

Smiles Better!

with **Dr. Nuala Devlin**
Causeway Dental
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Goodbye metal hello white!

Say good bye to your metal fillings in one visit to your dentist, with no impressions, sounds to good to be true? Thanks to Cerec technology it is possible to have your metal fills replaced with porcelain white restorations in only one visit, and the best part...no impressions! Cerec Cad-Cam technology has revolutionized the way we now practice dentistry, we are now able to provide these modern technologies in general practice.

So what is a Cerec restoration?

A Cerec restoration is a Ceramic inlay/onlay filling, Ceramic/Porcelain restorations are not a new procedure, you may already have one from your dentist, but they would have taken an impression and given you a temporary filling for 2 weeks before they placed the new filling.

The advantages of a Cerec restoration compared to a conventional porcelain restoration are:

- No impressions or temporary are needed
- You go home that day with the new porcelain restoration therefore saving time off work and your time in the dental chair.
- The porcelain used in Cerec is a milled porcelain which is strong and very compatible with your existing teeth. Conventional porcelain fillings can be much weaker making them more likely to fracture.
- There is a wide range of shades available and in some cases staining and glazing can be used therefore we can get a much better shade match to your natural teeth.
- Mercury free

How does it work?

The procedure for replacing amalgam fillings with a Cerec begins the same way you would have a normal filling. The tooth is numbed and the existing filling and any decay is removed.



Instead of an impression we spray the tooth with a light powder which enables complete accuracy when we scan the tooth using the cad cam (camera). We also scan the surrounding and opposing teeth so that the fit is accurate.

The 3D images are then transferred to the Cerec computer, the dentist will then design your restoration while you watch. A shade is chosen and then the porcelain block is then placed into the milling unit. You can relax and read a magazine while the milling takes place, on average it takes between 6-25 minutes. We then get you back in the chair to place the Cerec.

The whole procedure for 1 Cerec takes approximately 90mins. Cerec's can also be used for crowns and veneers, and the newest technology allows us to use it when restoring implants. We can email your scanned 3D images to a technician who can make implant retained bridges. It really is the way forward in cosmetic dentistry and at Causeway we love seeing your patients faces when they receive their new Cerec!

Give us a call today if you have any other questions or queries or you can email me: nuala@causewaydental.com

DOS & DON'TS of Dieting

1 DO stick to a calorie-controlled diet. There are hundreds of weight loss fads and programs out there, but in truth, it really comes down to simple maths – in order to lose weight, we have to burn more calories during the day than we take in. Stick to the recommended 1,500 calories a day to lose weight and, when you reach your goal, 2,000 to maintain. This does depend on size and circumstance however, so if in doubt, ask your doctor.



2 DON'T eat too little. It's a real diet no-no. Not eating enough leads to a sluggish metabolism as your body fights to hold on to fat stores to use when other energy stores are depleted. You need energy to exercise, too, as well as perform normal everyday tasks, and depriving yourself of it will make you tired, unhappy, and moody. And no-one wants to feel like that.



3 DO eat plenty of vegetables. Most are low in calories but high in fibre, keeping you feeling fuller for longer. Plus, they are packed with toxin-battling antioxidants, which can help to boost your beauty and vitality, as well as keep your energy levels up.



4 DON'T be too strict on yourself. Give yourself a treat every now and then as a reward for all your hard work. Just be sure to factor it into your daily calorie intake, and limit treats to once or twice a week. That way, they'll taste so much sweeter.



5 DO limit the amount of animal fats you take in. Animal fats are most concentrated in dairy products like cheese, milk and cream, egg yolks and meats – particularly red meats like pork, lamb and beef. Opt for lean fish and dark turkey meat instead, and try to eat veggie a few times a week, too.

