

Not seen us **for a while?**

At Dental Studio, our focus is very much on preventive dentistry – helping you to avoid problems by giving you sound advice on the best way to care for your teeth, as well as keeping a close eye on your teeth and gums through regular check-up examinations. It is important that you see us as often as we recommend so we can nip any potential problems in the bud and save you time and unnecessary expense.

We now know that we need to brush our teeth twice a day to help keep our breath fresh and our gums healthy, and to help prevent our teeth from decaying. But no matter how thoroughly you clean your teeth, you are unlikely to be able to remove all the plaque that collects. We can see where the plaque and calculus has built up, and can give your teeth a professional clean to remove it. Having your teeth professionally cleaned regularly helps to combat gum disease as well as making you feel good about your smile.

If you would like to make an appointment we would love to see you again no matter how long it has been since your last visit. Just give us a call to arrange a suitable date and during your appointment we can discuss how often you should see us and answer any questions you may have.

Dental **implants**

Dental implants continue to grow in popularity and for good reason! They are a realistic, strong and permanent way of replacing missing teeth. They can be used to replace a single tooth or a number of teeth, and can also be used as a much more comfortable and convenient method of keeping dentures in place. If you would like to know more please talk to us next time you visit.



ClearStep™ – The Invisible Brace

Apart from the way they look, crooked or overcrowded teeth can be hard to keep clean and maintain, and can contribute to increased dental decay, gum disease and tooth loss.

Straightened, well-aligned teeth look far better and enhance your smile significantly. They can make **you feel far more confident**, and are easier to keep clean.

Many people, particularly adults, would like their teeth to be straighter, but many are put off by having to wear braces, feeling they could be unsightly or uncomfortable. At Dental Studio, we can offer a great new way of straightening teeth without having to wear metal braces for months.

ClearStep™ is a series of clear positioning trays/aligners that work in a similar way to traditional metal or “train-track” braces. They are virtually invisible when you are wearing them, and because they are removable you can easily take them out to clean and floss your teeth without struggling to reach beyond a series of wires.



You wear each set of aligners for about two weeks, removing them only to eat and clean your teeth. Little by little, the aligners will move the position of your teeth until they are in their final, beautifully straight position.

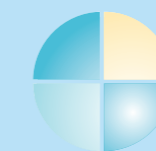
To find out more, please ask at your next appointment.



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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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Dental Studio

Smiling Matters

Newsletter **makeover!**

Welcome to our new-look newsletter. Our new design enables us to provide you with lots of oral health and dental information in easy-to-digest snippets.

We think it looks fresher and more attractive, and with shorter articles, bigger photos and the new smaller size, it is much more reader-friendly too.

New **patients**

At Dental Studio we're always pleased to see new patients, and we especially enjoy welcoming those that come as referrals from our existing patients.

If you know of anyone that would like to join our practice please do pass on our details to them. Thank you for your support.



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Modern dentistry for healthy teeth...

Dentistry is constantly changing and improving. New techniques are discovered, new materials created, and new equipment designed, all with one aim in mind – to make dental treatment more comfortable and more effective for patients.

Cosmetic dentistry in particular is seeing huge advances – enhancements these days are more natural-looking than ever before, and dental implants, which replace missing teeth, are often hailed as the biggest dental breakthrough in the last 20 years.

To make sure we make the most of these improvements and pass on the benefits to our patients, we invest a lot of time and money in keeping our dentists and the rest of our team fully up-to-date.

To continue to practice in this country, every dentist in the UK has to complete a minimum number of hours of ongoing professional development each year, which is monitored by the General Dental Council.

We see these training requirements as very much the minimum standard, and in fact devote far more time to our development. We want to provide all our patients with the very best that dentistry has to offer, and this training, combined with continuous investment in modern equipment, helps us to achieve this goal.

