

# wellingtonhouse dental practice

## tooth whitening

Cosmetic treatment is becoming evermore popular, with tooth whitening one of the most commonly asked about, we thought we would take this opportunity to give you some more information.

Tooth whitening can be a highly effective way to lighten the natural colour of your teeth, without any invasive dental treatment and without removing any of the tooth surface. It can also be done in the comfort of your own home.

### why?

There are several reasons why your dentist may advise a whitening treatment, some of the common reasons include discoloured teeth and staining under the surface of the teeth caused by tiny cracks. Also our teeth become darker as we get older! Tooth whitening can only lighten your existing tooth colour, it will only work on natural teeth and will not work on any types of 'false' teeth

such as dentures, crowns or veneers.

### how?

The procedure of tooth whitening here at our practice involves a short appointment with your dentist to make sure you are suitable for the treatment.



Special occasion, Boys night out or for that all important confidence boost

Impressions of your teeth are then taken and sent to the laboratory for special tailor made trays, to fit your mouth. At your next visit your dentist will show you how the treatment is carried out. You then commence the treatment at home by wearing your custom made trays, normally at

night time while you sleep. This means regularly applying the special tooth gel every night over 4 to 6 weeks. You will have 2 or 3 visits with your dentist to review the colour change. This means satisfactory results can be achieved in as little as a week!

### how long?

The effects of whitening are thought to last up to 5 years, but can vary from person to person. The effect is less likely to last as long if you smoke, or eat or drink products that can stain your teeth.

### for more information:

Feel free to ask a member of staff for more information or book a consultation appointment with your dentist, who can explain everything to you in further detail.

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### WE DID IT!

On Sunday 2nd May, Freya my eight year old daughter and myself completed this year's 5km Race For Life. Unfortunately the weather was against us, it was very cold and windy but at least it was dry, unlike for those who had run in the morning race! But I am hardened to it,



having taken part in hailstones, thunderstorms and once even in the sunshine!

Freya found it hard going but she never mentioned her aching legs once, she had promised her Daddy she wouldn't, this in itself was a wonderful achievement as she normally tells us her

legs hurt after only having walked a couple of hundred metres! I was extremely proud of her.

Both myself and Freya would like to say a big thank you to all the patients, family and friends who so generously donated money to this truly worthwhile cause.

We raised an amazing £170.

Many thanks again

Sarah

### exam successes

Hard work, dedication and hours of studying have paid off for Elyse, Dr Hayes nurse.

In November she sat her National Dental Nursing Examination which consisted of written papers, an oral and practical examination. Finally after an agonising two month wait Elyse heard she had passed with flying colours.

Elyse is now a qualified dental nurse ensuring you will receive even better care.

We are also pleased to announce that Jessica and Julie have passed their National Vocational Qualification (NVQ) in Customer Service at Level 2.

This involved almost a year of study, when they both produced a comprehensive portfolio covering all aspects of Customer Service. The course covered all aspects of customer service which included recognising and dealing with queries, requests and problems on the telephone or at reception.



Throughout the course Julie and Jess have enhanced their communication skills, enabling them to develop a long term rapport with you, our patients.

Jessica and Julie would like to thank all of you, that kindly filled out questionnaires or were happy to give their feedback, this all played a part in helping them achieve their success.

I am sure you will join us in congratulating them all on their fantastic news.

