

# new smile

107 Hempstead Road Watford Herts WD17 3HE T 01923 231861 E enquiries@smile4.me.uk W www.smile4.me.uk



Dr Adrian Mullish BDS

## Practice News

Welcome to our first newsletter which we hope you will find interesting and informative.

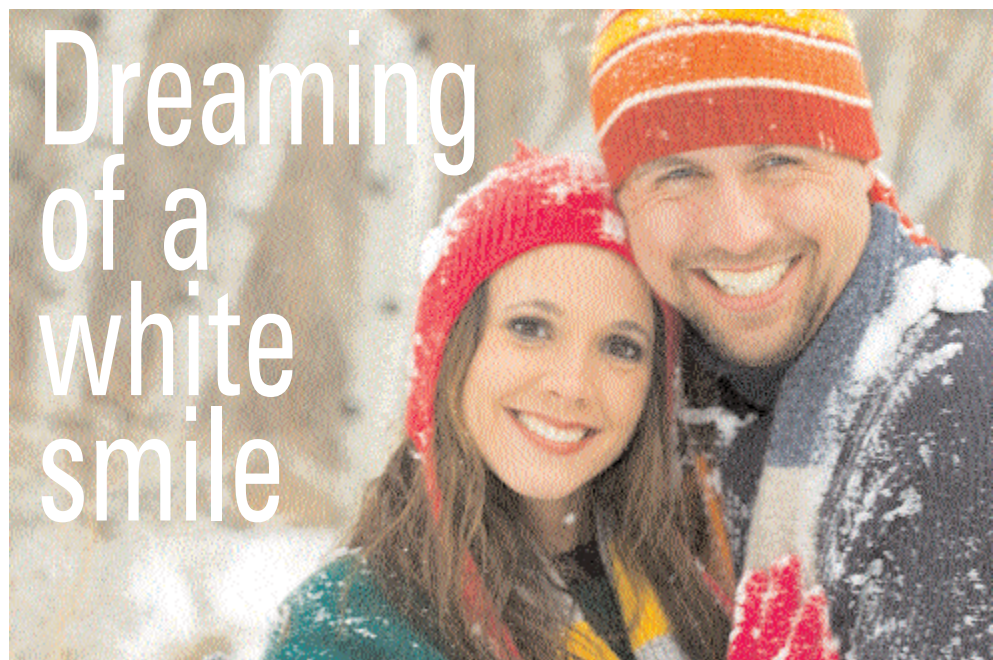
We are very excited about the new innovations that we have recently introduced to the practice. With our new Air Abrasion System, we can now remove decay from teeth and seal them against future decay with no drills and no injections.

We also have the brilliant 'Zoom!' tooth whitening system so there's really no excuse for anyone not to have a beautiful bright smile.

As a special pre-Christmas treat and 'Thank You' to our wonderful patients, we are offering 'Zoom!' Tooth Whitening at £400 instead of the usual £500. All you have to do is make an appointment with Adrian or Rena before Christmas and bring this newsletter with you. So come on, get that smile looking good for the holidays, and save £100!

We hope that you are all happy with the care you receive from us and will recommend us to family friends and colleagues so our practice will continue to grow and prosper.

We look forward to seeing you soon. Adrian and Rena, Eunice and Rumana, Wendy, Sandy and Helen.



Your eyes and your teeth are the first things people notice when they meet you, so knowing you look your best with a dazzling white smile can do wonders for your confidence.

A recent study showed that one in four people in the UK do not like the appearance of their teeth and the most common complaint, almost 40%, was lack of whiteness.

Teeth naturally yellow and become darker with age. Tea, coffee, red wine and smoking also cause discolouration, making the teeth less attractive. Whitening gently removes stains leaving your teeth lighter and brighter.

### ZOOM!

Professional tooth whitening can be done in the practice, where a gel is placed directly on the teeth and activated with a special light which

speeds up the process. The latest 'Zoom!' system can lighten your teeth by up to eight shades in only 1 hour.

Whitening can also be done at home using custom made flexible trays which we make specifically to fit your teeth and gums.

Tooth whitening is an extensively tested and well established safe procedure. The results vary from person to person and can last for a number of years. Taking good care of your teeth and occasionally topping up the treatment at home will extend the effects for longer.

This increasingly popular treatment can take years off your appearance and is a reasonably priced and easy way of treating yourself to an instantly improved, bright new smile.

“this treatment can take years off your appearance”

Patient: Doctor, my teeth are rather yellow, what shall I do?  
Dentist: Wear a brown tie...



# All I want for Christmas...



Parents may be familiar with teething, but are often unsure as to the order of tooth eruption and what is considered 'normal'. They may also be unaware of the important role these milk teeth play in laying the foundations for the development of healthy, well aligned adult teeth.

Each child is different and the timing of teething will vary, but most children follow a similar pattern. Usually the first baby teeth to appear are the two bottom front teeth, at about six to eight months. The remainder will appear periodically, all 20 being in place by around the age of two to two and a half.

These baby teeth are very important and it is vital to keep them until they are shed naturally as they pave the

way for their permanent successors. Early loss can cause crowded adult teeth later on and increase the need for orthodontic extractions.

The first replacement adult teeth start to appear at around the age of six, along with the adult molars at the back of the mouth. The first to come loose are usually the two bottom front teeth, the others following at intervals until the child is around 13.

This is a stage that can cause concern for parents as sometimes the adult teeth can appear to be somewhat irregular for a few months. Generally there is no need to worry and the teeth will look more regular as more of them come through. If a child does need orthodontic treatment to correct

irregularities, the best time to consider this is when most or all of the baby teeth have been lost.

When all the adult teeth have come through [apart from the wisdom teeth] there will be 28 in total. The wisdom teeth may appear at around the age of 17 but the timing is extremely variable and some may not develop at all.

You may notice that the adult teeth look darker in colour than the baby teeth. This is quite normal. If you have any concerns about the development of your child's teeth, please ask us for advice.



## Temporary relief

One concern that patients sometimes have is how they will look while their crowns, bridges or veneers are being made in the laboratory, particularly if they are to be at the front of the mouth.

Be assured that we always provide temporary replacements so there is never a time where you might be seen with gaps! These temporaries are custom-made of acrylic and will look very much like your own teeth.

Usually the temporaries will only be in place for a couple of weeks, occasionally longer in certain circumstances, so you can expect very little inconvenience.



## Which brush is best?



With a bewildering array of manual and electric brushes available, what type should you choose? To some extent it comes down to personal preference...

If you prefer a manual brush it is best to choose one with a small head and soft bristles to enable you to reach into all the corners. Many people tend to select a brush with a head that is too big to do the job effectively. Remember it is important to change manual brushes regularly, ideally every four to six weeks, before the bristles start to splay. Some brushes now have an indicator to tell you when it is time to buy a new one.

Electric toothbrushes all have small heads and the rotation/vibration means they require little effort to use. Many also have a timer to indicate the length of brushing time required to clean your teeth thoroughly - this is often longer than you might expect! The heads will need changing from time to time, as per the manufacturer's instructions.

Whichever type you choose, brushing your teeth twice a day is vital to maintaining good oral health. If you are unsure about which is the most suitable brush for you, please ask and we will be happy to offer advice.

## A little known fact...

Did you know that a crocodile replaces its teeth over 40 times in a lifetime?

