



Dr Grant McAree

Ask Dr. Grant



DR GRANT IS ONE OF THE LEADING COSMETIC DENTISTS IN THE SOUTH WEST AND HAS TREATED PATIENTS FROM ACROSS THE REGION AND BEYOND. HIS MAIN SOURCE OF NEW PATIENTS IS THROUGH WORD-OF-MOUTH REFERRALS

TOP QUESTIONS OF 2012

My teeth are really sensitive

If your teeth twinge when you have hot, cold or sweet things, you may just be naturally more prone, but it could be due to brushing too hard, acid wear, receding gums or a more serious dental problem. Switching to 'sensitive' toothpaste will usually do the trick and using an electric brush can also help, as you're less likely to brush too hard and wear away the enamel or your gums. However, if sensitivity persists, it's worth getting it checked out.

Why are my teeth becoming more crooked?

Our teeth tend to overlap more as we get older, especially women's lower front teeth. If you feel you're too old for braces, don't forget that revolutionary new braces can straighten teeth in weeks or months rather than years, including just one or two teeth, with no need for 'train tracks'.

I fear my teeth are beyond repair

There's no such thing as a lost cause! There are now so many treatments available, you'd be surprised: shade-matched cosmetic fillings can be carefully shaped to aesthetically restore worn-down teeth; veneers can restore rough or discoloured teeth; crowns or bridges can restore the shape and function of more damaged teeth. And there's now also a new option for replacing missing teeth – dental implants – where a tiny titanium

screw acts like the missing tooth root and holds a crown or bridge.

Will pregnancy damage my teeth or gums?

It's a myth that pregnancy automatically causes dental problems. However, you should naturally be more aware of your vitamin and mineral intake and take supplements as advised by your doctor or midwife. You may find your gums bleed more easily during pregnancy, after the baby is born and also when you stop breast feeding due to hormonal changes, so it's important to go for frequent hygiene appointments for regular cleaning and advice on maintaining a good oral hygiene routine at home.

What can I do about gaps between my teeth?

You can either add to the teeth, filling in gaps, or push teeth together, closing gaps. To fill in gaps, you can use tooth-coloured fillings, bridges, veneers or dental implants. For closing gaps, there's a choice of new braces: the Inman® 'Speed Brace' treats the front teeth only, Invisalign® 'Invisible

Braces' treat full arches and custom-made clear aligners can treat individual teeth.

I'm fed up with my loose-fitting denture

If your denture moves when you talk, smile or eat, makes eating difficult, affects your speech or just plain hurts, there are things that can be done to help. Your dentist or clinical dental technician will be able to tell you if a new denture or implant-retained denture may be your best option. An implant-retained denture is specially designed to be attached to implants, so it can be held in place. More and more patients are having their denture secured in this way for complete peace of mind.

I'm scared to go to the dentist!

If you've been putting off going to the dentist, the good news is things have changed a lot in recent years. Injections don't have to hurt and new treatment options mean there's no such thing as a lost cause. By going for regular check-ups, problems can be sorted early on – less damage, less worry, less cost. Find a dentist you can trust – we're here to help! **DL**

**“DREAMS ARE
TODAY'S ANSWERS
TO TOMORROW'S
QUESTIONS.”
– EDGAR CAYCE**

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