

Facial **aesthetics**



We realise that as well as wanting your smile to look great, you'd also like the rest of your face to look equally good. Facial aesthetic treatments help to remove or reduce lines, and improve facial contours. We are highly trained in the structure of the face, and are well qualified in aesthetic procedures enabling us to subtly enhance your features.

Our facial treatments can reduce and remove frown lines, forehead creases, crows' feet and other signs of aging. They relax the treated muscles, softening and smoothing out the wrinkles and helping your face look more youthful.

We also use dermal fillers, made from a natural material that binds with the water in your skin to lift it and make it firmer. This treatment can be used to make your lips look fuller and less lined around the edges, to improve your facial contours and to smooth facial lines.

New **patients**

Here at Ninety 2 Dental we are always pleased to welcome new patients. Most come from personal recommendations and we are most grateful to all of our regular patients who refer their family and friends to us. If you know of anyone who would like to join our practice please do pass on our details.

Modern, well fitting dentures

At our practice, a key aspect of the dental care we provide is focused on helping our patients keep their teeth for life. Good dentistry is all about helping patients preserve their teeth for as long as possible, though regular check-ups and providing them with help and advice on looking after their teeth and gums.

However in some cases, despite all of our best efforts, some of our patients find that they need partial or full dentures to replace missing teeth.

The good news is that modern dentures are much more comfortable and well fitting than in the past. We are having great success with a new type of strong, durable plastic denture that is imported from the USA. Made by Valplast, these new dentures are lightweight, practically invisible and completely eliminate the need for unsightly metal clasps. Patients who have had them fitted have been delighted.

For some patients, who prefer a more permanent fitting denture, we are now able to offer mini dental implants. These consist of miniature titanium implants about the size of a wooden toothpick, a series of which are gently placed in the jaw bone. The procedure, which takes about an hour, requires only local anaesthetic and is relatively painless. The denture is then adjusted so that it fits securely on to the implants. The result is a tight fitting, completely reliable system, which allows the patient to speak and eat with confidence.

We will be delighted to tell you more – just ask us.



Smiling matters



Welcome to the first issue of 'Smiling Matters', our newsletter designed to improve our service and to keep you informed of new ideas and concepts in the world of modern dentistry. Over the next few issues we will bring you news about our practice, of which you are the most important part, and information on topics such as cosmetics, whitening, looking after your teeth and gums and other areas where dentistry has made advances over the recent years.



As you can see, we have a new name and logo. These have been chosen to reflect the changing requests of our patients. While we still place a strong emphasis on general family dentistry and preventative care, we also have the ability to carry out a wide range of advanced cosmetic dental and facial treatments and so we have decided to introduce a more contemporary image.

We look forward to hearing your feedback on our new image and newsletter and please mention any topics you would like to be included in future issues. If your household receives more than one copy, please pass on any spare ones to friends and colleagues who you feel might benefit from the services we offer.



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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Modern dentistry for healthy teeth...

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

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

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

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

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

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

Fancy that!



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



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

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

Are you happy with your smile?

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

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

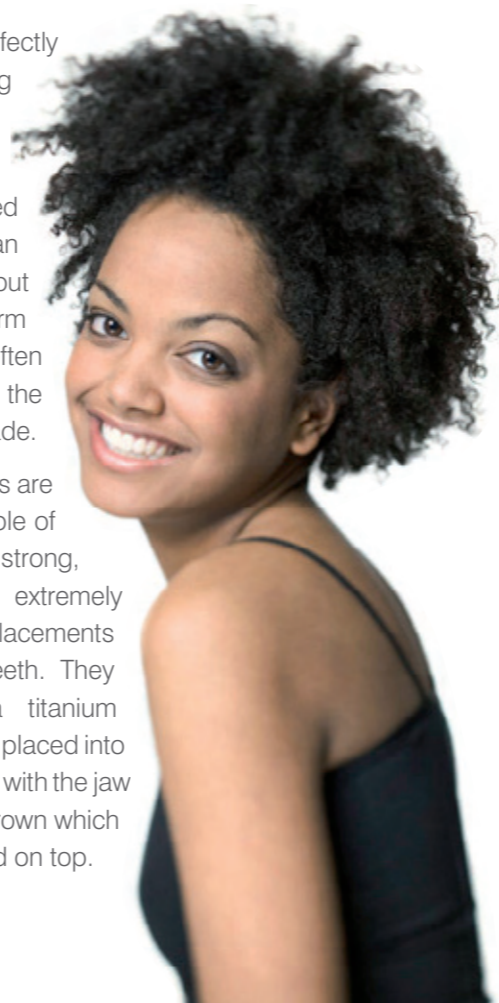
Bonding can disguise many small imperfections including chips, cracks and gaps, and is painless and inexpensive.

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

and feel, perfectly complementing your other teeth.

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

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



Avoiding fillings



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

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

centre of your tooth, causing sensitivity and later toothache.

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



Suffering from cold sores!

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