



Balsall Common  
DENTAL PRACTICE

# HOW TO IMPROVE YOUR SMILE

A COMPREHENSIVE GUIDE TO CREATING  
AND MAINTAINING A BEAUTIFUL SMILE

DISCUSS YOUR TREATMENT NEEDS WITH US BY CALLING - **01676 529000**



# YOU ARE READING THIS BECAUSE...

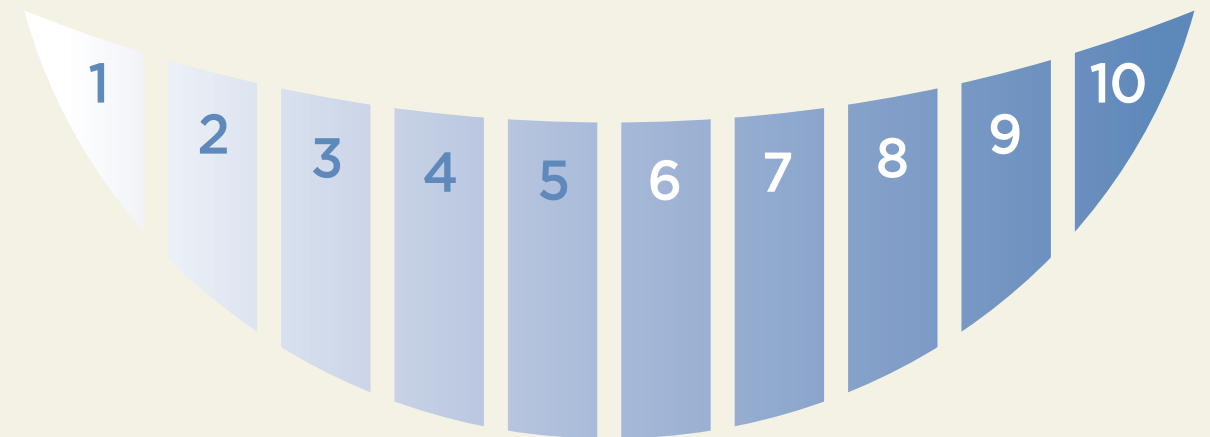
Hello and thank you for downloading our brochure. We have designed it to give you an overview of our practice as well as an introduction to the treatments that we offer. If you are reading this, chances are good that you are unhappy with one or more aspects of the appearance of your teeth. Don't worry, we are here to help!

To navigate the pages to the most relevant content, answer the questions below:

## WHAT WOULD YOU LIKE TO CHANGE ABOUT YOUR SMILE?

- I would like to replace my missing teeth - go to **page 14**
- I have had previous dental work that looks unattractive - go to **page 19**
- I would like to change the shape of my teeth - go to **page 19**
- I would like to change the colour of my teeth - go to **page 9**
- I would like my gums to be healthier - go to **page 24**
- I would like to replace my metal fillings - go to **page 19**
- I would like my teeth to be straighter - go to **page 4**
- I would like my smile to be more attractive - go to **page 19**
- I would like to know more about children's teeth - go to **page 29**
- I am too nervous to have the treatment I really need - go to **page 33**

## IF YOU HAD TO GIVE YOUR SMILE A SCORE OUT OF 10, WHAT WOULD IT BE?



# HAPPY READING!



**Balsall Common**  
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# STEP INSIDE OUR PRACTICE...

## OUR PHILOSOPHY

Balsall Common Dental Practice offers something different. We're a well-established dental practice with an exceptionally thorough, long-term approach to providing advanced dental care – from regular, general family dentistry and creating wellness, to cosmetic dentistry and reconstructive treatments.

You'll find we're refreshingly open and straight talking in our approach. We will go the extra mile both to make you feel comfortable and to keep you properly informed throughout your treatment and beyond.



## WHAT OUR PATIENTS SAY:

“I have been with Balsall Common Dental Practice for the last ten years since moving to the Midlands. During this time I have experienced the highest level of care at all times, both from Dr Davenport and his team of hygienists.”

**Valerie Wilson, Warwick**

“In my opinion Dr. Davenport is one of the most conscientious, ethical and skilled dentists I have worked alongside. I would be confident enough in his skill to say if a procedure does not succeed in his hands it was probably never going to succeed.”

**Dr Hafeez Ahmed, Registered specialist in periodontics**

“I am writing to thank you and your staff for the absolutely fantastic care and dental treatment..My only complaint is the extent to which you undersold yourself. I am absolutely delighted with the results brought about by your considerable expertise...I would be happy to give my personal recommendation to anyone considering orthodontic corrective work at Balsall Common Dental Practice.”

**John Clark-Hughes, Balsall Common**

“I would like to thank Ashley and all the staff at the practice for making a visit to the dentist, feel like a visit to the beauty parlour. Thank you.”

**Pauline Gee, Birmingham**

# STRAIGHTER TEETH



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**ORTHODONTICS  
FOCUSES ON ALIGNING  
AND STRAIGHTENING  
TEETH USING WIRES  
AND BRACKETS THAT  
APPLY A GENTLE  
FORCE TO THE TEETH  
TO GUIDE THEM  
INTO A PARTICULAR  
POSITION”**

An effective long-term solution to straightening your teeth and correcting your bite is orthodontics. Orthodontics focuses on aligning and straightening teeth using wires and brackets that apply a gentle force to the teeth to guide them into a particular position. The discipline has advanced over decades and today treatment is a lot shorter and more comfortable than it was in the past. Here is an overview of orthodontics:

1. Patients who have problems with their bite and the way their top and bottom teeth line up against each other are good candidates for orthodontic treatment.
2. Impressions, photos and x-rays are taken at the start of treatment to determine the course of action.
3. Brackets are bonded to individual teeth and wires clip onto them that gently guide the teeth into position over time

4. Good oral hygiene habits are essential during treatment and regular visits are required for check-ups and adjustments.

## **INVISIBLE BRACES**

There is a solution to having straighter teeth without having to wear the traditional unsightly metal braces. Known as invisible orthodontics, this type of treatment offers you the choice of wearing a clear and sometimes removable appliance while straightening and aligning your teeth.

This is often a favourable option for adults who have professional careers and don't feel comfortable wearing unsightly 'train track' braces for months on end. The technology behind invisible orthodontics is highly advanced and often gives patients a much shorter treatment time, depending on their individual cases.

Here is an overview of how they work:

1. They straighten teeth discreetly, with some systems being removable, making them easier to fit in with your lifestyle
2. They often allow you to concentrate on areas of your smile that matter most to you which can allow quicker treatments. Starting from as little as 6 months.
3. Modern technology and removable appliances make treatment more comfortable than older traditional braces.

## **LIFE BENEFITS OF INVISIBLE ORTHODONTICS**

- Straighter teeth are healthier teeth as they are easier to keep clean.
- Having an attractive smile will have a positive effect on your confidence
- Orthodontics are a long-term investment in your oral health
- Thanks to fixed permanent retention you can be assured that your teeth won't move after treatment is completed





# FIVE WAYS THAT HAVING STRAIGHT TEETH CAN IMPROVE YOUR LIFE

IF YOU'VE ALWAYS SUFFERED WITH WONKY TEETH THEN YOU PROBABLY STRUGGLED THROUGH YOUR SCHOOL YEARS BEING TORMENTED WITH NICKNAMES. ALTHOUGH THESE WERE JUST CHILDHOOD JIBES, IT CAN OFTEN HAVE A LASTING EFFECT AND PUT A SERIOUS DENT IN YOUR SELF-CONFIDENCE. HAVE YOU EVER CONSIDERED WHETHER ORTHODONTIC TREATMENT CAN BE OF BENEFIT TO YOU?

## **1** NEW OPPORTUNITIES

Having straighter teeth can be of enormous benefit in many areas of your life. Being the proud owner of the smile of your dreams can increase your confidence and attractiveness; it's a well known fact that a smile is the first thing people notice in a potential new partner, so you might even bag yourself a date.

## **2** CONFIDENCE

It won't just affect your social life, think how you would feel delivering the next presentation at work knowing that you don't have to hide your teeth throughout it, and then finishing with a flourish by flashing that million-dollar smile! In fact, statistics show that people with straighter teeth actually do better at job interviews. This could be down to a number of things, from increased confidence and instilling trust among future employers, to generally appearing cleaner, more hygienic and personable.

## **3** IMPROVED ORAL HYGIENE

On the subject of cleanliness, if you currently struggle with your oral hygiene (does your dentist constantly tell you about plaque accumulation?) it's probably because uneven teeth are actually harder to clean. Think about it, if the teeth aren't in a straight line it leaves more nooks and crannies for food and bacteria to hide, making it trickier to clean even with the best toothbrush in the world. Orthodontic treatment could improve the health of your teeth and gums and this has a far-reaching effect on the health of your whole body.

## **4** DISCREET AND QUICK

If the idea of years of 'brace face' puts you off, there's no need to let that school-day era of name calling haunt you. There are a multitude of solutions available that will allow you to achieve the smile of your dreams using an appliance that suits your lifestyle and clinical needs.

## **5** PERSONAL SATISFACTION

Your treatment will give you a sense of achievement at the end of it all. From seeing that niggly that you'd noticed in photos straightened out or noticing an improvement in the shape of your face and profile, your satisfaction is the reward that we look forward to with you at the end of your clinical treatment.



