



Dr Grant McAree

Ask Dr. Grant



DR GRANT'S BACK! SO, TO RELAUNCH HIS COLUMN, WE THOUGHT IT'D BE THE PERFECT TIME TO ASK ONE OF THE REGION'S LEADING COSMETIC DENTISTS WHERE HE THINKS DENTISTRY'S GOING ... AND GET SOME OF HIS FAMOUS TIPS.

**DENTISTRY TODAY –
WHAT'S THE STORY?**

What have been the biggest changes in dentistry in recent years?

The explosion of cosmetic dentistry – it's no longer just about check-ups and silver fillings. Also, patients now tend to shop around, wanting choice, affordable options and excellent customer care. Nothing stays still in the world of dentistry.

How would you sum up your approach to cosmetic dentistry?

Conservative. My overriding aim is to preserve the natural teeth as far as clinically possible. I don't believe in destructive quick-fix solutions. Your teeth are precious and can last you a lifetime if you look after them. I love being able to correct minor irregularities with surprisingly-simple solutions, like chipping or tooth length by using cosmetic bonded resins, so it all looks very natural.

What are your most popular treatments?

More and more patients are coming in for straightening and implants: it's now possible to align just one tooth, the front four teeth or a whole arch using 'invisible' braces, often in a matter of weeks rather than months or years; while implants are the closest thing to having your own teeth back – they look, feel and function just like natural teeth and are permanently fixed in place.

What's going to be the next big thing?

It's already here! All-on-4™ dental implants, which make it possible to replace an entire set of missing teeth in one day: a patient can arrive at the surgery with no upper and/or lower teeth and leave within four to six hours with a complete set of new, custom-made teeth. Even I think it sounds too good to be true!

What do you think of dental treatments on extreme makeover-type shows?

They're certainly made to shock; patient cases are often selected for maximum impact. In reality, quite a small change – like realigning a couple of teeth and some whitening – can have a dramatic effect,

which is just as exciting but doesn't make as good TV!

What are your top tips for looking after your teeth?

1) Use an electric toothbrush – they're more efficient than 'normal' brushes, plus you're less likely to brush too hard and wear away your enamel or gums. 2) Clean between teeth with floss or interdental brushes – it's just as important. 3) Don't miss check-ups: that way, problems can be sorted early on – less damage, less worry, less cost. 4) Try and cut down on sugar and acidic drinks.

Which celeb's teeth would you like to do?

Simon Cowell's! I must be asked every week by patients who come in for whitening treatment "will I look like Simon Cowell?" Truth is, you won't. I'm pretty sure he's had veneers, not whitening. And in any case, you're always in control of how white you wish your teeth to go and can choose to stop when you reach your desired result. **EM**

“THERE IS NOTHING LIKE RETURNING TO A PLACE THAT REMAINS UNCHANGED TO FIND THE WAYS IN WHICH YOU YOURSELF HAVE ALTERED” – NELSON MANDELA

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