

Another happy patient!

Problem

This patient came to us as she had broken and chipped her existing composite veneers which she was unhappy with and prevented her from smiling. She would always hide her mouth when she smiled as she was embarrassed by the appearance of her teeth.



Before



Before



After



After

Solution

After an initial examination and discussion we recommended new porcelain veneers as these would be longer lasting and more aesthetically pleasing than composite veneers. We created a wax mock-up to show the patient the results that she could expect and she decided she was happy to proceed. By using the latest techniques, we minimised the amount of tooth preparation and preserved as much of her existing tooth structure under the old veneers. Prototype veneers were then provided so that she could trial her new smile to make sure the length and width of teeth were correct and also that her speech and eating were not affected. Once the patient confirmed she was happy and comfortable with the prototypes, our technician carefully crafted the final teeth in porcelain.

Outcome

As you can see from the photos, we created a lovely, natural looking smile for the patient which she is extremely delighted with.

Is there anything you would like to change about your smile? Call us on **020 8904 9440** or ask next time you visit to find out how we can help you.



Replacing missing teeth

Losing a tooth does not mean that you have to cope with a permanent gap or start wearing dentures. For an increasing number of patients dental implants provide an excellent solution.

An implant is a replacement for the tooth root, and having this in place allows a crown to be anchored to it, making it appear just like a real tooth.

The implant itself is a titanium post inserted into the jaw bone. It is left in place

for approximately three to four months enabling the bone and the implant to gradually integrate together thus keeping it firmly in place. Once the implant has fully integrated with the bone a crown can then be attached to it. The result will look and feel like a natural tooth, allowing you to eat and speak normally.

Implants can be used to replace one or more teeth. Alternatively, they can be used to hold dentures firmly in place, allowing you to eat and talk more comfortably.



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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

Welcome to our latest newsletter

In this edition we give you 10 top tips for a winning smile and explain why tooth whitening is best left to the professionals. We focus on dental implants and explain how we transformed a smile with porcelain veneers. You can also read about common signs of oral cancer and how raw onions may help prevent gum disease. Please read on and get in touch you have any questions.



New patients welcome

If you are happy with the service you have received at Blue Court Dental Centre please recommend us to your friends and family. Thank you for your support.





Did you know?

Only your lower jaw moves when you chew – your upper jaw stays still. Try it for yourself!

Ten top tips for a winning smile

- 01 The easiest way to boost your smile is by taking care of it on a daily basis. This means ensuring you **brush your teeth twice a day**.
- 02 **Clean between your teeth and around the gum line every day.** This helps prevent the build-up of plaque, which in turn helps to prevent gum disease – the biggest cause of adult tooth loss in the UK.
- 03 Use a toothpaste with **fluoride** as this makes the teeth more resistant to decay.
- 04 **Change your toothbrush every 6-12 weeks.** Worn bristles can cause damage to your teeth and gums, they become less effective and old toothbrushes can also breed bacteria.
- 05 **Give your toothpaste more time to work!** Rinse your toothbrush but not your mouth, simply spit out the toothpaste from your mouth instead and give it chance to work a little longer.
- 06 **Visit us regularly to avoid storing up problems.** Problems such as gum disease and tooth decay can be spotted and dealt with early. Your teeth can also be professionally cleaned and polished regularly, refreshing your smile and giving it an extra sparkle.
- 07 **Eat a well-balanced, healthy diet.** Try to cut down how frequently you consume sugary food or drinks. Many dentists now advise that sugar shouldn't be consumed any more than five times a day to maintain healthy teeth. If you need to snack, try savoury foods (but check the label first – some savoury foods still contain sugars) and avoid frequent drinks containing sugars.
- 08 **Avoid acidic drinks** – Smoothies, natural juices, cordial, concentrates and diet drinks are often very acidic and erode the enamel of your teeth, which is why your teeth feel sticky after you drink them. The answer? Drink water.
- 09 **To give your smile an extra boost, you might like to consider tooth whitening.** Your teeth can often become stained, particularly by drinking tea, coffee and red wine. They also become discoloured as you grow older.
- 10 If your teeth need a little **extra attention** – for example if you have gaps, cracked or chipped teeth, or they need straightening, please ask. We can discuss the options available, and create a treatment plan that will suit you.

Be mouth aware

Oral cancer symptoms

Mouth cancer can appear in different forms and can affect all parts of the mouth, tongue and lips.

'If in doubt, get checked out'. Three signs and symptoms not to ignore are:

- Ulcers which do not heal in three weeks
- Red and white patches in the mouth
- Unusual lumps or swelling in the mouth or head and neck area

If you notice any of these symptoms tell your dentist or doctor immediately or visit www.mouthcancer.org

Gum disease & the menopause

New research has suggested that postmenopausal women who suffer from gum disease are at a significantly increased risk of developing breast cancer.

Always tell your dentist about changes to your health, as it may help them prevent gum disease from developing.

Let's get sugar smart!

Download the NHS Sugar Smart app today to help track the amount of sugar in your diet and make positive changes to get you sugar smart.



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).

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 dentures 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.



Raw onions may help prevent gum disease!

Research at a Korean University showed that raw onions have powerful antibacterial properties. In an experiment, onions wiped out four strains of bacteria that can cause cavities and gum disease. Of course, after eating raw onions you may end up with killer breath!