

Smiles Better!

with **Dr. Nuala Devlin**
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When the dentist becomes the patient.....

For this months column I thought I'd share with you how I keep my teeth healthy and also if I were a patient needing treatment what questions would I ask, and what I would look for in a dentist.

Beauty routine to keep teeth pearly white and healthy!

When it comes to cleaning I follow the general rule of brushing twice daily with a fluoride toothpaste. I use an electric toothbrush which flashes red if I brush too hard and I floss 4-5 times a week. I have a very sweet tooth and love to bake so I take extra care of my teeth by drinking water after eating and by rinsing with a high fluoride mouthwash. The best advice I can give to patients is to visit a dental hygienist. I find that this keeps my teeth and gums in great health and along with good toothbrushing it prevents any cavities.

I have also had my teeth whitened using the Causeway Dental Professional Tooth Whitening Procedure. I found the results were noticeable after the 3rd application. It really is an easy and effective procedure!

Dentists have fillings too!!

Unfortunately I didn't look after my teeth as well when I was a child and so I had a few NHS metal fillings. I always hated the look of them, especially when I look back at old pictures. My advice to patients is if you need a filling ask what your options are, just don't settle for a metal filling. With NHS dentistry you are restricted to amalgam fillings and gold crowns on back teeth, but just because it is the only treatment covered on the NHS it doesn't mean it's the best.

Their are so many options out there, you just need to ask. I have composite (white) fillings and a Cerec. I love working with these materials and have spent a lot of time training and learning about the best techniques on how to use these materials. My aim is to make the tooth look like new!

Dreading the dentist!!

Us dentists have a tough skin, we know people get anxious when they come to see us. I feel that you need to trust and have confidence in your dentist. If you are anxious let us know, this gives us a better insight into how best to proceed with treatment. Relaxation techniques are useful and for the extremely anxious we can provide sedation. I have an ipod and earphones which I give to patients who hate the noise of the drill, or who just want to switch off, its a simple but effective way to help you relax.

We all need to remember that dentists are there to help....they didn't make that cavity appear in your tooth. I love seeing my patients taking great time and effort to look after my teeth, I love it even more when I see their reaction when I tell them they don't need any treatment!!

Thank you to all my readers, I hope my articles have been interesting, educational and fun to read.

As always if you have any questions or queries please email me nuala@causewaydental.com