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# ASK THE EXPERTS

**DR ASHLEY DAVENPORT**, BDS MFGDP GDC NO. 70884 **DR CATHERINE MYATT**, BDS MFGDP GDC NO. 70668



**MANY ADULTS PREFER TO CHOOSE THESE METHODS, WHICH CAN TAKE AS LITTLE AS SIX MONTHS IN SOME CASES, AS THEY HAVE LESS IMPACT ON SOCIAL AND WORK LIFE”**

## **Q: HOW LONG WILL IT TAKE TO STRAIGHTEN MY TEETH?**

**Dr Ashley Davenport:**

Traditional orthodontic treatment takes one to two years because it will move all of the teeth into alignment. However, there are numerous systems available now that work in a much quicker time frame. Many of these focus on the 'aesthetic six', which are the teeth that are seen at the front of the mouth. Many adults prefer to choose these methods, which can take as little as six months in some cases, as they have less impact on social and work life and people will hardly notice you're having treatment... unless you tell them!

## **WHICH ORTHODONTIC SYSTEM IS BETTER FOR ME?**

**Dr Catherine Myatt:** We will be able to advise on the right treatment for you. This will depend on the results of your

clinical assessment with the nature of the orthodontic treatment required to achieve the smile of your dreams. You need to be aware that not every orthodontic system will suit every single patient, so you should speak to your dentist about the concerns you have and what you expect to achieve at the end of it all. Your dentist will usually be able to recommend more than one solution for you, based on the results you'd like to see and the work that is required, so it is a good idea to ask lots of questions to make the right decision before moving forward.

## **HOW CAN I PREVENT TOOTH DECAY WHEN I HAVE BRACES?**

**Dr Ashley Davenport:**

Orthodontic treatment requires extra care and attention when it comes to your oral hygiene routine.

This is because you are introducing something new into the mouth, which ultimately creates even more spaces for food and bacteria to hide in. You will need to visit your hygienist on a regular basis for professional removal of the plaque and deposits that will form in places that are hard to reach yourself. Your dental team will advise you on the best toothbrush to use that will suit your orthodontic appliance. They will also suggest interdental brushes to use instead of dental floss, and smaller brushes that can be used around brackets, if you have them. It is important to keep on top of your oral hygiene while undergoing orthodontic treatment but there are numerous aids available to help you with this.



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# WANT STRAIGHTER TEETH?

## Consider Your Orthodontic Treatment Options

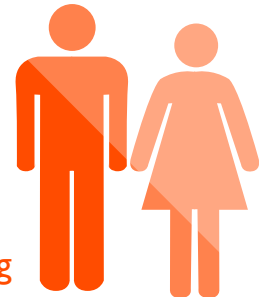
Want Straighter Teeth? Orthodontics has advanced a great deal in recent years, giving rise to a wide range of treatment options. We have a whole host of orthodontic treatment possibilities available to suit your lifestyle, budget and treatment needs. Metal brackets and wires are not your only route to straighter teeth. More and more adults are choosing orthodontic treatment to improve the look of their smiles.

### New tooth straightening innovations:

- Use low forces
- Cause less discomfort
- Are discreet
- Often take less time



Of the population of England and Wales believe their teeth would benefit from straightening with braces



Gender does not greatly affect outlook among those who felt their teeth would benefit from treatment: 18 % of men responded positively compared to 19 % of women

Anecdotal evidence from orthodontists shows that people are prepared to make financial sacrifices to have treatment and see it as a valuable investment



Asked whether they would consider giving orthodontics as a present to a friend or a loved one, 6 % of those interviewed said they definitely would, equating to 3.1 million people in England and Wales



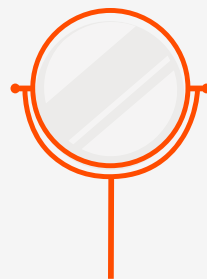
### Straight teeth benefits



• improved dental health



• better dental function



• improvement of facial aesthetics



• confidence boost



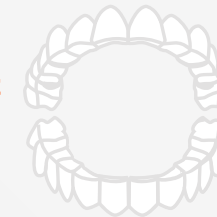
• cheaper than you think!

## TWO POPULAR SYSTEMS ARE:

### CLEAR ALIGNERS

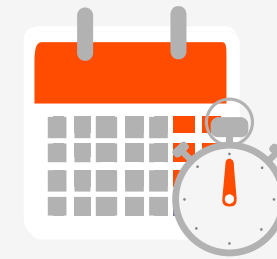
INVISIBLE ORTHODONTICS

Clear plastic Tray system

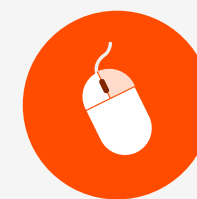


Removable for eating & drinking

Treatment Lasts from 3 months To 3 years



Offered in more than 45 countries & has been used to treat more than



Computer designed aligners allow you to check and approve your new smile before starting treatment

**Used for:** Used for moderate crowding and spacing, twisted teeth and protruding teeth.

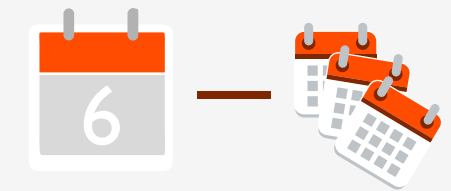
### CERAMIC BRACES

DISCREET ORTHODONTICS

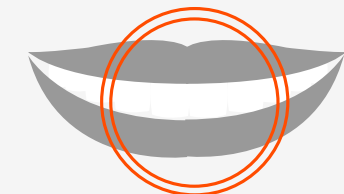
Fixed clear brackets and a tooth coloured wires



Treatment times from 6 months



fixed braces allow smile improvements not predictably achievable with removable aligners



Low forces & modern wires make it more comfortable



**Used for:** Used for more severe crowding, spacing, twisted and protruding teeth.



# STRAIGHTENING CASE STUDY



Michael did not like his crooked teeth and the way they met together. Treatment took just over to a year to complete the straightening and aligning with near-invisible braces. Straighten and realign teeth discreetly with near-invisible braces



Clear aligners are the ideal orthodontic choice for anyone who ever thought they would feel embarrassed to wear braces. These clear aligners really are almost invisible – with no metal wires or brackets –and you can remove them to make eating and brushing easier.

No-one will be able to tell you're wearing braces... but the results will be clearly apparent once your treatment is complete. Stay comfortable throughout your treatment period.

Clear aligners have no metal to cause mouth abrasions during treatment, ensuring your comfort throughout the treatment period. This could take from as little as 3 months for very simple cases with complex cases taking up to 3 years.

#### **How Clear Aligners work:**

These unique, modern clear braces use a progressive series of removable aligners to straighten your teeth without metal wires or brackets. After about 3 weeks the clear aligners are replaced with the next set in the series, gradually realigning your teeth until they have straightened to the final position.

You'll visit us once every 6 to 9 weeks to ensure that your treatment is progressing as planned.

#### **Look forward to successful outcomes like these...**

- Achieve the smile you have always wanted with discrete clear aligners
- Greater confidence socially and professionally
- Removable aligners, mean you can eat and brush normally



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# WHITER TEETH



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**OUR PROFESSIONAL TOOTH WHITENING SYSTEM CAN BE USED TO LIGHTEN THE COLOUR OF YOUR TEETH AND ADDRESS DISCOLOURATION THAT MAY HAVE OCCURRED AS A RESULT OF THE AGEING PROCESS, CERTAIN FOODS AND DRINKS, AND HABITS LIKE SMOKING."**

If you are self-conscious about the colour of your teeth or if you have staining present, professional tooth whitening treatment is a safe and recommended option for you to consider. Here is how teeth whitening works:

1. You will be assessed for the type of staining your teeth have
2. The teeth whitening process is activated by a bleaching agent, which is inserted into the custom tray
3. A custom tray is made to fit snugly over your teeth
4. Trays and bleaching agent are worn overnight to gradually lighten the teeth over 2 to 6 weeks.

With all whitening treatment, individual results will vary and are based on your initial tooth colour and the nature of your tooth staining.

## **LIFE BENEFITS**

- Effective solution for certain types of tooth discolouration and staining
- Safe treatment when delivered by a dental professional. Regulations in the UK outline that teeth whitening is only in the remit of Dental Professionals and so you should only seek this treatment from a registered dental clinician.
- Cosmetically enhances the appearance of teeth

## **GENETICS AND TOOTH COLOUR**

Tooth enamel is colourless, but it does reflect underlying tooth structure.

Enamel varies in thickness over the surface of the tooth, often thickest at the cusp, up to 2.5 mm, and thinnest at its border with the cementum at the cemento-enamel junction. Since enamel is semi-translucent, the colour of dentine and any material underneath the enamel strongly affects the appearance of a tooth.

The natural colour of teeth varies from person to person and can be yellow, grey or even naturally white for the lucky ones amongst us. Whatever your natural shade, we can find a solution to create a smile that you love.



# 5 REASONS WHY YOU DON'T HAVE TO PUT UP WITH STAINED TEETH ANYMORE



**TOOTH WHITENING WORKS USING METHODS TO REMOVE STAINS FROM THE TEETH THAT ARE CAUSED BY THE AGEING PROCESS, CERTAIN FOODS AND DRINKS, AND HABITS LIKE SMOKING"**

## **1 HOW DOES TOOTH WHITENING WORK?**

Tooth whitening works using methods to remove stains from the teeth that are caused by the ageing process, certain foods and drinks, and habits like smoking. The process will lighten the colour of the teeth without damaging them. Whitening treatments use either carbamide peroxide or hydrogen peroxide, which gets broken down once it is activated and causes oxygen to get into the enamel of the teeth to create the whitening effect.

## **2 IT'S REALLY SIMPLE**

Home whitening requires you to have special trays made for you; these are a bit like gum shields but are much thinner and more comfortable to wear. You will then be given a routine to follow at home that will require placing a small amount of gel into the tray before wearing it for a specified length of time.

## **3 IT'S PREDICTABLE**

We are so sure that you will achieve a significant and permanent improvement to the colour of your teeth that we offer a guarantee of a full refund of charges if you don't.

