

The Perfect Smile

Almost everyone craves the perfect smile, and with cosmetic dentistry now more available and more cost effective than ever before, it's the perfect time to boost your confidence. We asked Dr Keith Jackson of Gainsborough's Forum Dental Studio, for his advice on obtaining a smile that would shame even Hollywood...

Not too many years ago a perfect smile and healthy looking white teeth were mainly the preserve of the rich and famous, with the 'toothpaste ad' smiles reserved for the winners of beauty pageants and actresses.

Today many people – both men and women – enjoy a healthy, confidence-boosting smile thanks to cosmetic dentistry. A 'good smile' can do much more than alter a person's appearance and improve their confidence... and the great news is that treatments are now available to all, more affordable and accessible and more importantly, pain-free.

"At my practice we now offer a wide range of treatments to address aesthetic dental problems," says expert Keith Jackson. "This can include straightening and whitening teeth to dramatically improve your smile."

Tooth whitening is one of the most popular procedures Keith's practice offers, and is a relatively hassle-free process. Patients are supplied with a 'mouth tray' designed to their individual requirements, into which a whitening gel is administered. The gel, by a slow and gentle process, lightens the teeth and is applied to the teeth for 3-4 hours per day for a period of approximately a month.

The concentration and strength of the gel is carefully monitored to ensure the patient does not suffer any discomfort. Treatment is usually painless, although teeth may feel a little sensitive during the initial stages of the process but persistent discomfort is unusual. The effects of whitening achieved in this way, can often last for several years, providing proper care is taken of the teeth.

For many people who possess uneven teeth that were not corrected in childhood, the chance to achieve straight teeth is assumed to have passed with age, but this is not the case. The number of adults wearing new styles of braces is increasing and the results are impressive.

"It is never too late to re-align displaced teeth for both medical and cosmetic reasons. Dental braces can be fitted onto the majority of people, and less conspicuous cosmetic options are available for increased aesthetic comfort," says Keith.

Treatment time varies between six months and two years depending on the severity of the problem, but the average patient will wear braces for 12 - 18 months, after which simple retainers are worn at night to ensure that the teeth do not move. Patients who complete the treatment are rewarded with a much-improved smile and a huge confidence boost.

Modern dentistry has also provided an answer for cracked, chipped, discoloured or undersized/worn teeth. Veneers are layers of porcelain or composite fitted to the damaged tooth to improve its appearance – the amount applied can be tailored so that the colour of the veneer matches that of the patient's other teeth.

Improvements in dental technology in recent years have meant that veneers look even more life-like and can allow us to create a beautifully even and natural smile.

Veneers can last for as long as 30 years, although restorative maintenance work can



Cosmetic Dentistry

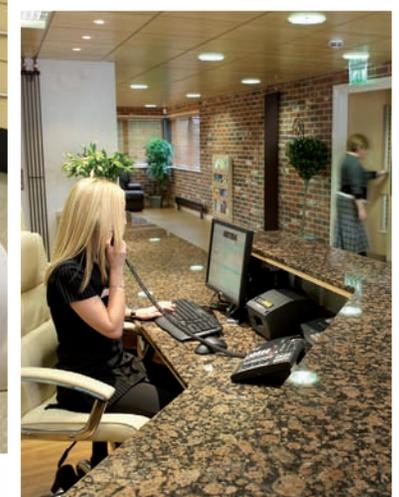
What's available? Teeth can be whitened painlessly for a brighter, cleaner smile. Cosmetic braces make correcting crooked teeth quick and painless, whilst veneers make correcting even one tooth convenient and trouble-free.

Additional Advice: A no-obligation consultation is a must to ensure you understand the procedure. Teeth whitening is available for under £200, making treatments both accessible and affordable.

Find Out More: Call 01427 615117 or see www.theforumpractice.com for further details. ■



Main: Dr Keith Jackson.
Below: The plush practice.



be required. Discomfort is minimal and patients are surprised by the lack of pain experienced both during and after the fitting of veneers. Even one tooth can really make a difference.

The Forum also offers implantology treatments, which allows us to replace individual or multiple teeth without the need for dentures or bridges.

“A proper consultation is the first step to achieving the smile you wanted.” says Keith.

Like many practices across Lincolnshire, Keith offers free, no obligation discussions for all who wish they could improve their teeth and obtain a smile they’re really proud of. ■

