



SUMMER NEWSLETTER

WELLINGTON HOUSE 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. 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.

Feel free to ask a member of staff for more information or book a consultation appointment with your dentist.

RETIREMENT NEWS

A long standing and dedicated member of staff has retired after working at Wellington House after nearly 30 years. Jannette, who was our practice secretary, plans

we are not sure if she meant working in the garden or just relaxing in it!



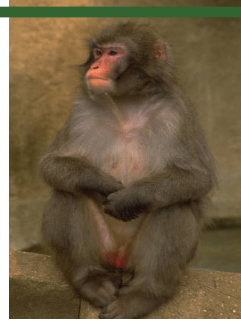
Jannette will be sorely missed by us all, especially for her dry sense of humour. Here's wishing Jannette a long and happy retirement with plenty of sunshine.

MONKEYS TEACHING TO FLOSS!

Making sure your offspring know how to clean their teeth appears to be as important to monkeys as to humans.

Female monkeys in Thailand have been observed showing their young how to floss their teeth - using human hair. Researchers from Japan said they watched seven long-tailed macaques cleaning the spaces between their teeth in the same manner as humans. They spent double the amount of

time flossing when they were being watched by their infants, the team said. This suggests the mothers were deliberately teaching their young how to floss, Professor Nobuo Masataka of Kyoto University's Primate Research Institute said. "I was surprised because teaching techniques



Should we take a leaf out of the monkeys book?

on using tools properly to a third party are said to be an activity carried out only by humans," he told the AFP news agency. He said the study, carried out in Lopburi, north of Bangkok, is still in the hypothesis stage. "We would like to shift our focus to the baby monkeys to check whether the mothers' actions are effectively helping them learn how to clean their teeth," he added.

A BEAUTIFUL SMILE LIGHTS UP THE FACE

Over 60% of the population say that teeth are the first thing they notice about somebody.



Clearstep is the clearest brace in the world, It's removable and comfortable to wear. It can be used to treat people of any age and is totally unique, affordable

and flexible. It can treat all types of orthodontic problems.

HOW DOES IT WORK?

A series of clear wafer thin plastic positioners gradually guide your teeth from their present position to the desired position.

During the course of treatment a trained clinician will monitor your progress at regular intervals until the best possible result is achieved.

Clearstep is removable and therefore flexible enough to fit around your lifestyle so may be removed for that important meeting or special

occasion, in addition to eating and cleaning.

Whether your teeth are crooked or crowded, or they have large spaces between them, Clearstep can treat you.

Over 90% of the population say that having perfect teeth leads to a higher level of



confidence.