## **4 IT'S SAFE**

As long as you have the treatment from a registered dental practitioner, tooth whitening is completely safe. Your dentist will assess the health of your teeth and gums beforehand and will only allow the treatment to be carried out if there are no other conditions that require attention first. Tooth whitening products used by dentists are highly regulated and can only contain very specific and safe amounts of the active ingredient.

## **5 RESTORED TEETH**

Tooth whitening will give you a more natural and healthy smile than the so-called 'Hollywood Smile' we see many of our favourite celebrities sporting. In some cases you may have one or two teeth that cannot benefit from the procedure because they have been restored or are damaged in some way. In these instances veneers or composites can be used in conjunction with tooth whitening. If you have silver fillings it would be worth speaking to your dentist about swapping them for white ones instead.



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# ASK THE EXPERTS

**DR ASHLEY DAVENPORT**, BDS MFGDP GDC NO. 70884

**DR CATHERINE MYATT**, BDS MFGDP GDC NO. 70668



**AVOIDING THINGS LIKE COFFEE AND RED WINE WILL HELP YOU TO MAINTAIN THE EFFECT OF THE TREATMENT FOR LONGER.”**

## **Q: DOES THE TREATMENT HURT?**

**Dr Catherine Myatt:** Tooth whitening may cause sensitivity during or after treatment or some discomfort in the gums if the tray is overloaded when whitening at home. All of these side effects are usually temporary and will disappear within a few days of treatment. It is important to tell your dentist if you experience any of these symptoms as they will be able to advise how best to cope in the meantime.

## **Q: DO I REALLY NEED TO AVOID COFFEE AND RED WINE AFTERWARDS?**

**Dr Ashley Davenport:** Some foods and drinks stain the teeth, which is what causes most of the discolouration in the first place. Avoiding things like coffee and red wine will help you to maintain the effect of the treatment for longer. Stopping smoking will also help prevent your teeth from staining too. It is important to understand that tooth whitening doesn't last forever but there are things that you can do to keep your healthy white smile in tip top condition. Keeping your oral health at a peak is also helpful, so ensure you brush twice a day, floss regularly and visit your dentist and dental hygienist as often as they recommend.

## **Q: WHY CAN'T GET IT DONE AT MY LOCAL BEAUTICIAN?**

**Dr Catherine Myatt:** Tooth whitening can only be carried out by a dentist – or a dental hygienist under prescription of a dentist – who is registered with the General Dental Council. It is illegal for anyone else to offer tooth whitening and this law is in place purely to protect the public. Would you ask your dentist to carry out a leg or bikini wax before you jet off on holiday? Hopefully the answer to that is no, because they are not trained to correctly heat the wax, apply it, or carry out the treatment safely. The same goes for tooth whitening. Your dentist has the right training and knowledge to properly look after your teeth and to know whether the treatment is actually suitable for you and to carry it out without damaging your teeth or gums.



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# TEETH WHITENING

## What is teeth whitening?

Tooth whitening can be a highly effective way of lightening the natural colour of your teeth without removing any of the tooth surface.

## What are the main causes of stained / discoloured teeth?

Very few people have brilliant white teeth, and our teeth can also become more discoloured as we get older.

The following are the main effectors of teeth colour:



Smoking



Coffee



Tea



Red Wine



Curry

## Is there any genetic link to tooth colour?

Tooth enamel is colourless, but it does reflect underlying tooth structure. The normal colour of enamel varies from light yellow to greyish (bluish) white. Since enamel is semi-translucent, the colour of dentine and any material underneath the enamel strongly affects the appearance of a tooth. As a result of this some people will have darker teeth naturally. Others have naturally white teeth no matter how much coffee or red wine they drink.

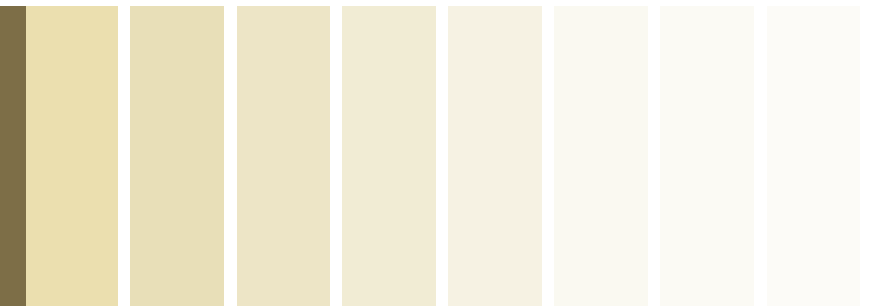


## Please Remember!

Always consult a dentist when considering teeth whitening. The law was recently changed and has become more stringent due to unregulated Beauticians and Home Whitening Kits being issued by non-dental professionals, many being found to have dangerously high levels of hydrogen peroxide contained within them. If used you are at risk of permanent and irreversible damage to your teeth.

Our patients are always happy with the results and we usually advise them of the following:

**8-10** SHADES  
Average lightening after tooth whitening



**5%**  
of patients who experienced temporary sensitivity after whitening



**< 2%**  
of patients who experienced major sensitivity after whitening



## How long does it take?

The total treatment can usually be done within two to four weeks. Your dentist will need to make your bespoke whitening trays and will take impressions for this at the first appointment. Once your dentist has started the treatment, you will need to continue the treatment at home. This means applying the whitening product over two to four weeks, for one hour at a time.

## Can a single tooth which has been root filled be whitened?

Sometimes, the canal (which previously contained the nerve) may be reopened. The whitening is applied working from the inside to whiten the tooth.

## When might tooth whitening not work?

Tooth whitening can only lighten your existing tooth colour. It only works on natural teeth. It will not work on any types of 'false' teeth such as dentures, crowns and veneers.

If your dentures are stained or discoloured visit your dentist and ask for them to be cleaned. Stained veneers, crowns or dentures may need replacing; again ask your dentist

## How can I keep my teeth white ?

Keep teeth white by cutting down on food and drink that stains teeth. Brush your teeth twice a day and visit your dentist regularly.

Source: General Dental Council 2012





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# WHITENING CASE STUDY



Lauren was not happy with the colour of her teeth and requested whitening treatment. We provided custom made, thin, clear whitening trays and whitening gel for night time use.

Lauren got on well with her whitening and experienced very few side effects and next to no sensitivity.

The two photographs on the left were taken 4 weeks apart. Lauren was very happy with her result.



## HOW DOES WHITENING WORK?

Whitening gel penetrates tooth enamel to work deep within the structure of each tooth. The gel releases reactive oxygen which bonds to and breaks down stain molecules inside the tooth.

The results are a permanent improvement to tooth colour. The whitening results never 'wear off' and teeth will always be lighter than they would have been without whitening. New staining can eventually occur and some people choose to reuse their whitening trays every one or two years to maintain their preferred shade.

## LOOK FORWARD TO SUCCESSFUL OUTCOMES LIKE THESE...

- Achieve the smile you have always wanted with smile whitening.
- Greater confidence socially and professionally.
- Whiter teeth make you look younger.



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# REPLACING MISSING TEETH



**“YOU WILL BE ABLE TO ENJOY YOUR FAVOURITE FOODS AGAIN AND FEEL COMFORTABLE WHEN SMILING”**

Replacing missing teeth can sometimes appear a daunting prospect but we offer a variety of solutions to suit your lifestyle, wellbeing and budget. From dentures to bridges and dental implants, there is something for every patient.

## DENTAL IMPLANTS

Implant dentistry offers a clinically proven and safe solution to getting back a great smile and being able to bite and chew with confidence. This is how they work:

1. Dental implants are small metal screws that are placed in the jaw where teeth are missing
2. Once established, crowns, bridges and dentures can be fixed onto the implants, creating a natural-looking and stable restoration

## LIFE BENEFITS:

- When you lose your natural teeth, your jaw bone and surrounding tissues start to resorb or disappear over time.

When implants are placed in the jaw, it stimulates the remaining bone to grow and mesh around the metal, along with tiny blood vessels.

- Implants help restore function so you can eat, chew and bite as usual
- Implants are a natural-looking way to replace missing teeth

## BRIDGES

Bridges use adjacent teeth to support a replacement tooth which is fixed in place and doesn't need to be removed. The adjacent teeth will need to be drilled to prepare them to support the bridge. Careful consideration needs to be given to whether the adjacent teeth are healthy enough to support a bridge and on whether the drilling required will risk making them less healthy. Bridges are made from tooth coloured dental porcelain which is matched to the shade of your other teeth to look as natural as possible.

## LIFE BENEFITS

- Fixed tooth replacement
- Natural looking restoration.
- Functions like a real tooth so you can bite and chew as usual.

