

# Whitening update

The law relating to tooth whitening changed last October. The new law draws a clear line between the products that can legally be used for tooth whitening by dentists or under their direct supervision and the products that can be purchased by non-dental professionals.

Please be aware that some whitening products advertised on the web as 'free from hydrogen peroxide and 100% safe' contain sodium perborate. This is a respiratory irritant, considered harmful after single oral exposure and may damage an unborn child after repeated exposure.

By coming to Ninety 2 Dental for tooth whitening you can be sure that you are being treated by highly trained and

experienced dental professionals with your safety and best interests at heart.

We offer the safe, effective and scientifically advanced Enlighten tooth whitening system. It is easy to use, causes minimum sensitivity and results are easily maintained.

**If you are interested in finding out more about tooth whitening please ask next time you visit.**

## Car park agreement

We are pleased to announce that, after finally reaching an agreement with TFL and our landlord after 6 years of negotiations, our car park has now been resurfaced and a barrier has been erected to exclude the general public parking.



Unfortunately TFL would not allow us to install a central dropped kerb, as we would have liked and many patients had requested. We still hope that patients will find their visit to the practice easier and more comfortable – reactions so far have been very positive.

## It's a girl!

Congratulations to **Claire**, our hygienist, who has had a baby girl, Alexia (Lexi) Christine Patricia, on 16th August 2012 weighing 6lb 9.5oz.



## Feedback please

We hope that you are pleased with the treatment and service you receive at Ninety 2 Dental. If you experience any problems please let us know. If you would like to thank us we would be delighted if you give us a positive Google review as well as passing on our details to your friends and family.



### How to write a Google review if you don't have a Google Plus account:

- ✓ Go to plus.google.com
- ✓ Click 'Sign up'
- ✓ Fill in the fields on the right
- ✓ Google will ask you to add a bunch of details but feel free to skip these until you are on your Plus page
- ✓ Follow the steps in the next section

### How to write a Google review if you have a Google Plus account:

- ✓ Sign in to your Google Plus page
- ✓ Type <http://bit.ly/12dOrU2> in to the address bar to take you to our review page (capital O not zero) or scan the **QR Code above**
- ✓ Click on the pencil icon (above the photo) and write a review

# Smiling matters



## What's inside?

### The articles in our newsletter include:

- ✓ Mind the gap
- ✓ Whitening update
- ✓ Medication matters
- ✓ If in doubt, get checked out
- ✓ Car park agreement

We hope you enjoy reading this issue. Please get in touch if you have any questions. We are always happy to help.



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British Dental Health Foundation

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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# Mind the gap

Sometimes, despite all our best efforts to look after your teeth and gums you may lose a whole tooth or part of one. This can be caused by an accident or by the tooth being weakened by decay or everyday wear.

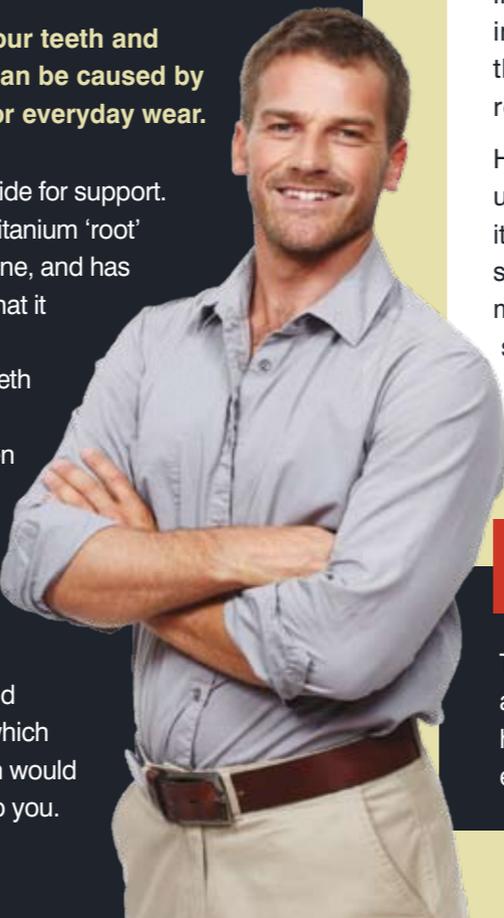
Do not worry though, losing part or all of a tooth doesn't mean you have to cope with a permanent gap, nor does it necessarily mean that you have to wear dentures. There are a number of options which may be available.

When only part of a tooth is lost, a crown, veneer or onlay is often a good solution. These natural looking replacements fit over the existing tooth and are carefully colour-matched to your other teeth. They are individually crafted by skilled dental technicians to ensure a perfect fit.

If you have a completely missing tooth then a bridge or an implant offers a fixed solution. A bridge is made by fixing a replacement tooth to one or both of the

teeth on either side for support. An implant is a titanium 'root' fitted into the bone, and has the advantage that it does not rely on neighbouring teeth for support. A crown can then be fitted onto the implant to replace the missing tooth.

Please speak to us if you would like to discuss which treatment option would be best suited to you.



# Medication matters

To ensure that we treat you safely, and avoid any potential problems that could occur, we need to know about any medical conditions and medications you are taking.



