

newsmile



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Dr Adrian Mullish BDS

Practice News

Welcome to our second newsletter. In this issue I want to share with you our latest innovation - a new digital x-ray system. Using a small sensor, your dental x-rays go instantly into your record on the computer, where we can use various electronic enhancements to gather far more information from them than we could from our old x-ray films. No more delays waiting for x-rays to be processed and reduced radiation.

I also feel it is important to extol the enormous benefits of regular preventive visits with our team of dental hygienists. Just as your house would eventually deteriorate had it been built without adequate foundations, the very finest dentistry can fail without the backup of a dental hygienist. All too often, we see people with superb dentistry which is falling apart because they haven't ensured it is looked after properly. Prevention is better than cure, and the best dentistry is needing no dentistry!

We are extremely fortunate to have three wonderful, caring and experienced hygienists on our team so please make the most of them.

We look forward to seeing you at your next visit.

Adrian, Rumana, Smita, Wendy, Sandy and Helen.

Radiating confidence

Are you unhappy about the appearance of your front teeth? Does this make you self-conscious when you smile? If so, you may like to consider porcelain veneers.

One of the most elegant and versatile ways to improve your smile, Veneers are an ideal way of treating discoloured or unsightly teeth, closing gaps or repairing chips and cracks. Your teeth can be re-shaped and re-coloured with a great deal of artistic latitude, so it is possible to change the colour, spacing, alignment, length, or shape of your teeth.

Veneers are thin slices of porcelain which are precisely made to fit over the visible surface of a front tooth, similar to the way a false fingernail

fits over a nail. They are custom made and specially bonded to your tooth [or teeth] so as to be strong and completely natural looking.

“Veneers: one of the most elegant ways to improve your smile”

Nothing exceeds porcelain for life-like beauty. It mimics natural teeth in colour, translucency, and surface texture, and the amount of whiteness you want can be incorporated into the porcelain. In addition, its very high resistance to wear makes it very long-lasting. It does not discolour, even after many years.

If you would like to feel confident that your teeth look great when you smile, porcelain veneers may well be the ideal choice, so please feel free to discuss this option with us.

A little known fact...

Did you know that it takes 43 muscles to frown but only 17 to smile?

Bit of a grind?

We often see signs of wear on the teeth as a result of night grinding. Sometimes our patients know that they have this habit, others are unaware of it even though they might have symptoms. These may include tiredness after a "good" night's sleep, face ache, headaches, neck ache or stiffness, sensitive teeth, chipping along the base of the tooth, excessive wear on the teeth, or pain and stiffness in the the jaw joint. More minor symptoms are sore edge of the tongue and rough skin inside the cheeks where the teeth meet.

The collection of symptoms is known as TMJ (Temporo-mandibular Joint) Dysfunction Syndrome. But what is the cure? This grinding habit is often a

response to the stresses of life and it makes sense to try to relax before going to sleep. This is not always possible and for those who find the symptoms troublesome there are some ways we can help. A hard acrylic splint can be constructed to be worn at night, known as a Tanner Appliance or Michigan Splint. This helps the jaws work in a way that reduces the stress on the jaw joint and relieves the symptoms. These appliances need to be adjusted periodically when the muscles begin to relax over time.

If the only symptoms are minor ones a soft vinyl gumshield is sometimes used to protect the soft tissues and teeth. Occasionally there are irregularities in the arrangement of the teeth that are making matters worse and adjustment is required either by adding little filling material to the teeth or reshaping the offending teeth.

Please talk to us if you are experiencing any of these symptoms and are concerned that you may be grinding your teeth.

to celebrate the 30th anniversary, the Foundation has expanded the week into National Smile Month.

During the campaign, the Foundation will be promoting a healthy balanced diet, including at least five portions of fruit and vegetables each day. It will also be warning of the dangers of sugary and acidic snacks, while suggesting tooth friendly alternatives such as vegetables, fruit and cheese. For more information visit: www.nationalsmilemonth.org



The British Dental Health Foundation website provides free impartial dental information to the public, including Frequently Asked Questions, downloadable Patient Information Leaflets, puzzles and games for children and much more - all free of charge. www.dentalhealth.org



Cold Sores Hot Tip

If you suffer from Cold Sores you will be aware that they tend to appear when you are ill or run down. However, sunlight can also bring on an attack and, as the summer approaches, you may find that applying a Lip Protecting Sun Screen [SPF 20] whenever in direct sunlight will keep the virus at bay. Some brands are clear and therefore unnoticeable so you can protect yourself fully by applying over the lip line onto the skin around your mouth as well.

Thank You

We would like to say a big thank you to all those patients who recommend us to their friends and colleagues. If you like what we do please continue to tell people, our practice grows by personal recommendation so we are able to offer an increasingly high level of care to all our patients.

"At the end of the check up, the dentist said he needed to do an impression. The patient replied, "Great, who are you going to do?" 