## DENTURE STABILISATION

If you have loose or ill-fitting dentures, your ability to eat and speak may become affected. Thanks to advances in dentistry, there is now a procedure whereby your denture can be fixed to your jaw with dental implants. This treatment, known as implant overdentures or denture stabilisation, offers patients with dentures a more permanent solution and can improve your quality of life significantly. You will be able to enjoy your favourite foods again and feel comfortable when smiling, safe in the knowledge that your dentures are staying put. Here is how it works:

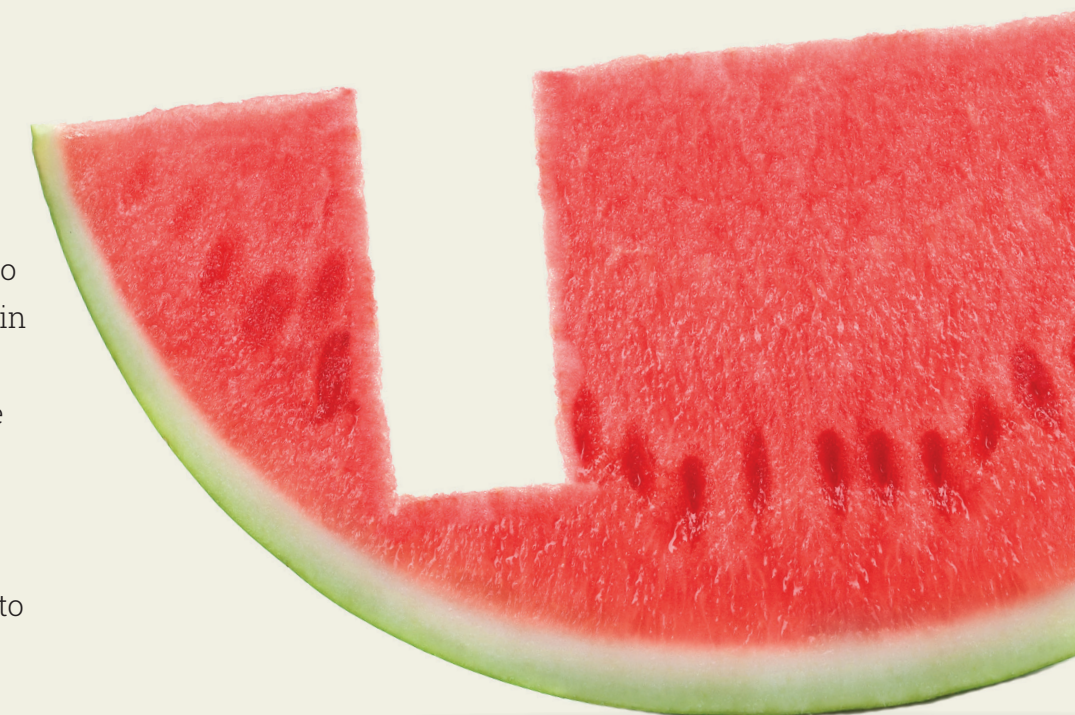
1. You will require surgery to have the implants placed into your jaw.
2. Once the implants have

integrated with the bone and surrounding tissues for a period of time, your dentures are placed on top of the implants through a range of special fixtures.

3. This means your dentures can still be removed for cleaning, but will stay in place during wear.

## LIFE BENEFITS:

- Enjoy a natural-looking smile and improved confidence in public
- Experience less irritation of your gums caused by dentures.
- You can eat, chew and bite without your dentures falling out or having to stick to a soft food diet for the rest of your life





# FIVE REASONS TO FILL THE GAPS IN YOUR SMILE



**GAPS IN YOUR SMILE CAN AFFECT YOUR SELF ESTEEM AND REALLY KNOCK YOUR CONFIDENCE, WHICH CAN HAVE A BIG IMPACT ON ALL ASPECTS OF YOUR LIFE."**

## **1 THE IMPACT**

Gaps in your smile can affect your self esteem and really knock your confidence, which can have a big impact on all aspects of your life. From the way you look to how you speak and eat, missing teeth or gaps can really influence your daily life.

## **2 BONE LOSS**

Tooth loss can happen for a few reasons; whether it's through trauma, because of gum disease or simply due to the adult tooth never actually emerging, there is one thing in common – a missing tooth will lead to bone loss around it. This is why it is important to fill the gaps in your smile where possible, to avoid losing more teeth in the same area. There are also a number of solutions for bone loss, including bone or gum grafting or using disguising techniques on your crowns or other appliances.

## **3 IMPLANTS**

Dental implants are fast becoming the preferred method of treatment for missing teeth because they are safe, tried and tested and as close to natural teeth as you could get. The treatment consists of a titanium screw being placed in the jawbone where the root of a tooth would be. Once the bone has grown around the screw and is holding it in place, an artificial tooth or special denture can be fitted onto it.

## **4 CROWNS AND BRIDGES**

A damaged tooth may benefit from a crown (or cap), which is a treatment that uses some of the existing tooth and places an artificial one over the top. Crowns are usually used in instances where a tooth is broken or weakened by decay. Crowns can also be used to create a bridge over a gap in your smile. In some instances, if your teeth are strong enough, your dentist may suggest placing crowns over the teeth on either side of the space with a false tooth to conceal the gap.

## **5 SMALLER GAPS**

Veneers or composites can be used to make the final perfections to a smile but they can also be used to help close gaps that you may have due to small teeth. Veneers are very thin layers of porcelain that fit over the front of the tooth and composite is a dental material that can be used to build up teeth in a similar way. Both treatments can be used where gaps need to be closed or if a tooth has been broken.



**Balsall Common**  
DENTAL PRACTICE

# ASK THE EXPERT

**DR ASHLEY DAVENPORT**, BDS MFGDP GDC NO. 70884

## **Q: DOES IT HURT TO GET DENTAL IMPLANTS?**

**Dr Ashley Davenport:**

Dental implants will be placed under local anaesthetic so you will not feel anything during the treatment. Many patients choose to undergo their implant treatment using 'sedation' which means that they are conscious but deeply relaxed for their dental implant surgery. Many forget their experience which removes the anxiety associated with this kind of treatment.

Afterwards, you might feel a bit sore for a few days but I will be able to give you plenty of advice on how to manage this with painkillers and a soft diet in the meantime. If you are nervous about the treatment be sure to let me know beforehand. I will be able to help you to overcome your fears.

## **Q: IN ADDITION TO IMPLANTS, HOW ELSE CAN YOU FILL GAPS BETWEEN TEETH?**

**Dr Ashley Davenport:**

Bridges can also be used in place of your missing teeth with great effect. Where gaps are present in your mouth, over time this can cause the surrounding teeth to rotate into the empty space and affect the overall bite. Bone recession can also occur meaning that appliances such as dentures and existing restorations may

not fit as comfortably. We can use bridges to replace one or more missing teeth and will consult with you on how to achieve the best functional and aesthetic result for your individual needs. Where the gap was previously, a tooth unit known as a 'pontic' is used to fill the space and forms a new biting surface, with the same function of a natural tooth. A bridge is fixed in place with the support of your adjacent natural teeth, which act as anchors to support the bridge and retain it. Usually two or three tooth units are used to fill the gap. At your examination or consultation appointment your dentist will consult with you about the best material for your bridge taking into consideration function, aesthetic finish and location of the existing space.

## **Q: ARE DENTURES THE ONLY SOLUTION IF YOU ARE MISSING ALL YOUR TEETH?**

**Dr Ashley Davenport:**

With all the technology we have available to us these days there are so many solutions to missing teeth that dentures are no longer the only option. Many people would prefer to avoid having dentures where possible because they can be uncomfortable or become loose during the day. A more permanent solution is much more preferable where possible, in terms of aesthetics as well as function. Removing your teeth and popping them in a glass overnight is not what we would class as sexy, so for many this just isn't an option. Bridges and implants can provide the answer to the dilemma of missing teeth, and veneers can close smaller gaps due to chips, breakages or small teeth.



**CROWNS AND IMPLANTS CAN PROVIDE THE ANSWER TO THE DILEMMA OF MISSING TEETH"**



**Balsall Common**  
DENTAL PRACTICE

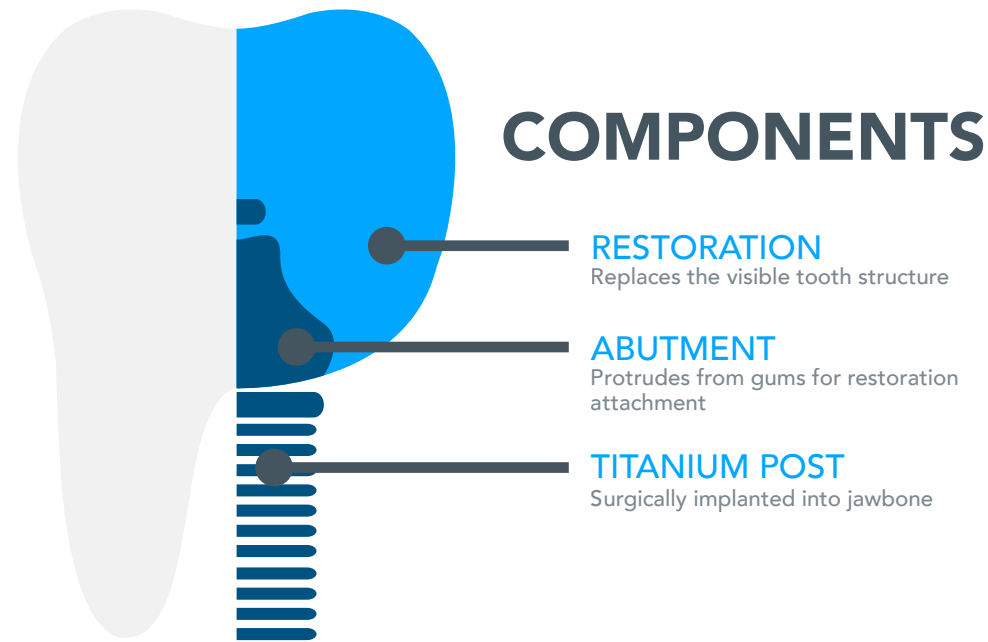




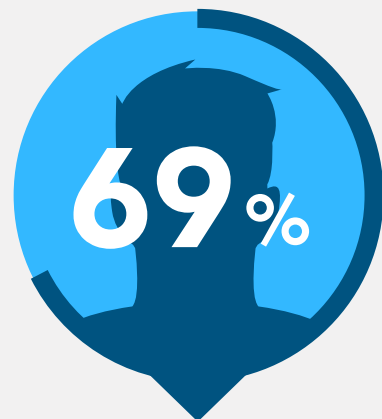
# RENEW YOUR SMILE WITH DENTAL IMPLANTS

## WHAT IS A DENTAL IMPLANT?

An implant is a metal titanium post that is inserted into your jaw to replace the root of your tooth.



