

New state-of-the-art braces

At Gipsy Lane we are now pleased to offer the Inman Aligner™. This revolutionary brace was first introduced in the USA several years ago and is now available at a limited number of dental practices in the UK.

The Inman Aligner™ is a clear removable brace that allows the correction of crowded front teeth. The treatment only takes 2 to 3 months as opposed to the 18 to 24 months with conventional orthodontic treatment.

When combined with tooth whitening the treatment as a whole can make a huge difference to your smile and take the place of more complicated cosmetic makeovers.

Even if treatment with veneers and crowns is necessary, treatment with the Inman Aligner™ first can minimize the amount of tooth reduction needed.

If you would like more information or to find out if you are suitable for treatment with the Inman Aligner™ please contact the practice to arrange a **FREE CONSULTATION**.



iNMAN
aligner™

An easier way to pay

With an increasing demand for more advanced smile enhancing treatments we feel it is important to offer our patients a convenient way to pay for these.

We have recently introduced interest-free credit to allow you to spread the cost of treatments over time.

No deposit is required, and all you have to do is fill in a form at reception. Please ask us for more details, that enhanced smile could be closer than you think!

Putting a sparkle in your smile!

Tooth whitening continues to be one of our most popular treatments, with patients of virtually all ages asking us to brighten up their smile.

Teeth can easily become stained by tea, coffee, red wine and other dark-coloured foods and drinks, and particularly by smoking. In addition, they naturally darken over the years.



Tooth whitening can remove built-up stains and lighten teeth, making your smile look more attractive and often taking years off your appearance as well! Given that it is so easy and affordable, it is no wonder so many people are choosing to have it done!

At Gipsy Lane we use a state-of-the-art whitening system from Enlighten. It is safe and gentle while producing fantastic and predictable results.

To find out how your teeth could benefit from professional whitening, please ask, we'll be happy to advise you.



Feedback

At Gipsy Lane we are constantly looking for ways to improve the care we provide to our patients so if you have any feedback about any aspect of our services then please talk to us.



Edited in association with the
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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Smile Dental Care

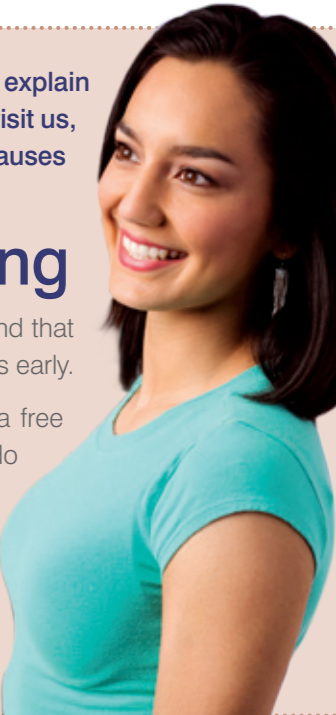
This issue is packed full of lots of interesting articles, we explain how we ensure you are protected from infection when you visit us, tell you about the boom in cosmetic dentistry, look at the causes of sensitive teeth and much more!

Free oral cancer screening

At Gipsy Lane we focus on preventive dentistry and recommend that you see us regularly so that we can spot any potential problems early.

Early diagnosis of oral cancer could save your life. We offer a free screening as part of your regular check-up examination. If we do spot any potential problems, we will let you know immediately and advise you to see an oral surgeon.

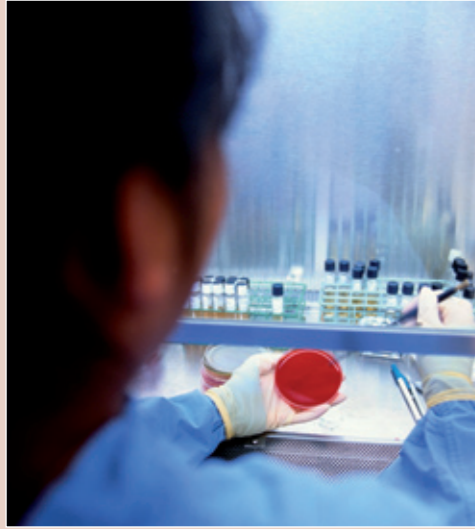
This free screening is also available to new patients so if you have any friends or relatives that would like to join our practice then ask them to get in touch.



