

Keeping your smile looking good can be a huge help when it comes to defying the effects of ageing, but sometimes our patients feel that they need an extra helping hand.

## Thinking about Botox®? You are in very good hands



At Belle Vue our wide range of skin treatments includes Botox® which is renowned for its **instant wrinkle-reducing effects**. It works well on facial lines caused by muscle movement, such as frown lines, lines across the forehead and crow's feet around the eyes.

Mrs Gardiner is an **'advanced qualified injector'**. Her training in facial aesthetics combined with her knowledge of the facial area and strict cross-infection controls means that you are in very good hands.

As an experienced injector Mrs Gardiner can carry out eyebrow lifts, treat lines around the lips ('smoker's lines'), define the jaw line, reduce gummy smiles, reduce jowls, reduce dimpling chin and eliminate a horizontal chin line.

Results start to appear within 24 to 72 hours after treatment, with the main effect appearing after about a week. Your face will look **smoother, younger** and **more relaxed**, potentially **taking years off** your appearance.

As an advanced qualified injector Mrs Gardiner can also offer treatment for hyperhidrosis (**excess sweating**). Botox® can block the action of sweat glands to leave you feeling dry and comfortable even when the heat is on.

If you are interested in finding out more about treatment with Botox® please give us a call, visit our website or ask next time you visit. Mention this newsletter to receive a **10% discount\*** on Botox® treatments carried out before 31st December 2011.

\*not available in association with any other offer

## Redness relief

Millions of people suffer from visibly red skin on the nose and cheeks caused by blood vessels under the skin becoming enlarged. This condition can be embarrassing, uncomfortable and even painful. The good news is that here at Belle Vue we offer a choice of treatments to help.



**Redness Relief CalmPlex™** is a new skin cream specially formulated to work on the key underlying causes of skin redness. The cream is a result of two years of scientific research and extensive clinical studies have been carried out to prove its effectiveness. Results can be seen in as little as two weeks with continued improvement over time. Skin is left looking healthy and radiant.



The **Isolaz™ laser** is a light based technology whose effect has been intensified by the use of a vacuum. This revolutionary treatment provides excellent results when treating red skin. Usually three to six sessions give the desired effect. Treatment is quick, painless and can make a real improvement to the condition of your skin.

For more information on 'redness relief' please call today for a no-obligation consultation.



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Articles contained within this newsletter are provided for information only and should not be taken as a recommendation for any specific dental treatment or procedure. For further advice contact the dental practice.

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# Belle Vue

Issue 15

*beautiful smiles, younger-looking skin*

## Picture-perfect a more confident you



**Are you self-conscious about your smile?  
Do you feel embarrassed to smile in photographs,  
or cover your mouth when you are talking?**

If less than perfect teeth are holding you back veneers may be the answer.

Veneers are very thin layers of natural-looking porcelain that are bonded to the front of your teeth. They not only hide chips, stains and gaps but can also add strength to teeth.

At Belle Vue we tailor our treatments to suit you. We can demonstrate the final result using digital photos and models, so you can be sure that your new veneers suit your face and personality.

**Book a no-obligation consultation to find out how we can help you to smile with confidence. Mention this newsletter to qualify for a 10% discount\* on veneers completed before 31st January 2012.**

\*not available in association with any other offer



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# Improving your smile needn't cost the earth

If you are interested in enhancing your smile, please talk to us. We are generally able to offer a range of treatment options to solve a problem. There is no obligation to go ahead with any treatment, but by talking with us we will be able to explain your options.

Often patients do not need anything as extreme or as expensive as you see on the TV such as dental veneers. Sometimes a tooth whitening treatment, or some simple bonding to disguise chips or gaps can be all that is needed to make a huge difference to someone's smile.

If you would like to know how to enhance your smile at a pace and price to suit you and your lifestyle, please ask – we'll be happy to help.

## Stay fit...

A recent study has shown that people who stay fit and healthy – exercising, keeping to a normal body weight and eating a healthy diet – are 40% less likely to develop gum infections that could lead to tooth loss.



# Are your gums healthy?

Gum infections are the most common cause of adult tooth loss but often go unnoticed as they progress without pain. However, the following are warning signs that shouldn't be ignored:

- Gums that bleed when brushing/flossing
- Bad breath or bad tastes in the mouth
- Loosening of teeth
- Loss of teeth
- Gums that are red, swollen, or tender
- Gum recession
- Teeth that drift from their original position

In order to prevent gum disease and keep your teeth and gums in tip-top shape, we advise:

- › **Brush your teeth twice a day** with fluoride toothpaste, especially at bedtime. You should clean them for 2 minutes, making sure you brush every surface of each tooth – be thorough but not forceful as you can cause damage to your teeth and gums.
- › Make sure you **clean between your teeth and under your gumline**. We can advise you on the best method for your teeth.
- › **Eat a healthy diet**. In particular, don't eat too much sugar, and don't consume sugary foods or drinks too often – we recommend limiting sugar intake to mealtimes only.
- › **Don't smoke!** Smoking has a particularly damaging effect on your oral health. Smokers are four times as likely to suffer gum disease (the biggest cause of tooth loss among UK adults).
- › **Visit the practice regularly** so we can check your mouth for signs of potential problems and treat them early. Having your teeth professionally cleaned by us also helps protect you from gum disease by removing any hardened plaque and flushing away plaque bio-films.
- › If you are **overdue for a check-up or have any concerns**, please give us a call and book an appointment, and let us help you to enjoy healthy teeth and gums for life!

# The sugar factor...

To help keep your teeth healthy, it is advised that you eat only three or four times a day, avoiding the temptation to snack in between – and if you must snack, then choose something that has no or minimal amounts of sugar in it, such as cheese, nuts, raw vegetables or breadsticks.

This is because every time you eat or drink something with sugar, the bacteria in your mouth reacts with the sugar which produces acid that attacks your teeth. If these attacks happen too often, your teeth will suffer decay.

In addition, you should avoid acidic or fizzy drinks, as these can cause tooth erosion, where the hard outer coating (enamel) of your teeth is gradually worn away by repeated acid attacks. Your best bet is to stick to still water or milk.

If you must eat or drink sweet stuff, either ensure it is sugar free (low sugar or no added sugar still contains sugar!), or indulge less often – at or immediately after mealtimes is ideal. You can also chew sugar-free gum with xylitol after eating or drinking to help boost saliva production and neutralise decay.

For more advice please call or ask next time you visit.

## Did you know?

You should replace your toothbrush after an episode of flu, a cold or other viral infection. Notorious microbes implant themselves on the toothbrush bristles leading to re-infection.

