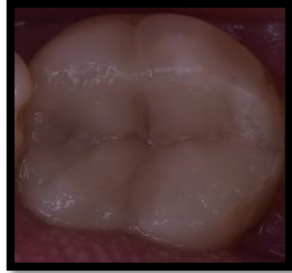


5 Reasons To Replace your Silver Fillings



Before



After

In the early 1990s, many patients had silver coloured fillings (amalgam) placed into their cavities without any choice given to them. In the early days of dentistry, amalgam fillings were considered the best fillings at the time due to their long lasting nature.

More than 80% of the British population have at least one filling and there is a high probability that these are silver coloured fillings - the fillings you can see when you smile or laugh. Nowadays, due to better materials, white fillings are just as long lasting as silver fillings and as durable.

Here are the five reasons to either choose or replace your silver-coloured fillings.

1. Silver fillings do not stick to the tooth.

White fillings bond to the tooth which can essentially hold a tooth together. When silver fillings are placed, the tooth takes a lot of the force in certain areas which can lead to cracks and can lead to the tooth fracturing/breaking apart over time. The white fillings can hold the tooth together which reduced the chance of fractures in most cases.

2. Amalgam fillings react more to temperature change.

Silver fillings can conduct heat more than white fillings and therefore can make your teeth more sensitive, especially if the filling is deep. As white fillings are bonded to the tooth, there is less chance of hot/cold foods leaking through the filling.

3. White fillings look invisible.

As you can see from the images, the silver fillings I have placed in these patients are invisible and look exactly like a tooth. Therefore when you smile or laugh, no one will be able to see your fillings in your mouth. This will therefore boost your confidence in socialising with your friends and family.

4. White fillings are easily repairable.

When a tooth chips away, it can leave a small cavity which would feel sharp on the tongue and cheeks. Silver fillings require tooth to be taken away to lock the filling into the tooth, however white fillings can be added to the fractured area. This results in you keeping more of your tooth for longer as less tooth is removed to restore the cavity.

5. Silver fillings stain the tooth from the inside.

When silver fillings are placed, over a period of days/months/years, they result in the tooth discolouring, leaving dark black shadow shining through the side of the tooth. White fillings do not cause this and therefore in the future, your teeth will still remain the same colour.

If you are interested in changing your fillings to tooth-coloured fillings just like in these images, please ask during your check ups or call the practice on 0116 289 8888 to book a consultation with your dentist to go through options and costings.



Before



After

Both cases completed by Dr Raithatha at Forest House.



worried?
about wrinkles



Our therapist Mike has recently completed a course in Facial Aesthetics.

We are now offering Facial Aesthetics with Complimentary Consultations!

Book yours now by calling

0116 2898888 or email

reception@foresthousedental.co.uk



Dreaming of a white Christmas?

Then take advantage of our amazing offer!

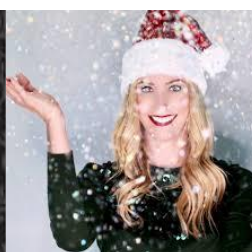


Tooth Whitening

For Only

£249

Call us on 0116 2898888 or email reception@foresthousedental.co.uk to book now. **Offer for a limited time only**





Mouth Cancer Action Month November 2018

Oral Health Foundation

CAUSES OF MOUTH CANCER

SMOKING

Smoking tobacco increases your risk of developing mouth cancer by up to ten times, compared with non-smokers. This includes smoking cigarettes, pipes or cigars.

Around two in every three (more than 60%) mouth cancers are linked to smoking.



ALCOHOL

Drinking alcohol to excess increases your risk of mouth cancer. Alcohol is linked to just under a third (30%) of all mouth cancers.



Smoking and drinking together increases the risk of mouth cancer by up to 30 times.



DIET

Around a third of mouth cancers are thought to be linked to an unhealthy diet and a lack of vitamins and minerals.

It is recommended that you eat a healthy, balanced diet including lots of fruit and vegetables each day.



UV

Too much ultraviolet (UV) radiation is a known cause of skin cancer. This can occur either from natural sunlight or sunbeds. Skin cancer can develop on the lips – as this area is often exposed to UV radiation.





Two members of the Forest House team tied the knot back in September.

Congratulations to Keeleigh and Hussein we wish you both all the best for the future.



Welcome to our newest member of the team Lauren.
Lauren has joined us as a trainee dental nurse.
She also celebrated her 21st Birthday in October.

We Would Like To Wish All Our Patients A Merry Christmas And A



Happy And Healthy 2019!!



CHRISTMAS OPENING TIMES

21st dec – 9am – 5pm
22nd – 23rd Dec - Closed
24th - 9am – 5pm
25th- 26th Dec –Closed
27th Dec – 9am - 5pm
28th Dec -9 am – 5pm
29th – 30th Dec -Closed
31st Dec - 9am 5pm
1st Jan-Closed

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