Member of the Clear Group

Keeping you *safe*

Stories about hospital super-bugs such as MRSA are becoming all too common these days, and we are increasingly being asked what hygiene precautions we have at the practice.



and rigorously sterilising those that are not disposable. Our staff regularly attend training and refresher courses to ensure they stay completely up-to-date with the latest cross-infection control policies and techniques.

We have set procedures for every aspect of our practice, including safely disposing of used needles, cleaning and decontaminating our treatment rooms, and storing sterile items. In many cases, these procedures go well beyond those required by law, simply because we believe that effective cross-infection control is such a vital part of our daily work.

This means you and your family can relax in the knowledge that we always do all we can to ensure that everyone in our practice is fully protected from infection.

Even though MRSA is very rare outside the hospital environment – and to the best of our knowledge unheard of in the dental sector – we nevertheless have very strict cross-infection procedures in place to keep all our patients and our staff safe.

No doubt you will have noticed that we wear disposable gloves and often masks when examining you or carrying out treatment, and provide you with eye protection.

But there are many other steps we take behind the scenes. These include using disposable instruments wherever possible,

Top tips



Keep a kitchen timer in your bathroom so you know you have cleaned your teeth for long enough – egg timers are ideal. Experts recommend cleaning at least twice a day, especially at bedtime, for no less than two minutes.

Smile – we're *British!*

Cosmetic dentistry in the UK is booming, with the number of treatments carried out up by over 55% in just one year.

While almost two thirds of the procedures are carried out on women, men are also increasingly conscious of the benefits of an improved smile, and even children are becoming more aware.

The new information comes from two leading British dental organisations – the British Academy of Cosmetic Dentistry (BACD) and the British Dental Health Foundation.

The BACD's poll of 650 dentists showed there was a dramatic rise of 144% in porcelain veneer procedures in the previous 12 months. Veneers are very thin layers of porcelain which are fitted to the front of teeth, to disguise imperfections or provide a complete smile makeover.

White fillings and bonding (which is particularly useful for erasing chips, cracks and gaps) have also become much more popular.

Meanwhile, a spokeswoman for the British Dental Health Foundation said that children are becoming more aware of their appearance at an earlier age, and a growing number of them are requesting braces and other orthodontic (tooth straightening) treatments.

Here at the practice, we too have noticed a big increase in the number of patients asking about cosmetic dentistry. If you would like to enhance your smile, please speak to us – we'll be happy to explain the treatment options that are suitable for you.



Dental implants and Greek temples

Titanium, the metal that is usually used for dental implants, is so strong and long-lasting that it is being used to help restore the Parthenon in Greece!

Titanium has the highest strength to weight ratio of any metal – it is as strong as steel but 45% lighter and is extremely resistant to corrosion, making it ideal for long lasting replacement teeth.



Sensitive *teeth?*

Many people can sometimes suffer pain when eating or drinking hot or cold food and drinks, when cold air hits their teeth, or maybe when they consume something sweet or acidic.

Sensitivity often occurs when the hard outer cover of the tooth, the enamel, has worn away, exposing the softer, sensitive dentine underneath.

This can be caused by dental erosion, a major cause of which is frequently consuming acidic drinks. Other causes might include gum recession, or a cracked tooth or filling.

If you have problems with sensitive teeth, please discuss it with the dentist so we can offer help. This might include treating the affected teeth with special de-sensitising products, such as fluoride gels, rinses, mousses or varnishes. You can also use toothpaste for sensitive teeth – this works best if you do not rinse after brushing.