



Changing Peoples' Lives...

BY ASH PARMAR

LONG LASTING DENTISTRY

One of the important things a person needs to question his or her dentist is: "How long will the dental treatment last?" No one really enjoys having dental treatment. Therefore, I feel treatment should be done to a high standard, with high quality materials and equipment so that it will be long lasting. This avoids repeat dentistry, more time off work and fewer injections in the future!

HOW LONG DO FILLINGS LAST?

Scientific research shows that amalgam (silver) or white fillings last 8-12 years on average. However, I have seen fillings that still look perfect after 25 years of service. There are many factors involved. Firstly, the skill of the dentist and the quality of the dental fillings used. The patient's care and hygiene standard is also very important – if someone brushes their teeth twice a day and flosses between teeth properly, then plaque (containing bacteria) is constantly being

removed, ensuring a healthy situation. The diet also affects the amount of decay that occurs – the higher the frequency and amount of sugar intake, the higher the chance of getting recurrent decay and further problems.



A high quality, long-lasting white filling

WHAT ABOUT GUM HEALTH?

Gum disease is one of the main causes of teeth being extracted in adults. Plaque causes bone to be gradually lost around the roots of teeth. This causes them to get loose and they eventually need removal. This process is often painless and in some cases undiagnosed properly by the dentist. The only person that can then suffer is the individual! Therefore, even if the teeth are restored properly, or someone has had very good cosmetic

dentistry, the long-term success will depend on having healthy and clean gums.

HOW LONG DO PORCELAIN VENEERS LAST?

Research published in 2013 answered this important question. If porcelain veneers are bonded to the outer enamel layer, then the success rates after twelve years is 98%. However, if porcelain veneers are bonded to the inner dentine layer, then the success rate drops to 68%. Therefore, a skilled dentist and ceramist technician can create an attractive, strong and long-lasting smile if the treatment is planned properly.



Porcelain veneers - a healthy and attractive smile for many years

HOW SUCCESSFUL ARE DENTAL IMPLANTS LONG-TERM?

Once again, dental implants are a long lasting treatment option with success rates of over 95% after 15 years. The long-term

success also depends if the person smokes, the standard of hygiene and the actual design of the implant supported crown and bridgework.

SUMMARY

"Prevention is better than cure" is a well-known saying. But how many people follow this advice properly? Do you and your family visit the dentist regularly? Do you have a very high standard of dental hygiene? Do you really care about how long your teeth will last in the mouth? Are you interested in the standard of dental care that is provided to you? These are all important questions that you should ponder over carefully.

At *Smile Design By Ash*, we care for our patients for the long-term. Our ethos is preventive dentistry and we offer a very high standard of general dental care for adults and children. If you want good quality, affordable private dentistry, look no further ■



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