Dental implants are fixed replacements for dental roots. This treatment is based on a biological process known as osseointegration, which means that the implant integrates with your jawbone. Implants have been used successfully since the 1960's.



of adults aged  
**35 - 44**  
have lost at least  
one permanent tooth



of adults aged  
**over 74**  
have lost all  
permanent teeth

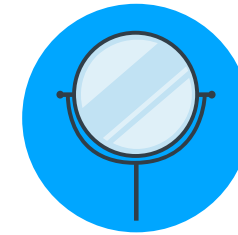
# BENEFITS OF DENTAL IMPLANTS

**IMPROVED ORAL HEALTH**



Prevent bone loss. Easier to clean than fixed bridges or removable dentures.

**ENHANCED AESTHETICS**



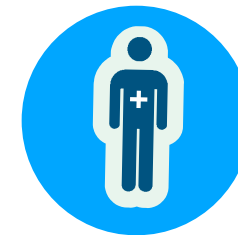
Stops the face from "sinking in" where a tooth is missing. Feel more confident when eating, smiling and speaking.

**BETTER BITE**



A lost tooth may cause other teeth to shift out of place toward the open space.

**GREATER CONFIDENCE**



Dental implants look and feel completely natural. They give you back the confidence to smile and eat comfortably once again.

**SOURCES:**

Phillips Sonicare / British Dental Health Foundation / dentalmagicchicago / nvdentalva / redondodentalgroup



**Balsall Common**  
DENTAL PRACTICE

# IMPLANTS CASE STUDY



Jane never grew any adult upper lateral incisor teeth. She didn't like the resulting gappy smile.

We used orthodontic treatment to adjust the spacing between the teeth and to create spaces for dental implants.



When the orthodontic treatment was finished we placed two dental implants to replace the missing upper lateral incisors and restore Jane's smile.

## HOW IMPLANTS WORK?

Dental implants are small metal screws placed into the jawbone where teeth are missing.

Bone grows around the implants and they become fused and fully integrated with the jaw.

Once integrated the implants can be used to support and retain crowns, bridges or dentures to create secure, comfortable and natural looking restorations.

## LOOK FORWARD TO SUCCESSFUL OUTCOMES LIKE THESE...

- Restore your smile to it's intact condition with no unsightly spaces.
- Greater confidence socially and professionally.
- Eat what ever you want, efficiently and comfortably.



# SMILE ENHANCEMENT



**Balsall Common**  
DENTAL PRACTICE



**YOUR SMILE SAYS 1000 WORDS, LET YOURS BE HEALTHY, HAPPY AND CONFIDENT."**

Your smile says 1000 words, let yours be healthy, happy and confident. Cosmetic Dentistry such as Smile Design can be used to repair crooked, dark, badly damaged or heavily filled teeth as well as addressing unsightly gaps. Whether to obtain a 'Hollywood smile' or completely natural look - the choice is yours. These cosmetic options can bring the smile back to your face and restore lost confidence caused by unsightly teeth.

Here is an overview of some of the treatments used to enhance the appearance of a smile:

## **MORE ABOUT CROWNS**

A crown is a particular type of restoration used to completely cover a tooth that may be heavily broken down or damaged, have a root canal filling or to strengthen a tooth that is prone to heavy wear from the bite. In addition to function, a crown can also be used to provide a pleasing

aesthetic result that can enhance appearance, shape or alignment. Crowns are also used to restore implants and their strength in this instance is excellent in providing a very well-constructed tooth-like appearance and function. Your dentist will advise you on the most suitable crown material to restore your tooth which can include gold, ceramic and porcelain for their aesthetic and functional results.

## **LIFE BENEFITS**

- Strengthens remaining tooth structure
- Natural-looking restoration
- Functions like a real tooth, so you can bite and chew as usual

## **MORE ABOUT VENEERS**

Veneers are used in the front of the mouth and take the form of a thin porcelain shell that covers the tooth and enhances its aesthetic appearance. They are used to great effect by dentists to address patient concerns such as colour,

shape, position and surface appearance to provide you with a smile you can be truly confident about. Veneers can also be used for teeth that have been chipped or broken. The choice of a veneer or crown will be decided by your dentist based on the tooth's location and your dental history to ensure your restoration has the strength and appearance that you need. Veneers are also often used by the team to close small gaps which can provide an excellent finishing touch or in places where tooth alignment is slightly askew.

## **LIFE BENEFITS**

- Simple and quick solution to improve the cosmetic appearance of teeth
- Long-lasting smile enhancement
- Natural-looking restoration

## **MORE ABOUT FILLINGS AND COMPOSITE RESTORATIONS**

Fillings are a treatment that most patients are likely to experience at some point in their lifetime and so we have plentiful practice in placing fillings that are founded upon ensuring subtlety and biting function. The practice exclusively uses white composite material to ensure the best aesthetic results with the newest and proven materials which have been shown to provide long-term wear resistance, comfort, and stability.

Chipped or broken teeth are one of the most frequent concerns that patients face and are often filled using composite material. Such restorations can add length to shorter teeth, close gaps and are a very cost-effective means of transforming the smile. The composite material used is subtle and blended to your own shade.

## **LIFE BENEFITS**

- Natural-looking restoration
- Improved cosmetic appearance of filled teeth while still being able to bite and chew as usual
- Hard-wearing restorative solution

# FIVE THINGS YOU NEVER KNEW ABOUT SMILE MAKEOVERS

## 1 IMPROVING YOUR SMILE

Dentists use the term 'Smile Design' to describe the process of creating the smile that you dream of. This is because there are various elements that come into play with an enhanced smile, its not just all about looks. It's a very clever process that takes into consideration the aesthetics and symmetry of the whole face in order to provide balance and harmony as a whole. Not only that, there are also factors like function that have to come into play; what's the point of beautiful looking teeth that can't chew or bite properly?

## 2 TECHNIQUES USED

Smile design can incorporate a number of techniques in order to achieve your goal. This can include orthodontic options to move the teeth into the desired position. There are many different brands available for this, many of which are so discreet they are almost invisible. These systems can also be used with other methods of smile enhancement to provide a straighter foundation to work from. For example, veneers or composites can then be used to make the final perfections to a smile. Veneers are very thin layers of porcelain that fit over the front

of the tooth, a bit like a false fingernail. Composite is a dental material that can be used to build up teeth in a similar way. Both treatments can be used where gaps need to be closed or if a tooth has been broken.

Tooth whitening is often used in conjunction with most treatments because it gives that extra enhanced and healthy looking edge to any smile.

## 3 IT'S NOT JUST TEETH

Some people worry that too much gum shows when they smile but many are unaware that this can be resolved. Gum contouring or reshaping is a relatively simple procedure and involves trimming away excess gum to expose more of your teeth underneath. This may sound scary and a little daunting but in fact is done using anaesthetic so you will not feel a thing and it is very quick.

## 4 THE WHOLE FACE

Sometimes a new smile can highlight other areas of the face that could use a little extra help. It may be the case that, now the discoloured or wonky teeth that previously caught your eye have been given a new lease of life, you're noticing other things instead. For example, lines around the mouth may become more obvious now your eye isn't drawn to your teeth.

## 5 CONFIDENCE BOOST

Being able to smile genuinely without feeling conscious can do wonders for your self-esteem. This will impact on all areas of your life, from having more confidence at work to being able to relax more in social settings and enjoy yourself.



**Balsall Common**  
DENTAL PRACTICE



**DENTISTS USE THE TERM 'SMILE DESIGN' TO DESCRIBE THE PROCESS OF CREATING THE SMILE THAT YOU DREAM OF.'**



# ASK THE EXPERT

**DR ASHLEY DAVENPORT** BDS MFGDP GDC NO. 70884



**A SMILE MAKEOVER IS ABOUT WORKING OUT WHAT YOU DON'T LIKE, UNDERSTANDING YOUR ASPIRATIONS AND LOOKING AT THE TECHNIQUES THAT CAN BE USED TO CREATE THE SMILE THAT YOU REALLY WANT"**

**Q: DOES A SMILE MAKEOVER GIVE YOU A FAKE, HOLLYWOOD SMILE?**

**Dr Ashley Davenport:** Not unless that's the look you're after. A smile makeover is about understanding your aspirations, working out what you don't like and looking at the techniques that can be used to create the smile that you really want. Most dentists will recommend a natural look that will be as kind to the teeth as possible and that will suit you for the long term rather than being fashionable right now.

**Q: HOW LONG DOES THE TREATMENT TAKE?**

**Dr Ashley Davenport:** This really all depends on what your goals are and what treatment your dentist recommends in order to achieve those desires. If orthodontics is required this treatment will be completed before any finishing tooth treatments, such as whitening, veneers or composite build-ups can commence.

**Q: HOW PERMANENT IS A SMILE MAKEOVER?**

**Dr Ashley Davenport:** Orthodontic treatment will move the teeth into new positions and will usually be held in place with a discreet wire at the back to prevent them from moving back, so this is a permanent treatment. Veneers last many years but can break or chip, just like a normal tooth can, so you need to be careful with and look after them as you would your natural teeth, although veneers can be repaired or replaced. Tooth whitening is not permanent as it simply removes the stains that build up from ageing and certain foods and drinks. You will notice the teeth will gradually discolour but you can have the treatment again to keep those pearly whites gleaming.

**Q: DO YOUR TEETH GET DRILLED WHEN YOU GET VENEERS?**

**Dr Ashley Davenport:** All our clinicians uphold the focus on minimalistic and conservative tooth removal when enhancing your smile. There is an element of tooth drilling in preparation for dental veneers. This is to remove the shiny outside layer of the enamel in order to ensure the veneer can properly bond to the tooth and will only be a tiny layer the same thickness of the veneer to ensure it doesn't stick out.



