeth whitened every year in High Streets and shopping centres, by staff with no formal dental training. In a recent BBC report, one lady spoke about her regrets after having her teeth whitened at a beauty salon.

She said: "My teeth lost their shine, they were almost opaque. My gums went white, and my teeth were so sensitive after the treatment that even just the fresh air hurt them."

If you are considering whitening your teeth, please make an appointment to see us. After an assessment we will be able to tell you whether whitening is suitable for your teeth and what results you can expect. For example, crowns, veneers and denture teeth won't whiten. If whitening treatment is right for you we will co-ordinate professional tooth whitening. A range of different treatments are available for this and we will explain fully what's involved.