

The dangers of DIY Teeth Whitening



Everybody dreams of having white sparkly teeth, but we all know that teeth whitening treatments and similar dental cosmetic procedures come at a price, and not all of us may be able to afford these treatments. This is why millions of people worldwide rely on DIY teeth whitening procedures; unaware of all the risks and dangers they expose themselves to with certain products.

It often happens that the tips on DIY teeth whitening are offered by people with no dental training whatsoever and so many people are being encouraged by these articles to bypass their dentists and try a cheaper/"more natural" homemade tooth scrub:

- * Lemon juice mixed with salt and/or baking soda
- * Diluted household bleach
- * Charcoal
- * Hydrogen Peroxide...



Certain Substances Can Slowly and Permanently Erode the Enamel of Your Teeth

Two of the most commonly used substances for DIY teeth whitening are **hydrogen peroxide** and **bicarbonate**, the latter being a highly abrasive product which can permanently damage your teeth if used incorrectly.

You Can Severely Damage Your Gums

If you use the hydrogen peroxide in a very high concentration, not only may it damage your enamel but it can also cause extensive damage to your gums, including gum infection. Any injury to your gum increases the risk for infection.

Unapproved Teeth Whitening Procedures May Actually Have The Opposite Effect

You would be surprised to find out that certain homemade treatments for teeth whitening do not whiten your teeth but, on the contrary, they actually make them even darker than they initially were. The mechanism of action is as follows: baking soda or a highly concentrated amount of hydrogen peroxide can damage the enamel which will make your teeth attract and retain the stains at a higher degree than they normally would.



Bringing smiles across the

😊 world 😊

Hussein's Trip To Gambia



Gambia, the smallest African country is wedged into surrounding Senegal and is home to 1.9 million residents. On 1st May this year, I had the opportunity to visit The Gambia for my annual trip having raised **£50,000** from family, friends and patients here at Forest House Dental Practice for food aid across the country.

We have been running the charity for over 20 years now in The Gambia and going back is always a different and rewarding experience. Me and my family had an incredible week, having arranged buying and delivering food parcels and rice from a wholesaler, we were able to organise food aid and transport to villages all across rural Gambia. This allowed us to target some of the poorest people in the country who struggle with the basic necessities in life as well as having remote access to clean water.

Whilst I was there and talking to individuals about the struggles families face including unemployment, earning less than **£1 a day** for **10 hour shifts**, as well as rising food prices, it makes the trip ever much more important.

One touching story I would like to share with everyone is in one of the remote villages, we came across families who have been **without any stable food for months**, surviving from food found themselves and also from a lend in hand from neighbours who themselves have very little. When we arrived and provided these families with food aid, they would give an equal share to their neighbours and people they knew in surrounding villages that are in the same dire need as themselves. This spirit of friendship, love and togetherness gave us all an insight that even in **starvation**; they would care for each other, especially towards the **elderly** and **young children**.

This trip to Gambia was **eye opening**, not only did I get to divulge into the various communities; I had most importantly made a difference. It made me realise how lucky we are to have food at our doorsteps. In years to come, I hope to reap the rewards of seeing each new smile. I would urge everyone to take some time out of their busy schedules to make a difference to whoever they can and remember that life can bring more than just a **beautiful smile**.



**How to Care for —
Your Child's Teeth**

Did You Know?

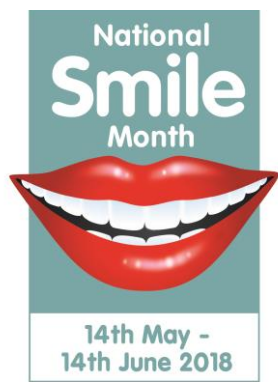
- Statistics show **18.6 percent of children** from the ages of 5 to 19 have untreated cavities.
- Each year, children lose a collective **51 million school hours** to dental-related illnesses.
- More than a third of 12-year-olds** are embarrassed to smile because of their teeth.

10 Tooth Care Tips for Kids

- Start Oral Hygiene Early**
Begin wiping your baby's gums after every meal even before they have teeth.
- Continue Breastfeeding if Possible**
Breastfed babies tend to have lower risks of cavities than those who are bottle fed.
- Get Comfortable With Your Dentist**
A visit to the dentist by age 1 can help your children become comfortable and spot any potential problems early.
- Use a Toothbrush as Soon as Teeth Erupt**
Brush your child's teeth twice a day with a soft-bristled infant's toothbrush. Be gentle and don't press down too hard.
- Begin Flossing as Soon as Teeth Touch**
Flossing can reach where your toothbrush can't and can help prevent gum disease and tooth decay. Flossing should be done at least once a day.
- Add in Some Fluoride Toothpaste**
Use just a rice-grain-sized amount for 1 to 3-year-olds and a pea-sized amount after that.
- Beware of Pacifiers After Age 2**
Pacifiers can shift permanent teeth out of place, so aim to limit their use after 2 years old.
- Avoid Sugary Snacks and Drinks**
Keep sugary drinks out of sippy cups and bottles and limit treats to one meal a day, like dessert.
- Make Oral Care Fun**
Inspire your kids with a song, or keep them interested by giving rewards based on their performance, consistency, and enthusiasm.
- Go For Regular Dental Checkups**
Aim to take your child to the dentist every six months. The effort will be worth it when you get to see your child's bright, healthy smile year after year.

National Smile Month is the largest and longest-running campaign to promote good oral health.

We have had fun celebrating National Smile Month here at Forest House. Here is a few Selfies of our staff with our red lips.



Don't forget to like our Facebook page!



Smile



From the Forest House Team

OPENING TIMES

MONDAY: 9AM-5PM

TUESDAY: 9AM-5PM (5PM-7PM:BY APPOINTMENT ONLY)

WEDNESDAY: 9AM-5PM

THURSDAY: 9AM-5PM

FRIDAY: 9AM – 5PM

SAT/SUN: CLOSED

FOREST HOUSE DENTAL PRACTICE

530 BRAUNSTONE LANE, LEICESTER, LE3 3DH

TELEPHONE: 01162 898888 EMAIL: reception@foresthousedental.co.uk

www.foresthousedental.co.uk