**Balsall Commor**  
DENTAL PRACTICE





# THE ANATOMY OF A SMILE makeover

**FACT:** Having a great smile opens doors

Studies have shown:

**Sonny Smileur**  
25/M/London

For fun: I love keeping fit, adventures & making the most out of my free time!

Likes: confidence! A good smile

- 58%** Match.com found that 58% of men think a woman's teeth are the most important physical feature
- 73%** 73% of Americans would be more likely to trust someone with a nice smile than someone with a good job, outfit or car
- 57%** on dating sites, people with straight teeth are 57% more likely to get a date based on their profile photo alone
- 38%** on dating sites, people with straight teeth are 38% more likely to be perceived as smart

- Sparkling teeth make people look up to 5 years younger
- Great teeth improves employment potential by 10%
- People with whiter teeth are thought to earn £10,000 more on average than in reality

Smile makeovers encompass many different types of dental treatments and can dramatically improve the appearance and function of a persons' teeth. The treatments used in a smile makeover depend on a patients' oral health needs and desires for their aesthetic smile features. Our team is trained and experienced to create smile makeovers with excellent results that patients are proud to show off.



Here is a breakdown of the treatments that can be used in SMILE makeovers

Smile Makeover Treatment	What is it?	What it does
<p>Tooth whitening</p>	Lightens the shade of teeth	Tackles discolouration in the enamel to provide a whiter overall appearance
<p>Direct Bonding</p>	Tooth-coloured cosmetic resin applied directly to teeth	Repairs decayed, chipped, cracked or discoloured teeth
<p>Veneers</p>	Thin, tooth-coloured coverings bonded onto the front surfaces of the teeth	Covers cracks, chips and discolouration as well as crooked teeth and can be used to close small gaps
<p>Crowns</p>	Shaped porcelain 'cap' that is placed over a tooth	Placed on decay-damaged teeth to protect and restore appearance and function
<p>Bridges</p>	Porcelain tooth restorations that attach to existing teeth	Fills gaps between teeth to restore biting function and appearance
<p>Orthodontics</p>	A wide range of orthodontic treatments are available	Corrects bite, closes gaps between teeth, straightens teeth
<p>White fillings</p>	Composite dental material used to fill teeth	A tooth-coloured material that can be used to restore damaged or cracked teeth or replace existing and unsightly metallic or 'silver' fillings that give the teeth a dark appearance

Did you know the following celebrities have had a

SMILE makeover?



NOW YOU CAN HAVE  
THE CELEBRITY SMILE YOU'VE  
ALWAYS WANTED!

If you are interested in finding out about your own smile makeover, contact us today

Sources: British Academy of Cosmetic Dentistry, Match.com, Huffington Post, Daily Mail

DISCUSS YOUR TREATMENT NEEDS WITH US BY CALLING - 01676 529000



# SMILE ENHANCEMENT CASE STUDY

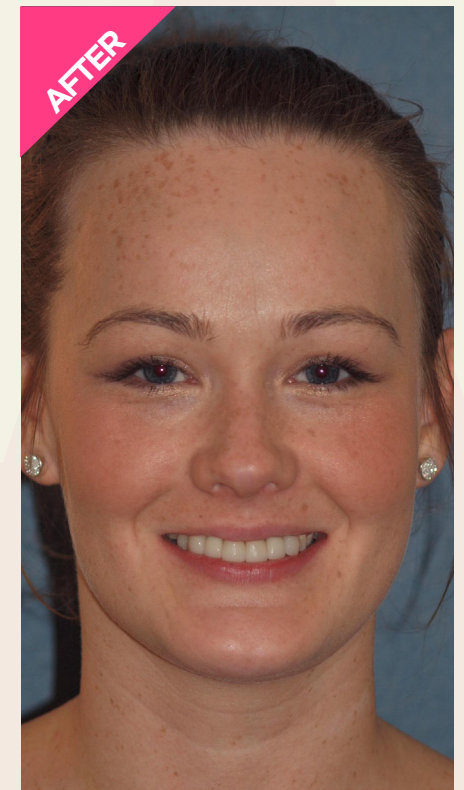


When We first met Chantelle she had already tried to improve her smile with crowns and veneers provided by her previous dentist.

She was not happy with the outcome. Missing adult teeth and retained baby teeth resulted in a lack of symmetry with some oversized teeth, an uneven gum line, and with no lower front teeth visible in her smile.



We helped Chantelle to achieve this fantastic result by arranging orthodontic treatment, replacing 3 missing teeth with implants and replacing 9 crowns and veneers.



**Balsall Common**  
DENTAL PRACTICE

# CLEANER TEETH



**Balsall Common**  
DENTAL PRACTICE



**LOOKING AFTER  
YOUR GUMS IS JUST  
AS IMPORTANT AS  
LOOKING AFTER YOUR  
TEETH”**

Our hygiene team provide preventative, gentle care to ensure that you leave with a fresh and cleaner feeling after every appointment. All the appointments are completely bespoke to you, so your visit will concentrate on exactly what you, your hygienist and dentist believes is best for you at that time. We have an extensive dental hygiene menu based on specific patient needs, ranging from new patients, regular cleans, to children and orthodontic patients.

## **HEALTHY GUMS**

Your gums are like cushions for your teeth: they surround the teeth in the jaws and help to support them. Looking after your gums is just as important as looking after your teeth. Here are the stages of gum disease:

1. Red and swollen gums that bleed when you brush them could be a sign of gum disease, also known as gingivitis.
2. When gingivitis is left untreated it can develop further into a type of infection known as periodontitis, which affects the entire area surrounding the tooth, causing discomfort and difficulty when eating
3. Eventually this kind of infection can lead to tooth loss and may require invasive procedures to replace the missing tooth

Fortunately, this can be avoided by having regular hygiene appointments at the practice and a good daily hygiene routine. Brushing between the teeth and replacing your toothbrush every three months will also benefit your gum health. The Hygienist's role is to show you how to look after your teeth so they remain free from plaque. You will be advised on the best toothbrushing technique and given tips on flossing and using interdental brushes.

## **LIFE BENEFITS**

- Minimised risk of tooth loss
- Reduced risk of developing tooth decay and needing fillings
- Fresh minty breath







**Balsall Common**  
DENTAL PRACTICE

# 4 REASONS TO PICK UP YOUR TOOTHBRUSH RIGHT NOW!



**OUR TEETH AND GUMS ARE AT CONSTANT THREAT FROM PLAQUE, WHICH IS BACTERIA THAT FORMS ON THE TEETH IN A STICKY FILM"**

## **1 THE PLAQUE ATTACK**

We all know that foods containing sugar and starch are bad for our teeth but do you know why? Our teeth and gums are at constant threat from plaque, which is bacteria that forms on the teeth in a sticky film. When this bacteria comes into contact with these types of foods it produces acid, which attacks the enamel of the teeth. With constant exposure to sugar and starch the teeth will be under a high amount of acid attack and that is when we can suffer from cavities.

Plaque doesn't just cause problems for our teeth. If it isn't removed from the gums it becomes an irritant causing swelling and the gums can begin to detach from the teeth creating 'pockets'. These can become infected leading to destruction of the supporting bone and causing tooth loss.

## **2 FLUORIDE**

You may already know that fluoride can be found in most toothpaste but do you know why we use it? When the teeth come under acid attack the decay process is called demineralisation. Fluoride can help to remineralise or reverse the damage by replacing minerals lost during an acid attack. Children under the age of three should use a toothpaste with a fluoride level of 1,000ppm, above this age and into adulthood they can move up to levels of 1,350-1,500ppm.

## **3 GET IN BETWEEN**

Toothbrush and toothpaste, check. But what about the spaces in between your teeth? It is important to clean here too, because food and bacteria can become trapped in these tiny spaces leading to plaque build up and subsequent acid attack. Flossing can help to combat this but there are also tiny brushes that can be used as well, called interdental brushes. Your Hygienist will advise you on the size you need and the best way to use them in order to remove the plaque. As with flossing, you may notice a slight amount of bleeding after the first few uses but this should reduce as your gums become healthier.

## **4 OVERALL HEALTH**

The mouth has been hailed in recent times as the window to overall health. This is because how clean and healthy your teeth and gums are can have a more wide-reaching effect than you might realise. Gum disease, or periodontitis, has been linked with heart disease, diabetes, osteoporosis, and premature or low birth weight babies.

# ASK THE EXPERTS

LORNA OGILVIE GDC NO. 5391 VANESSA CARTHY GDC NO. 5485 COLETTE LAWLER GDC NO. 6630



IF YOU FLOSS  
CORRECTLY IT  
SHOULDN'T HURT, IT'S  
JUST ABOUT MAKING  
IT PART OF YOUR  
ROUTINE"

## Q: DO I REALLY NEED TO FLOSS DAILY?

**Lorna Ogilvie:** To achieve optimum oral health, you need to floss your teeth every day. Lots of people 'don't like it' or find 'that it hurts' but if you floss correctly it shouldn't hurt, it's just about making it part of your daily routine. There are also lots of different flosses and tools you can try if you find it awkward, so ask your Hygienist for advice on what might suit you better. Choose a time of day that suits you; if you're too tired at night then do it in the morning. We should begin flossing when two teeth touch. That means that even young children need to floss but you'll have to do this for them until they can master the dexterity it takes to do it themselves.

## Q: MY GUMS BLEED WHEN I FLOSS, IS THAT GUM DISEASE?

**Vanessa Carthy:** If you have just started flossing then the chances are that you will notice an element of bleeding to begin with. Once you begin to remove the plaque build-up the bleeding should then reduce, so it is important to keep going.

