

# Smiles Better!

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*A new smile can create a new you*

Dentist Nuala Devlin from Causeway Dental tells you how you can turn back the clock by giving your mouth a make-over

I recently was waiting for a friend in a coffee shop when I noticed two ladies (of a certain age) at another table. They were chatting and having coffee, not unusual in the given location. What really caught my eye though was one of the ladies in particular and more precisely her beautiful smile!

Age is not kind! We can't stop it but we can do our best to slow it down. Along with the rest of us - our mouths age! Teeth become discoloured and crack, we often lose teeth and gaps can appear. Our gums recede along with the underlying bony support for our teeth (it's the basis for the saying "long in the tooth")! What can you do - well let's look at some of the more common complaints.

## Colour

Age makes our teeth darker! Tooth whitening is a painless, safe process. It makes teeth brighter and whiter. Professional whitening will lighten teeth by

several shades to a natural white colour - we won't give you into a Hollywood star whiter than white smile (unless you want us to!)

## Missing Teeth

Missing teeth result in the bony support to also be lost, this will give your face a "fallen in" appearance, causing skin to sag and lips to pucker inwards (making it difficult to wear lipstick). If teeth are missing or completely lost, you may be wearing dentures. As our mouths age, dentures become loose and move around giving a poor appearance and can cause the gums underneath a lot of harm as they move. Missing teeth can be replaced with precision fit bridges, dentures and dental implants. Dental implants will give a permanent, natural replacement for missing teeth. Implants are retained within the jaw bone and so encourage the bony support that helps fill our faces. Implants can be used to replace

one or several teeth. The best bit is they will feel like natural teeth and look like natural teeth. If you are a denture wearer, implants can help secure a denture snugly in place making it secure and giving you back the confidence to smile.

## Cracked/Misshaped Teeth

Worn down and cracked teeth can benefit from the latest bonding techniques to shape and contour teeth. Cracks and chips in teeth can be repaired with natural looking materials. The results are immediate and can really enhance your smile.

Perhaps you're not sure what is wrong with your smile - maybe you are just unhappy with what you see in the mirror. Come into Causeway Dental for a consultation and discuss how you feel about your mouth. We can talk you through some possibilities. Nothing takes the years off like a beautiful, natural smile!