

Practice newsletter

Summer/Autumn 2010

Member
AMERICAN ACADEMY
OF COSMETIC DENTISTRY.

WHITE HOUSE DENTAL CLINIC

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Welcome to our summer/autumn newsletter.

Our aim is to keep you informed of new treatments available, offer tips for maintaining a healthy smile and update you on all developments relating to your general dental care.

We hope you will find the topics interesting and informative.

Practice news

As many of you will know already Dr Boldagi left our practice and returned to the Czech Republic, we wish him every success in his new venture.

We are happy to announce that Dr Nooshin Razavi joined our dental team and she will take over Dr Boldagi's patients. Nooshin graduated from Teheran University of Medical Science in 1991 and has a special interest in cosmetic dentistry.

We want to bring to our patients' attention the enormous benefits of regular preventative visits with our dental hygienist. The very finest dentistry can fail without the backup of a dental hygienist. All too often, we see people with superb dentistry that is falling apart because they haven't ensured it is looked after properly. Prevention is better than cure, and the best dentistry, is needing no dentistry!

We also feel it is important to point out our dedication to patient's safety, with this in mind we have recently invested in a special dental instrument washer and upgraded our autoclave to comply with the clinical governance framework.

And last, but not least you may have seen we have repainted the outside of the building and a new sign will be fitted shortly, hope you will enjoy the new look.

We are looking forward to seeing you at your next visit.

The team at the White House Dental Clinic.



BDA Good Practice Scheme

The White House Dental Clinic has been awarded the British Dental Association's Good Practice Scheme mark. This underlines the clinic's commitment to providing dental care of consistently good quality for all patients that meets their needs and wishes, as well as taking part in continuing professional development to keep dental skills and knowledge up-to-date.



What is root canal treatment?

Root canal treatment is a means of saving a tooth that may be damaged by decay, fracture or infection. The purpose of the treatment is to restore the tooth and surrounding tissues to health, relieving both pain and infection, as opposed to total tooth removal.

Is root canal treatment painful?

The perception of root canals being painful began decades ago, when root canal treatment was in its infancy. Today, using the latest technologies and anaesthetics, root canal treatment is no more uncomfortable than having a filling placed. In fact, a recent survey showed that patients who have experienced root canal treatment are six times more likely to describe it as "painless" than patients who have not had root canal treatment.



Smile makeover case study:

Sarah Morgan

Sarah, 29, from Hastings has changed her outlook on life thanks to an entire dental makeover. Sarah, who works in the public sector, hadn't exactly planned on this but a problem with an old crown prompted her to seek a full consultation on all her teeth.

Following a treatment plan proposed by Dr Hanna of The White House Dental Clinic Sarah now has amazing teeth - a true Hollywood smile. "It is the best thing that has happened, in respect of my teeth. I used to dread looking at photos of myself because of my teeth. That's all changed now thanks to Dr Hanna and the staff at The White House Dental Clinic for the great care and attention."

Dental implants

The effects of tooth loss are numerous and can be devastating, leading to a lack of confidence that can affect everyday life.

The dental implant is an artificial root made of titanium which is surgically placed into the jaw to serve as an anchor for a replacement tooth.

Replacement teeth (crown, bridges) are permanently attached to the implant. The implant remains below your gums and the bone grows to hold the implant securely in place, this allows the implant to function much like the root of your tooth.



For patients wishing to replace missing teeth, secure unstable dentures or close unsightly gaps, dental implants may be an effective long-term solution, lasting longer and providing greater structural support than either bridges or dentures.



Hygienist visit FAQ's

Q: What is the hygienist role in the dental practice?

A: The hygienist's main role is to professionally clean the teeth for the patient. This is usually called scaling and polishing. However, perhaps their most important role is showing the patient the best way to keep the teeth free of plaque. The hygienist will work with your dentist to provide care tailored to your needs.

Q: Can a hygienist help prevent dental diseases?

A: This is what a hygienist is trained to do. A hygienist carefully removes the deposits that build up on the teeth (tartar) and teaches you how to prevent it reforming again. Regular visits and advice will help build your confidence in maintaining your oral health and achieving a healthy mouth.

Q: Why doesn't the dentist carry this work out?

A: Some dentists will carry out this type of work. However, many now recognise that the hygienist has been specially trained to carry out scaling and polishing and can spend longer time with you. They are also expert at teaching you how to look after your teeth and gums.

What is an incorrect bite?

An 'incorrect bite' is when the teeth do not fit in the jaw properly. This may be caused by the upper and lower teeth being out of alignment with each other, or by missing teeth which have not been replaced. As well as altering the shape of your face by causing it to sag or your chin to protrude, it can cause many other problems such as headaches, neck pain and backache. Treatments are available such as crowns, bridges and bonding. Speak to your dentist who will advise on the most appropriate treatment for you.



What causes bad breath?

Bad breath is a common problem for many people, usually caused from eating strong-tasting foods, such as onions and garlic, or bits of food caught between the teeth. This is why regular brushing and flossing is essential to rid your mouth of the bacteria (plaque) that can coat your teeth and gums. Smoking is also one of the main causes of bad breath, along with certain illnesses such as nasal and stomach conditions.

Regular visits to your dentist will not only help prevent bad breath but will also allow the dentist look for and treat problems.