

Show off your smile – not your braces

The Invisalign orthodontic system is virtually invisible and easy to use. It consists of a series of clear aligners, a little like very thin mouthguards, which fit over your teeth and gradually move them into the correct position. The aligners are removed for cleaning your teeth and for eating, making it far easier to care properly for your teeth while undergoing your treatment.



Before

After



Before

After

This lady was unhappy about her smile, in particular her overlapping teeth. We used Invisalign to straighten her upper teeth. She wore the removable clear aligners for approximately 5 months. After her teeth were aligned we carried out some composite bonding on the tips of her lateral incisors to lengthen them. She was very happy with the end result.

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.

Creating confident smiles

At Blue Court Dental we offer a wide range of cosmetic treatments that can give your smile and your confidence a boost. Here are a few examples:



Tooth whitening is popular with our patients. It can remove stains and lighten teeth that have naturally darkened with age, giving you a lighter, whiter smile.

Dental veneers are thin layers of porcelain which are bonded to your teeth, giving an extremely realistic look and often making a huge difference to your appearance. They can disguise a variety of imperfections.

Orthodontic treatment (teeth straightening) can have a big impact on your smile. Modern technology and techniques mean that treatment can be much quicker, easier and more discreet than in the past.

If you would like more information please ask us. We will be happy to tell you more about these treatments and any others that may be suitable for you.

Don't keep us a secret

If you have any friends or relatives that are looking for high quality dental care delivered in comfortable and relaxed surroundings please do tell them about us. We always welcome new patients.

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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, you can read about some popular cosmetic treatments and see a real life example of how Dr Dixit has transformed one lady's smile. We also give you a round-up of some of the more common dental problems, warn you about the dangers of DIY whitening methods 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.



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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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Tooth erosion

Tooth erosion is a growing problem for both adults and children, and as dentists we are becoming increasingly concerned about it. Children are particularly at risk and recent statistics show that over half of the UK's 4-18 year olds have signs of tooth erosion.

Many people confuse tooth erosion with dental decay, but the two are quite different. Tooth decay is usually very localised, affecting only part of your tooth, and is caused by bacteria. Erosion tends to affect the surface of a tooth, and is usually caused directly by the acids from your food and drink or stomach acting on your teeth. Every time acid meets your teeth, the hard outer coating, enamel becomes softer and is more susceptible to being worn away.

Usually your saliva will neutralise the acidity and help the teeth to recover, but if you eat or drink acidic things too often, it does not have the chance to do its job.

Anyone who drinks fizzy drinks, squashes or fruit juices – including sports drinks and flavoured fizzy waters - regularly throughout the day is at risk of suffering

tooth erosion. Some medical conditions and eating disorders can also cause tooth erosion, via stomach acids.

There are some simple steps you can take to reduce tooth erosion.

- Water is the only drink which cannot harm your teeth, so drink it whenever you are thirsty
- Try not to snack between meals, especially on high-acid foods such as sour fruits (oranges, lemons, plums, etc), pickles, vinegar, yoghurt and herbal teas
- Don't brush your teeth immediately after eating or drinking anything acidic as it can cause damage to the softened enamel
- Chew sugar-free gum for a while instead to help produce more neutralising saliva

If you have any questions about dental erosion, please ask the next time you

Got a dental problem? – We can help

Please don't suffer in silence or feel embarrassed about any of your dental concerns, we are here to help you. Here is a brief round-up of some of the more common dental problems:

- **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 protect the teeth.
- **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 don't suffer in silence – 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 might recede, 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 (where a tooth-coloured filling material is bonded to your teeth), veneers (very thin porcelain layers fixed to your teeth), orthodontics (tooth straightening) and dental implants (replacement of missing teeth).



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Did you know?

Dental enamel is the hardest substance in the body.



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DIY whitening using charcoal and/or lemons

You may be misled to believe that using natural products such as charcoal and/or lemons is a 'healthy' alternative to professional tooth whitening treatments. However both charcoal and lemons can seriously damage your teeth. As Dr Nigel Carter, chief executive of the British Dental Health Foundation, commented: *"Lemons are extremely acidic and can cause the tooth enamel to be worn away causing pain and sensitivity."*

Equally, the abrasiveness of charcoal can lead to enamel deterioration. So, we urge you to please speak to us if you wish to whiten your teeth. After an assessment we will be able to tell you whether whitening is a suitable option and what results you can expect from professionally administered whitening treatments.