

Top Tips for looking after your smile

A smile is the shortest distance between two people.

Victor Borge

Our single most important feature is one we often pay little regard to - our smile! In the UK we spend millions of pounds a year on cosmetic surgery in a bid to look younger, but we often overlook the benefits of having a healthy smile.

The appearance of a person's teeth and gums are very important. A large percentage of people judge a person on their smile alone and believe smiling has a psychological boost and has a direct impact on the way we feel and behave. It can cause us to shy away from being photographed if we don't feel confident to smile in a photograph; it can affect our confidence at work to the point of not getting that promotion or in our personal lives because we don't have the courage to embark upon a new relationship. However, it is not all bad news, you will be pleased to hear that with care and good advice healthy teeth and gums can be achieved, in many cases, with minimal intervention.

Dental care has come a long way in recent years, with major advancements in both cosmetic and general dental care in terms of skill, techniques, and materials. However, that doesn't mean that all dentists have the experience or the skill set to match! So be sure to ask to see a portfolio of their work which will give you an idea of the type of work they have done. Remember that good dental care will always focus on prevention of problems to teeth and gums, and invasive corrective measures should only be undertaken when absolutely necessary.



Here are a few tips on how to have fresh breath confidence and make the best of your smile without a trip to the dentist!

- Clean your teeth thoroughly and carefully and use an electric toothbrush. The harder you brush does not automatically mean the cleaner the teeth! In fact, you could be damaging your gums and causing them to recede! So clean all the surfaces of your teeth and gums carefully.
- Daily cleaning between each tooth with inter-dental brushes or floss will further enhance the cleanliness of your mouth and help eliminate stale odours and plaque. Plaque if allowed to collect will form pockets around the base of your teeth which will push the gums away from the teeth and in severe cases can cause gum disease and the loss of a tooth.
- A good quality mouthwash can help eliminate any lingering odours and any remaining bacteria. Plaque can contain over 300 different bacteria!
- If you suspect your breath is not as fresh as you would like, the problem is probably caused through poor dental hygiene. If, having followed the above advice for a week you feel it has not improved we would recommend you book an appointment with your hygienist or dentist. Sometimes there are areas around your teeth that need professional care before the gum is healthy and your breath really fresh again. Your hygienist or dentist will be able to help and advise you on ways to improve this and the onset of gum disease can be avoided.
- If you have metal fillings that are really bothering you or you feel self-conscious about, then speak to your dentist and discuss having them replaced with metal free/mercury free fillings. Not only are these probably a healthier option, they are extremely strong and look very natural.
- If you need a new crown and the thought of having impressions fills you with fear, you can relax and ask us for a CEREC restoration. Not only will you not need an impression the work can also be completed in one visit and the new crown will look completely natural as well as being very hard wearing.

Thank you for downloading our Top Tips for looking after your smile, we hope you have found the information useful. For an initial consultation about any aspect of your dental care please call us on 0208 303 7445 or email reception@wellingcorner.dental