It also helps to boost our enthusiasm in dentistry, keeping our minds open and encouraging us to continue finding more ways of helping our patients to have happy, healthy smiles and to view visiting us as a positive experience.

Fancy that!



The ancient Chinese wrapped tiny pieces of parchment around painful teeth. Each piece contained written prayers and incantations.



Four out of five people in the UK are unhappy with the way they smile, and 20% of us are so unhappy that we hide our teeth when being photographed.

A new survey, carried out by the British Academy of Cosmetic Dentistry, shows that while there is a strong interest in cosmetic dentistry, people are often held back because they are not aware of the treatments that are available, or fear they might be too expensive.

Are you happy with your smile?

In fact, many patients are pleasantly surprised at how easy and affordable smile enhancements can be.

Tooth whitening and tooth-coloured fillings are the most popular treatments, and can make a huge difference for a relatively small investment.

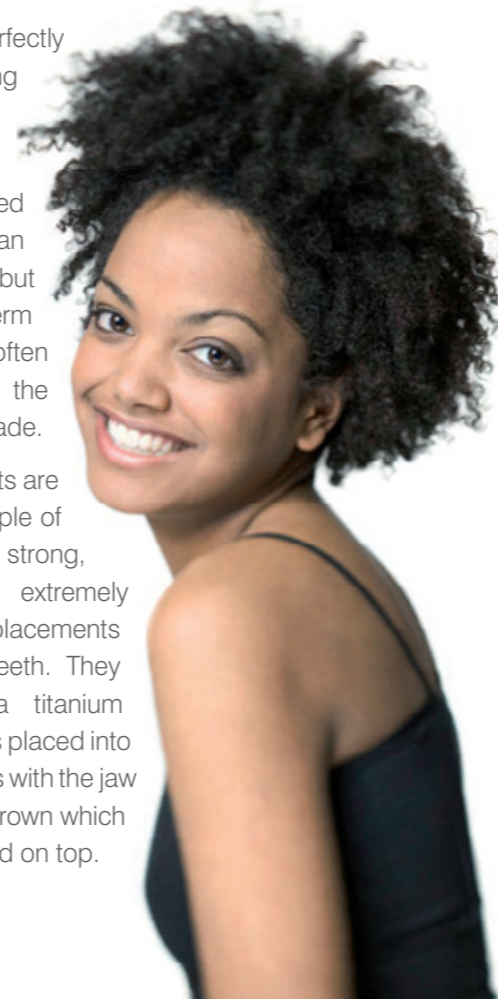
Bonding can disguise many small imperfections including chips, cracks and gaps, and is painless and inexpensive.

Today's modern materials mean that crowns and replacements for missing teeth are no longer flat in colour with metal edges where they meet the gum – instead they are extremely natural in look

and feel, perfectly complementing your other teeth.

More advanced treatments can cost more, but the long-term benefits are often well worth the investment made.

Dental implants are a prime example of this. They are strong, lasting and extremely realistic replacements for missing teeth. They consist of a titanium fixture which is placed into and then fuses with the jaw bone, and a crown which is later secured on top.



Avoiding fillings



Dental decay is one of the most common oral health problems, and the reason why patients need fillings.

It occurs when the bacteria in our mouths feed on sugars within our food and drink, and produce acid. These acids gradually dissolve the enamel – the hard protective coating on our teeth. This leads to a hole, or cavity, which if left untreated spreads further into the

centre of your tooth, causing sensitivity and later toothache.

The best way of avoiding decay is to eat only at main meal-times, and to drink only water between meals. This, together with regular check-ups and a good daily oral healthcare routine, will give you a far better chance of having healthy, filling-free teeth.



Suffering from cold sores!

If you suffer from cold sores, you might be able to avoid them by taking a few simple steps. The virus which causes them lies dormant until it is reactivated – common reasons for this include tiredness, illness, stress, being run-down, hormonal changes and bright sunlight. Identifying the trigger means that you have a better chance of warding them off.