

Rejuvenate your skin

Would you like your skin to look younger, clearer and healthier? Well help is at hand. At Skin Solutions at Blue Court Dental we provide skin peels from Skin Tech Advanced Skin Technologies.



These are used to help improve the overall appearance of your skin. They encourage the dull upper layer of skin to peel off, revealing the newer, smoother skin underneath.

Skin Tech focus on developing safe and effective medical peels and the best home care to enhance and prolong their efficiency. They use their dermatologic experiences and knowledge to continuously improve their products' performance and reliability.

There are a variety of types of peels available that can be used to treat a variety of skin complaints such as signs of ageing, acne, sun damage and pigmentation.

If you would like a smoother, fresher complexion please get in touch and book a consultation with Sonal Patel.

Expanding our expertise

At Blue Court we are always keen to advance our skills by attending training course and other methods of professional development. Sonal Patel is studying on an ongoing basis for her Diploma in Clinical Aesthetics. This enables her to keep up-to-date with the latest news and developments in skin care to ensure patients receive the best treatment possible.

New technology

We have recently invested in a new digital scanner for x-rays. This system generates outstanding, high resolution images, quickly and easily. This gives us a greater insight into any treatment required.

Our hygienist

Our hygienist Rumana Husein can play a key role in helping you to maintain a healthy mouth, avoiding problems such as decay and gum disease. Rumana is specially trained to look after your teeth and gums. She will give them a professional clean and advise you on how best to care for them.



Rumana qualified as a dental hygienist in 1990. Since then she has worked in a variety of private specialist practices, obtained a teaching certificate that enabled her to teach dental nurses and small groups, and worked as a training development manager for a large dental corporate. Rumana has also worked with the media, written articles for dental publications and was involved in various TV appearances including 'Richard and Judy' regarding the 'tongue manicure' treatment.

Over the last five years Rumana has been working in Pune, India at the teaching hospital lecturing dental students and also giving oral health talks to charities and schools.

Now on return to the UK, Rumana is embarking on postgraduate education and plans to further her dental knowledge to improve best practice.

Please contact us for more information or to book an appointment.

Scientific Director of the BACD

In addition to being a full member of The British Academy of Cosmetic Dentistry (BACD), Dr Dixit has been appointed as the Scientific Director. Members of the BACD attend conferences to help them keep on top of new developments and to further their learning. Dr Dixit has the responsibility of determining the scientific content of the conferences. Congratulations to Dr Dixit on this appointment. It is good to know that we have a highly regarded dentist here at Blue Court.



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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



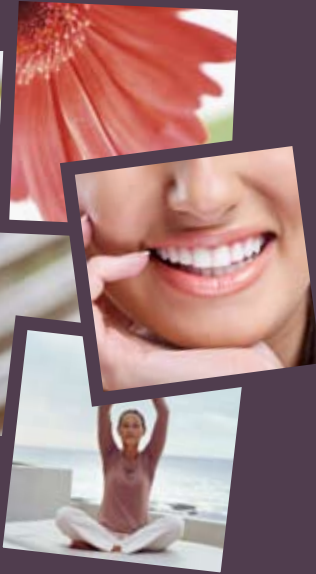
We are delighted to announce the launch of our new skin treatment sub-brand 'Skin Solutions'.

Sonal Patel can help you to look as young as you feel with a range of skin treatments:

- Genuine Dermaroller to improve scars & sun damage
- Cosmetic injections to reduce lines and wrinkles
- Skin peels to revitalise and tighten the skin
- 'Lunchtime' peels to rejuvenate your face and much more...

For further information or to book an appointment please call 020 8904 9440 today.





Don't worry...

5.5 million people in the UK are affected by dental phobia, with almost one in four saying they would rather suffer from toothache than visit the dentist.

There are many reasons behind this fear, including fear of pain, needles, gagging and having things placed inside their mouth. Some people feel very vulnerable in the dentist's chair, or may be embarrassed by their teeth. Often fear can stem from a childhood incident.

Whatever the reason and if you are one of these people, then there are a number of ways we can help you and some steps you can take to help conquer and/or manage your fear.

- We can take things very slowly so you feel more in control
- We can play music to distract you
- We can use local anaesthetic gel so that you don't feel an injection
- You can share your concerns with us, we are very sympathetic and here to help
- You can book your appointment for a quiet time of your day so you are more relaxed
- You can do deep breathing exercises
- You may also find aromatherapy or natural remedies helpful

Remember too that modern dental techniques are far more sophisticated, and in many cases pain-free.

If you are worried about seeing us, please talk to us so we can work with you to find the best way of helping you to have and keep a healthy, happy smile.

Got a dental problem? Talk to us, we can help

Tooth grinding – also known as bruxism, is very common. It can cause sore facial muscles, headaches and ear-aches, and sometimes neck pain. It can also cause teeth to become ground down and more sensitive. Try to reduce your stress levels, but if this doesn't work, make an appointment to see us. We can create a custom-made appliance for you to wear while you sleep to help with the problem.

Bad breath – in most cases is a result of bacteria in your mouth. It is important to follow a good oral healthcare routine – we can advise you on this. Bad breath or halitosis, may be a result of eating strongly flavoured foods such as garlic or in some cases, bad breath can be caused by a medical condition, such as sinusitis, diabetes, or problems with the digestive system. Whatever the cause, please don't be embarrassed to speak to us; we can help.

Tooth sensitivity – can range from mild irritation to a shooting pain that can last for hours, usually after hot /

cold stimulus. However, prolonged sensitivity can be caused by decay, so book a consultation so we can find the best way to relieve your discomfort and get you smiling again.

Bleeding gums – this is often one of the first signs of gum disease which is caused by a build-up of bacteria in your mouth known as plaque. If left untreated and without effective removal of the plaque, the gums and surrounding bone will recede from the teeth, eventually resulting in loose teeth that may fall out or have to be extracted. When you visit us, we will advise you on the best way to care for your teeth and gums including recommending regular hygiene appointments.

Imperfections – if you're unhappy with any aspect of your smile then talk to us about the best options for you, your lifestyle and your budget. These can include tooth-coloured fillings and restorations, tooth whitening, bonding, veneers, orthodontics and implants.



Good habits start early



We would like your children to have good tooth brushing habits for life, no fillings and disease free mouths.

We recommend bringing your child to the practice as soon as their first tooth appears. This is so that they can get used to the sights, smells and sounds of a dental practice and because good dental habits are best learnt from an early age.

Please get in touch for more information or to register your child with our practice.

Top tips

We recommend changing your toothbrush every 2-3 months. Toothbrushes should always be changed before the bristles splay out or at least at the first signs of splaying. Old, brushes are ineffective and can be a home for germs. If you have been ill, you should change your toothbrush immediately afterwards – they can harbour germs for up to a month.

Fun facts

You use an average of 43 muscles for a frown and, on average, only 17 muscles for a smile.