This may be coupled with a bit of discomfort but not pain. If you feel pain that persists, or the bleeding doesn't stop, you should speak to your dentist who will check the method you are using to floss as well as your oral health to see what might be causing the problem.

## Q: IS MOUTHWASH GOOD OR BAD?

**Colette Lawler:** Mouthwash can be used as part of your oral health regime to reinforce all the good things you are doing during brushing and flossing. Most mouthwashes contain fluoride so they work alongside your toothpaste to remineralise the teeth and help to fight cavities. Antibacterial mouthwashes containing chlorhexidine may be recommended by your dentist or hygienist as a short term aid to help improve gum health. Don't use them unless they have been recommended and don't use them for longer than a month. There has been much debate over the safety of mouthwashes that contain alcohol and we would advise choosing an alcohol free alternative where possible.



**Balsall Common**  
DENTAL PRACTICE





# HOW TO KEEP YOUR TEETH CLEAN



BRUSH **TWICE** A DAY FOR AT LEAST **2** MINS

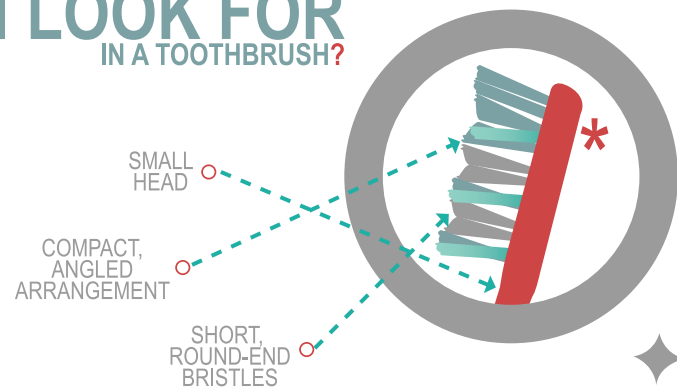
**WHEN?** BEFORE BREAKFAST AND BEFORE BED

**WAIT** 1 HOUR AFTER A MEAL

NEVER BRUSH STRAIGHT AFTER A MEAL

SHOULD I USE **ELECTRIC OR MANUAL?** BOTH EQUALLY AS GOOD AS LONG AS YOU BRUSH PROPERLY

## WHAT SHOULD I LOOK FOR IN A TOOTHBRUSH?



## WHAT TYPE OF TOOTHPASTE SHOULD I USE?

PPM = PARTS PER MILLION

CHILDREN **UNDER 3** → USE A SMEAR NO LESS THAN 1,000PPM FLUORIDE

CHILDREN **3 - 6** → PEA-SIZED AMOUNT 1,350-1,500PPM FLUORIDE

**ADULTS** → AT LEAST 1,450PPM FLUORIDE

## 3 TOOTHBRUSH TIPS

**1**

REPLACE YOUR BRUSH OR BRUSH ATTACHMENT EVERY THREE MONTHS

**2**

NEVER SHARE YOUR TOOTHBRUSH AS THIS CAN SPREAD INFECTIONS

**3**

BRUSH YOUR TEETH TWICE DAILY WITH FLUORIDE TOOTHPASTE FOR AT LEAST 2 MINUTES

## SHOULD I USE MOUTHWASH?



ONE THAT CONTAINS FLUORIDE CAN HELP PREVENT TOOTH DECAY

HOWEVER

DON'T USE MOUTHWASH STRAIGHT AFTER BRUSHING YOUR TEETH

DON'T EAT OR DRINK FOR 30 MINS AFTER USING A FL. MOUTHWASH

NOT SUITABLE\* FOR CHILDREN

MANY OF THEM CONTAIN ALCOHOL

\* NON-ALCOHOLIC ONES ARE AVAILABLE



**Balsall Common**  
DENTAL PRACTICE

# HYGIENE CASE STUDY



When we first met Richard he had been aware of bleeding gums for some time but had been ignoring it as it wasn't causing him any pain. He had asked our help because he had noticed the gum receding on one of his lower front teeth.

We diagnosed gum disease and arranged some hygienist appointments. Hard bacterial deposits were removed and Richard was shown how to perfect his home care technique with floss and special brushes.



The second photo shows the improved gum health after a couple of hygienist appointments.

Richard is now maintaining this improvement with improved home care and with regular supportive hygienist visits.

## **LOOK FORWARD TO SUCCESSFUL OUTCOMES LIKE THESE...**

- Your gum problems solved.... whether recently arisen or long-standing.
- The opportunity to feel more confident when talking, laughing or eating.
- An improved, natural-looking smile
- Freedom from soreness and discomfort.
- Better long-term dental health to keep you smiling!



# CHILDREN'S TEETH



**Balsall Common**  
DENTAL PRACTICE



**REGULAR EXAMINATIONS FROM A YOUNG AGE WILL ENSURE CHILDREN WON'T SUFFER FROM UNTREATED DENTAL DECAY WITH DEVASTATING EFFECTS TO THEIR GROWING DENTITION"**

We care for children from as soon as they start to grow teeth with prevention at the core of our practice ethos. As dental professionals we believe in preventive dental care and encourage our patients to bring their children to the practice from an early age. Regular examinations from a young age will ensure children won't suffer from untreated dental decay with devastating effects to their growing dentition. There are a number of preventive treatments that our team can provide for children:

1. Fluoride applications are a safe and effective way to safeguard your growing child's teeth from developing decay. The fluoride is painted onto the surface of the child's teeth and this helps to mineralise the teeth.
2. Fissure sealants are tooth coloured and applied to biting surfaces of children's teeth to prevent decay.
3. Studies have shown that the younger the age that you bring your child to the dental practice, even if just for an examination, the more likely they are to have a positive

experience and grow up not to be afraid of the dentist. Our team will take special care of your child to make them feel safe and cared for.

4. Treating a child from an early age also allows the dentist to spot early signs of underbites, cross bites or overbites developing. As with most things, the sooner you can start to treat it, the quicker it can be resolved.

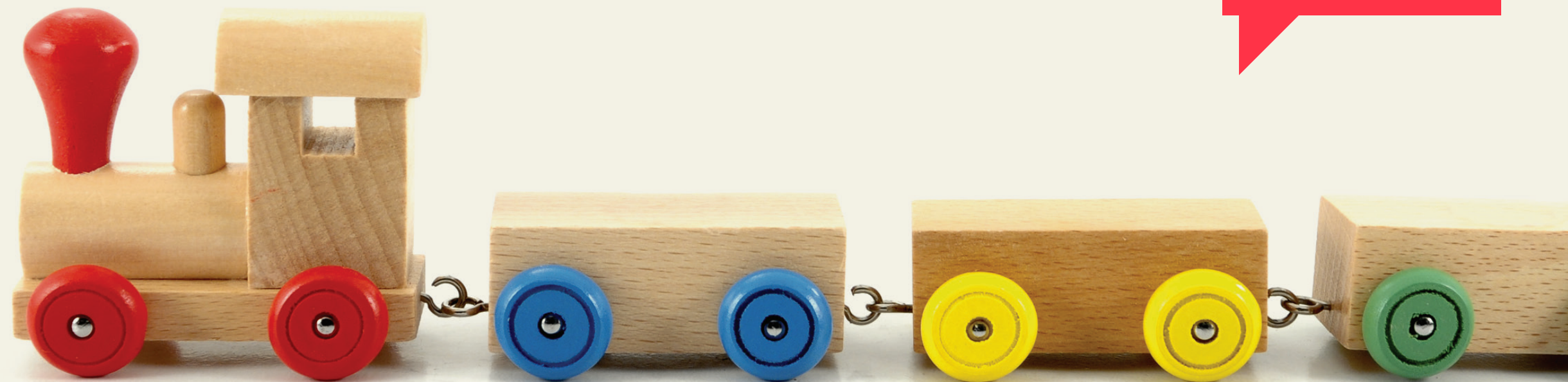
Prevention is always better than cure so call the practice today to make an appointment for your child.

#### **LIFE BENEFITS**

- Healthy teeth and gums for life
- Reduced risk of developing tooth decay and needing fillings
- No fears or phobias of the dentist



**APPOINTMENTS ARE AVAILABLE AFTER SCHOOL AND IN THE HOLIDAYS TO ENSURE THAT CHILDREN DON'T MISS VALUABLE TIME AWAY FROM THEIR EDUCATION.**



# 6 WAYS TO LOOK AFTER YOUR CHILDREN'S TEETH



**Balsall Common**  
DENTAL PRACTICE

## **1** **BABY TEETH ARE IMPORTANT**

Many people assume that because baby teeth fall out they do not need to worry too much about them. However, this couldn't be further from the truth. Milk teeth are extremely important for helping children to eat and chew properly and they also help the development of speech. Baby teeth also save the place in the jaw ready for the adult teeth to come through and are essential for building confidence through a healthy smile.

## **2** **WHEN TO START BRUSHING**

Brushing should start from birth. It's a good habit to get into before the first teeth come through, for you and your child. Start by gently cleaning your baby's gums after feeding; there are many products available to help with this, such as soft toothbrushes and special dental wipes designed to clean your baby's gums.

Once the first tooth comes through, you should begin brushing with a toothbrush and fluoride-containing toothpaste specifically designed for the correct age group. As with your own oral health regime, ensure you brush both sides of the teeth and the gum line.

## **3** **VISITING THE DENTIST**

You should introduce your child to the dental practice early on in order to avoid any fear of the dentist building up. We actively encourage you bringing children along just to familiarise them with the surroundings prior to their first appointment. As a rule, the first dental visit should be around the time of their first tooth coming through.

