

The Rickmansworth Dental Centre

Newsletter

Issue 2, Autumn 2001

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Welcome to the second Rickmansworth Dental Centre Newsletter. Thank you for your positive feedback on the first issue. If you have any comments on our newsletter or anything you would like to see in it, please let us know.

Practice News



Thanks to your continuing support, the practice is going from strength to strength. We are continuing to invest in the practice to provide the best treatment possible in the most comfortable surroundings. Despite being too few and far between, the hot summer days were made more bearable by our new air-conditioning unit. We have also invested in a new light-curing unit. This is the blue light we shine on certain filling materials to set them. The new unit does the job in five seconds, whereas the old unit used to take forty seconds - a lot less time to keep your mouth open! We have started using two new tooth whitening procedures: 1 in-surgery system and 1 at-home system. These two systems are direct from America and are tried and tested, producing excellent results without damaging the teeth. See our special article on tooth whitening opposite.

Goodbye & Good Luck

Following her marriage in July, our nurse, Faye, has moved to Windsor with her husband, Andrew and has sadly left the practice. We will all miss her and wish her all the best for the future. Hopefully, we shall be able to introduce her replacement to you



Pam's Foot

I'm afraid you may spot Pam hobbling around again. She enjoyed her first foot operation so much that she has decided to have the other one done! Good luck Pam and hope you have a speedy recovery.



Congratulations

Many congratulations to Pam's daughter, Alicia, on her excellent A-level results and place at university.



Appointments

You may find that when making a routine appointment, you may have to wait 2-3 weeks for an appointment as we are very busy at the moment. We apologise for this and are trying to rectify the situation as soon as possible. Please note that we will still make every effort to see you on the same day in an emergency.



Christmas Opening

The Rickmansworth Dental Centre will be open during the Christmas season as follows:



- Saturday 22nd December - Open
- Sunday 23rd December to Wednesday 26th December - Closed
- Thursday 27th December and Friday 28th December - Open
- Saturday 29th December to Tuesday 1st January - Closed
- From Wednesday 2nd January Open as normal.

Actual hours of opening are to be confirmed. In an emergency

Focus On Tooth Whitening

Everyone is different, and just as our hair and skin colour varies, so do our teeth. Some teeth have a yellowish tinge, some are more beige - very few are actually 'white'. Teeth also yellow with age and can become stained on the surface through daily exposure to foods and drinks such as tea, coffee and blackcurrant. Calculus or tartar can also affect the colouration of the teeth. Some people may have internal staining which can be caused by certain antibiotics or minute cracks in the teeth, which take up stain. Tooth Whitening can be a highly effective yet very simple method of lightening the colour of teeth, which does not need the removal of any tooth structure. It cannot make a colour change, but lightens the existing colour. Treatment results may vary depending on the original shade of the teeth. Teeth will tend to darken



slightly over time. The effect lasts for around one to three years, although sometimes it can last longer. It will not work on any type of 'false' teeth. This includes dentures, crowns and veneers. You can take several approaches to whiten your smile:

• In-Surgery bleaching

This procedure is called *chairside bleaching* and may require more than one surgery visit. Each visit may take from 30 minutes to one hour. During chairside bleaching, the dentist will apply a protective gel to your gums to protect the oral soft tissues. A bleaching agent is then applied to the teeth, and a special light used to enhance the action of the whitening agent



• At-home bleaching

Whiteners typically come in a gel and are placed in a custom-fitted mouthguard. This mouthguard is made for you by the dentist and will fit your teeth precisely. This is then worn at home for 2-3 hours a day for 7 -14 days till the desired whitening is achieved. Over-the-counter kits are not recommended. They contain only a small concentration of the whitening agent. Some also contain mild acids, whilst others are abrasive.

• Whitening toothpastes

All toothpastes help remove surface stain through the action of mild abrasives. Some "whitening" toothpastes have special chemical or polishing agents that provide additional stain removal effectiveness. Unlike bleaches, these products do not alter the intrinsic colour of teeth.

For further information on tooth whitening or any other aspect of dentistry, please do not hesitate to

 Adam Deitsch 
and all the staff
at The Dental
Centre wish you and your
families Season's Greetings
and a healthy and happy
New Year.