Please inform us of the medications you take. These include the contraceptive pill, inhalers, antibiotics, over-the-counter medication and recreational drugs.

Having this information helps us to avoid potential problems; it also helps us to understand any signs and symptoms seen in your mouth, and to help you with any side-effects that your medication might cause. On occasions, we may spot symptoms of illnesses

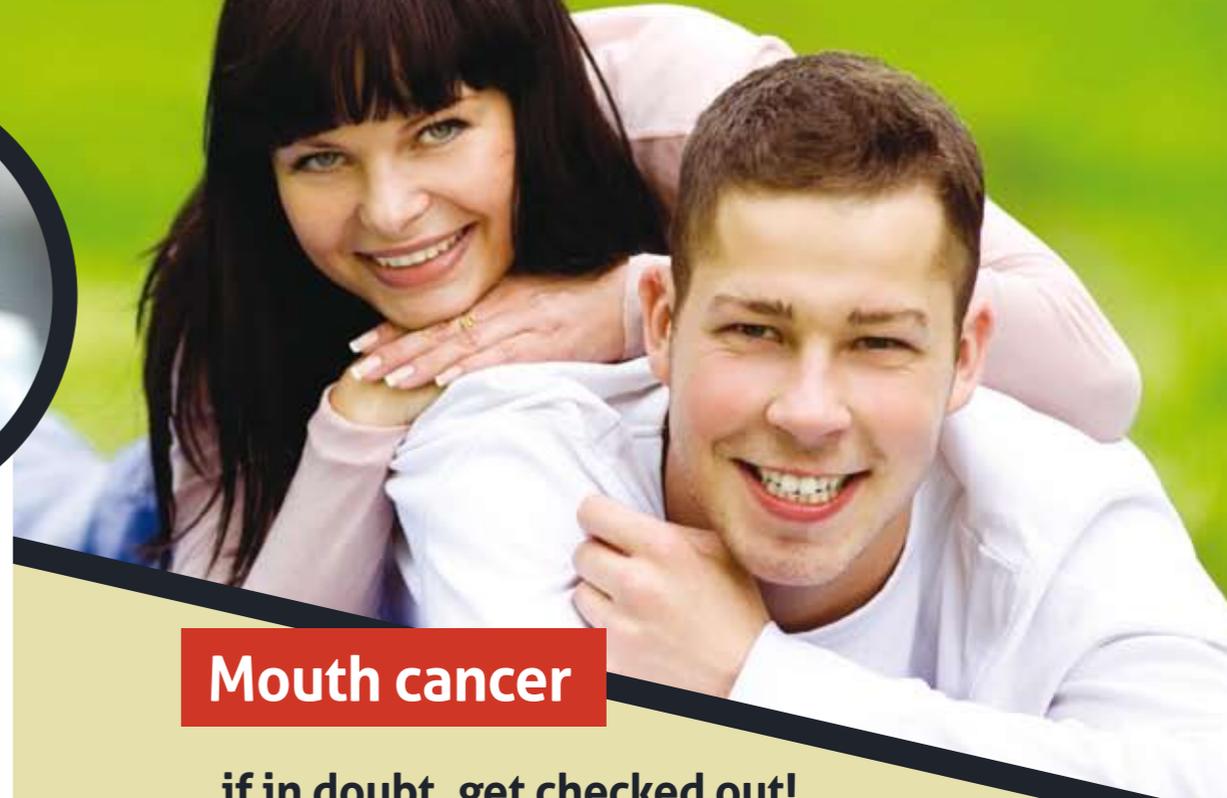
that you were unaware of, and can advise you to see your doctor.

If you are pregnant the changes in your hormones can affect the health of your gums, and so we need to monitor them extra closely. We will also need to avoid carrying out any dental X-rays.

Please let us know whenever your health or your medication changes. You can either talk to us when you next visit, or give us a call so we can change your records.

# Fun fact

The blue whale is the largest mammal on earth and its tongue can weigh as much as an elephant! This whale does not have any teeth; instead it has a row of plates in its mouth with a 'moustache' of long bristles on the end – this helps it eat a whopping 3.5 tonnes of krill each day!



# Mouth cancer

...if in doubt, get checked out!

The British Dental Health Foundation estimates that over the next decade around 60,000 people in the UK will be diagnosed with mouth cancer. Without early detection an estimated 30,000 people will die.

Mouth cancer can affect anyone, but people who smoke, drink excess alcohol, have a poor diet or use chewing and smokeless tobacco are particularly at risk. More recently, one of the most common sexually transmitted infections – the Human Papilloma Virus or HPV for short – has also been linked to mouth cancer.

Early detection is vital as it significantly increases your chances of survival, but many of the initial symptoms are hard to detect. It is very important to visit us regularly. We always include a mouth

cancer screening as part of your check-up, and if we spot anything unusual we can advise you to seek further investigation.

If you are worried about anything unusual that you see in your mouth; an ulcer that does not heal within three weeks, any unusual red or white patches in the mouth or any swellings in the head and neck area, please make an appointment with us so we can check it out for you.

For more information on mouth cancer please visit [www.mouthcancer.org](http://www.mouthcancer.org)