



FAMILY DENTAL CARE

Practice Information

Family Dental Care

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Opening times

Monday	8.30 am - 5.30 pm
Tuesday	8.30 am - 5.30 pm
Wednesday	8.30 am - 5.30 pm
Thursday	8.30 am - 5.30 pm
Friday	8.00 am - 1.00 pm
Saturday	Subject to consultation
Sunday	Closed

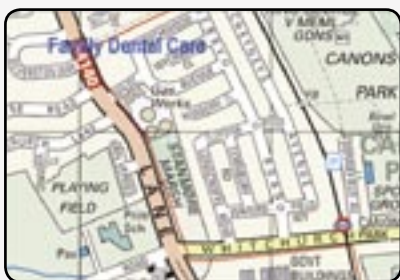
How to find us

Our location on Marsh Lane is between Stanmore and Canons Park Tube, and is approximately 10 mins walk from either station. A regular Taxi Service is available from Stanmore Tube Station.

By Underground: Canons Park & Stanmore

By Bus: 340 & 142

By Car: **Free parking outside surgery**



Welcome!

Welcome to the first edition of the Family Dental Care newsletter. We aim to bring you articles and items of interest about dentistry and the practice, on a regular basis. We look to provide healthy smiles using the latest technology, at affordable prices and we also specialise in treating nervous and anxious patients.



Family Dental Care have recently added to our commitment to your care. We can now offer all patients the benefits of two new high-tech machines.



The Velopex Dental Laser will enable us to offer improved soft tissue care and the ability to carry out gum treatments and root canal therapy more quickly, with the minimum of fuss. Definitely a bonus for patients! The Aquacut is the latest in accurate air abrasion

technology which can often be used to remove decay - instead of the dreaded drill!

These investments illustrate our commitment to offer you the best in dental treatment at Family Dental Care. Our mission is to build a long-term relationship with you.

On page 2 of this newsletter we include an article on one of the most newsworthy dental techniques - whitening. Many celebrities have benefited from the extra sparkle to smiles that this treatment can bring. Could this improve your confidence?

Page 3 sees more information on dental implants - described as the next best thing to real teeth. If you have a missing tooth (or teeth), a dental implant could make a massive difference to your life.

Have you ever read about dentistry or seen things at the practice and wondered, 'What does that mean?' On page 4 we include a dental glossary so that you are no longer in the dark!

We look forward to seeing you at Family Dental Care soon - if you have any questions then please feel free to call us on **020 8954 1022** or ask next time you are at the practice.

The Family Dental Care Team



Whitening

What should I know?

Celebrities like Ronan Keating, Catherine Zeta Jones and Britney Spears have all experienced how effective tooth whitening can be and it is one of the most popular specialities with consumers today. But what exactly is tooth whitening, what is involved and is it suitable for all?

involves application of a treatment to the teeth. Your dentist will fit a custom made tooth shield or tray over the top and apply a rubber gel or shield to protect your gums. Treatment takes place over a few weeks and you continue applying the treatment at home to see a gradual whitening.

contact with staining foods and drinks. Some people may experience side effects which are usually temporary. They can include sensitivity to extreme temperature, white patches on the gums and gum discomfort. See your dentist if symptoms last longer than a few days.

Treatment takes place over a few weeks and you continue applying the treatment at home to see a gradual whitening.

Tooth colour is a very individual thing: it can darken as we get older and is affected by food and drinks like tea, coffee, red wine and smoking. Whitening can be a really effective way to lighten your teeth by a number of shades, although it won't dramatically change your tooth colour.

There are various different treatments available and the active ingredient is usually hydrogen or carbamide peroxide. It lifts off stains from the enamel and only works on natural teeth; for advice about stained or discoloured dentures, crowns and veneers, ask your dentist. Professional whitening by your dentist

Laser or 'power whitening' requires your dentist to first assess your teeth to see if this treatment is suitable for them. It involves painting the chemical on to your teeth and then shining a light or laser on to them. Our new Velopex laser will greatly aid this process! This activates the chemical and speeds up the reaction. The effect is very quick, lightening the colour of your teeth by about five or six shades in around an hour.