## **4** **SPECIAL TREATMENTS**

Fluoride varnish can be applied to your child's milk teeth and adult teeth, usually from the age of three, twice a year. The high levels of fluoride can help to prevent decay while also strengthening the enamel.

Once your child's back teeth have come through they can benefit from fissure sealants, which are a thin coating that protects the chewing surfaces from trapping food and bacteria.

## **5** **TOOTH FRIENDLY HABITS**

Healthy eating habits are just as important for the teeth and gums as they are for the body as a whole. If sugary snacks are consumed then encourage your children to drink water or milk afterwards to prevent the sugar from sticking to the teeth and causing plaque.

## **6** **TEENAGE KICKS**

Forget the terrible twos, in terms of oral health it can be the teenage years that dental professionals can dread. This is the point at which children begin to make their own decisions as they enter adulthood, with less influence from parents. At this stage in life, many teenagers begin to slack on what was once a regimental oral hygiene regime and, on top of that their food choices and habits like smoking and alcohol consumption, can negatively impact on the health of their teeth and gums. Gentle reminders can help to combat this.



**MILK TEETH ARE EXTREMELY IMPORTANT FOR HELPING CHILDREN TO EAT AND CHEW PROPERLY AND THEY ALSO HELP THE DEVELOPMENT OF SPEECH"**



# ASK THE EXPERT

**DR ASHLEY DAVENPORT** BDS MFGDP GDC NO. 70884



**FAMILY TOOTHPASTE IS SAFE FOR CHILDREN AS LONG AS YOU SUPERVISE BRUSHING TO ENSURE THEY DON'T EAT IT."**

**Q: DO YOU REALLY NEED TO BRUSH BABY TEETH IF THEY FALL OUT ANYWAY?**

**Dr Ashley Davenport:** To put it simply, yes you do. Not brushing will lead to plaque build up, tooth decay and gum disease. This can lead to pain as well as bone loss in the jaw, which will hinder the growth of adult teeth. Beginning these habits from an early age can encourage excellent oral health behaviours into later life.

**Q: IS IT SAFE FOR CHILDREN TO USE TOOTHPASTE FOR ADULTS?**

**Dr Ashley Davenport:** Family toothpaste is safe for children over 6 years but supervise brushing to ensure they don't eat it. There are various toothpastes specifically designed for children under the age of six and they tend to have lower doses of fluoride in them to make them safer for young children to swallow in small amounts.

**Q: WHY SHOULD CHILDREN GET FLUORIDE VARNISH TREATMENT?**

**Dr Ashley Davenport:** Fluoride varnish treatment can be applied to both baby and adult teeth, usually from the age of three. If your dentist thinks your child needs it, the treatment can be applied earlier on. It helps to prevent decay by strengthening the tooth enamel and making it more resistant to the acid attack from plaque and bacteria. It is a particularly good treatment for children as it is not always easy to brush their teeth as well as you would possibly like to, so it provides the extra protection for their developing dentition. It should be noted that a good oral health regimen should still be applied at home even if the teeth have been treated with fluoride varnish.



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# DIET & MY TEETH



ph = 7

neutral

Acidic foods can cause decay. The lower the pH number; the more acidic the product. Anything with a pH value lower than 5.5 may cause tooth erosion.

ph = 6

MINERAL WATER (STILL)

ph = 5

MILK

CHEDDAR CHEESE

## FOOD TIP

ph = 4

LAGER

ORANGE JUICE

If you eat fruit as a snack, try to eat something alkaline such as cheese afterwards. Savoury snacks are better, such as:

ph = 3

GRAPEFRUIT

- cheese
- nuts
- raw vegetables
- breadsticks

ph = 2

PICKLES



ph = 1

COLA

RED WINE

ph = 0

VINEGAR

more acidic

## Q. WHAT SHOULD I DRINK?



Still water and milk are good choices. It is better for your teeth if you drink fruit juices at meal times. If you are drinking them between meals, try diluting them with water.

Diluted sugar-free squashes are the safest alternative to water and milk.

## FOOD TIP

Saliva is the mouth's very own cleaning system. Chewing gum makes your mouth produce saliva, which helps to cancel out the acid in your mouth after eating or drinking. It has been proven that using sugar-free chewing gum after meals can prevent tooth decay.

If you have any questions or concerns about your teeth please contact us today. We look forward to keeping your smile healthy and sparkling!

# SWEET FOODS ARE ALLOWED

The main point to remember is that it is not the amount of sugar you eat or drink, but how often you do it.

It is better for your teeth and general health if you eat...

**3** meals a day...

instead of having

**7+** snacks a day...

to maintain the pH level in your mouth and lower the bacterial load preventing tooth erosion.



# ADDITIONAL SERVICES



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## FEELING NERVOUS? WE CAN HELP!

Our team are sympathetic to patients who feel anxiety about dentistry and are keen to relax you so that your treatment with us is as comfortable as possible. We offer a number of options for phobic and anxious patients that help them receive essential dental treatment.

Our empathetic team will ensure your journey with us is easy, that you feel relaxed and give you a clear understanding of your treatment. We will take time to plan your treatment with you, completing it at a pace you feel comfortable with. Our goal is to ensure your dental health and wellbeing while you are in our care.



**OUR GOAL IS TO ENSURE YOUR DENTAL HEALTH AND WELLBEING.”**

## MOUTH CANCER SCREENING

Studies show that mouth cancer is on the increase and that early detection dramatically improves the chances of recovery. Late detection of mouth cancers have resulted in a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma, with about 2,700 deaths per year in the UK. Mouth cancer screening is a simple procedure that involves the following:

1. A detailed checking of your oral health history to determine any risk factors that you might have
2. A thorough examination of the outside of your mouth, head and neck by observation and touch
3. A thorough internal examination of your mouth, including the inside of your cheeks and under your tongue
4. A handheld scanning device may also be used to examine any lumps or lesions that you might have
5. Any inconclusive findings

will be referred to a specialist consultant

It is recommended that you come in for a screening on a yearly basis. If you have any sores, lumps or long-term ulcers in your mouth, no matter how small, it is very important that you come in to have it looked at. Because smoking is strongly linked with many forms of cancer and other dental problems, we always encourage our patients to quit smoking. Oral Cancer Screening is a routine part of each examination you attend at the practice.

## LIFE BENEFITS

- Early detection of oral cancer dramatically improves the prognosis
- Sustained good oral health
- Continued good general health

## EMERGENCY DENTAL CARE

If you have chipped or broken a tooth as a result of an accident or an injury, it is very important that you see a dentist as soon as possible. The same goes for a knocked-out tooth or several teeth. The sooner you are seen by a dental professional the better the chances that the teeth could be re-implanted, depending on the severity of your injury. Here are some of the steps an emergency dental appointment will cover:

1. A thorough examination of the injured area will be undertaken, and may include dental x-rays to determine the extent of the damage
2. Depending on the severity of the pain, the area will be numbed with local anaesthetic
3. The injured area will be sterilised to reduce the risk of infection
4. The damaged teeth will be restored temporarily or permanently, depending on the case

5. In severe cases the affected tooth may require extraction and implant treatment will be discussed

If you require an emergency dental treatment, you should ask to see a dentist as soon as possible. At our practice we offer appointments for all dental emergencies from toothache to lost or broken crowns, chipped teeth and fillings to abscesses, trauma, avulsed teeth and a swollen face. We can take care of your injuries to ensure you heal quicker and more effectively, so you avoid additional dental problems in the future.

## LIFE BENEFITS

- Preservation of remaining tooth structure
- Reduced infection risk
- Improved overall long-term oral health

# PRACTICE MEMBERSHIP AND FINANCE



**FAILING TO TAKE PREVENTIVE MEASURES SO OFTEN RESULTS IN MORE AND BIGGER PROBLEMS”**

Signing up to one of our membership plans helps to remove any worry that you may have about being able to afford dental treatment at critical times. Putting off necessary treatment or failing to take preventive measures so often results in more and bigger problems and so may be detrimental to your health and well-being.

Our plans are designed for patients who wish to:

- Attend on a regular basis
- Maintain excellent oral health throughout their life
- Have peace of mind that the costs of their routine dental care are covered

## **YOUR BENEFITS INCLUDE:**

- A plan tailored to your particular needs
- Cover for regular examinations and x-rays, and preventive care from our experienced hygienists
- Discounts on our regular dental treatments
- Payment by convenient monthly direct debit

## **INTEREST FREE CREDIT**

We are delighted to offer interest free payment for larger treatment plans. If you need some care to save a tooth or teeth and you would prefer the treatment before your financial circumstances are comfortable to pay under our normal terms and conditions, please do ask about spreading the fee under a special agreement. We are here to help.



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# ORAL HEALTH EDUCATION IN THE COMMUNITY



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At Balsall Common Dental Practice we believe that oral health education is key to supporting healthy mouths for the future. We regularly visit local schools and nurseries to provide information and advice on the prevention of tooth decay and how to care for our teeth.

At our recent visit to Meriden Primary School, Kaylee and Rebecca talked to parents of the nursery school children and gave advice on tooth-brushing, fluoride and tooth decay.

Parents are shocked to discover the levels of sugar in many products, some of which are marketed as healthy choices for children's lunchboxes. Some flavoured water can contain as much 37 grams of sugar per sports-bottle; this is over 42% of an adult's recommended daily intake. Sugar and decay are a hot topic in the media at the moment, but we have been educating our patients and local schools for years about sugar consumption and the influence this has on our teeth. A recent survey found that 27% of children under 5 in Britain have tooth decay!!

We feel it is important to provide parents with facts so that they can decide which foods and drinks they wish to pack in their children's lunchboxes. Many products are labelled as 'healthy' and this just isn't the case!



**KAYLEE & REBECCA TALK TO PARENTS**