How long the effect of treatment lasts varies: it won't last as long if you smoke or your teeth come into

Shop-bought whitening kits are cheaper but are not very effective. Legally, over-the-counter products can't contain more than 0.1% hydrogen peroxide but effective concentration needs to be around 3.6%. And, some products may contain an abrasive, which could damage teeth and gums. Whitening toothpastes will remove stains but won't lighten the shade of your tooth colour. They may help to make your professional whitening last longer, though.

Call us on **020 8954 1022** or ask at the practice to arrange a whitening consultation.



Implants

What do you want to know?

Implants are the revolutionary way to replace missing teeth and can make the lifelong desire for a wonderful smile real. Implants are basically titanium cylinder screws that are placed in the gums, which over a few months, the body accepts as a new root. A porcelain tooth is then placed on top of the root and a beautiful restoration that should last a lifetime, is the result.

Missing teeth

One or more teeth may be lost for lots of reasons - decay, gum disease or sometimes after an accident. Missing teeth can lead to feelings of self-consciousness.

Missing teeth can be replaced in a number of ways including dentures, bridges and implants. Implants are the latest way to replace spaces, literally by building a new tooth and root.

What does treatment involve?

At the first consultation, impressions will be taken of your teeth and mouth using digital x-ray equipment. Your dentist will make a thorough assessment to

ensure that this type of treatment really is suitable for you. Most people are suitable, but individuals have to be over 16 to 18 years of age and teeth to have stopped growing.

If the case is suitable, treatment starts with the placing of the implant with a simple operation that reaches into the

jawbone. This is then left undisturbed for about six months by which time the titanium fuses into the bone much like a natural tooth is lodged in the bone. Impressions are then taken and a porcelain tooth is built. The procedure is complete when your dentist exposes the end of the implant through the gum

and the porcelain tooth is placed on top a few days later.

Stronger, beautiful teeth

Implants are long lasting and look great, and they also won't damage the other adjacent teeth that could be caused by dentures or bridges. Implanted teeth are also stronger than natural teeth and

Your dentist will make a thorough assessment to ensure that this type of treatment really is suitable for you.

many patients report the renewed ability to eat all sorts of foods when once they could only manage soft foods.

If you would further information please ask at the practice, or call us on **020 8954 1022.**



Glossary

What do these terms mean?

You may have read about some of the latest advances in dentistry and asked; What does that term mean? We hope that this glossary can provide some of the answers!

Tooth Whitening

Food and drink, such as red wine, coffee and curry can stain and darken your teeth. Tooth whitening is the process of using an active ingredient (usually carbamide peroxide) to lift the stains off the tooth enamel. It can whiten the shade of your teeth considerably and give a real sparkle to your smile.

White Fillings

If you have unsightly 'black/silver' amalgam fillings these can now be replaced with white fillings. They are long-lasting, natural looking and are very strong. They are also the ideal option if you are at all worried about the potential risks of mercury.

Veneers

Veneers are thin pieces of porcelain shaped to fit over your teeth thus covering any imperfections and delivering a 'perfect smile'. They come in a number of shades and are long lasting.

Bridges

Bridges can be best described as mountings for artificial teeth that are attached at one or both ends to natural teeth. They can be used to replace one or more teeth. When missing teeth are replaced with a bridge, the adjacent teeth require crowns in order to support the replacement teeth.

Implants

Implants are the newest way to replace missing teeth. They are titanium screws which are placed into the bone which the body accepts as a new root. A porcelain tooth is then

placed on top. They are very long lasting, look natural and are stronger than natural teeth.

Facial Rejuvenation

The appearance of your face is defined to a huge degree by your teeth and jaws. We can reconstruct your teeth and enhance your smile which will have a dramatic affect on your overall appearance. We also have the ability to reduce those tell tale signs of ageing - laughter lines, frown lines and crows' feet.

Crowns

A Crown is used to replace missing portions of a tooth or cover badly shaped or discoloured teeth. It 'caps' the tooth to improve it's shape, size and appearance. They are used increasingly in cosmetic dentistry to perfect your smile.



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