

JULY 2023



Can Teeth Whitening Really Improve Your Confidence?

Our smile is one of the first things people notice about us. Our smile is a signal of happiness, friendliness, and approachability. It can help convey positive emotions and create a sense of connection with others.

Smiling can actually trigger a positive feedback loop by signalling happiness to your brain. It can help improve your mood, reduce stress, and enhance overall well-being. It can also help build rapport and make you appear more likable and trustworthy, potentially leading to better relationships and opportunities.

Discolouration of our teeth is one of the leading reasons people tend to hide their true smile. Given modern food and drink, staining of teeth is almost inevitable, but for some of us it is harder to get rid of those stains properly. Apart from cleaning and polishing your teeth with the hygienist to keep them as bright as possible, teeth whitening is a very popular treatment to overcome staining, and bring a sparkle back to that smile.

Here are some benefits of teeth whitening that will help brighten your smile and boost your confidence::



1. Enhanced Aesthetics: Teeth whitening can significantly improve the appearance of your smile by removing stains and discolouration.

2. Increased Confidence: A brighter smile can boost your self-confidence and self-esteem. When you feel good about your teeth, you're more likely to smile freely and feel more comfortable in social and professional interactions.

3. Youthful Appearance: Teeth naturally darken with age due to various factors like lifestyle and dietary habits. Whitening your teeth can help reverse the signs of ageing, making you look younger and more vibrant.

4. Removal of Stains: Teeth whitening treatments effectively remove stains caused by various factors such as coffee, tea, tobacco, red wine, and certain foods.

5. Non-Invasive Procedure: Teeth whitening is a non-invasive dental procedure and is a relatively simple and painless way to enhance the appearance of your teeth.

6. Quick Results: Whitening treatments often provide noticeable results within 2-3 weeks. Dentist-supervised kits can give you whiter teeth within a short period which will last longer.

So if you find yourself hiding your smile, there are ways to make your teeth whiter and brighten up your confidence!

[Book A Whitening Consultation](#)

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gift from us...

If you refer a friend to the practice who books in for an exam and hygiene, let us say thank you with a £25 gift voucher from Selfridges, Amazon or Space NK.

Just tell your friend to let us know you referred them and we'll get in touch to ask for your choice of voucher.

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Feedback from our patients allows us to learn and continuously improve. It makes our jobs all the more satisfying when we hear lovely words from you!



Carmel Morrissey

1 review



Dr David Tissera is the most wonderful Dentist . Kind Caring and Amazing Professional Expertise . Dental health Care at its best . Excellent and beyond . So Grateful to have found this practice . Everything about this practice is healing and Uma the receptionist is a star kind wise caring .



R Ally

6 reviews



Excellent service! Staff are always soo polite especially Uma (receptionist) and Don (practice manager). They are are very attentive and go above and beyond to ensure you are comfortable. Ask for Dr Ilaria and Stefanie very honest, and execute everything with precision and perfection.



Why Should You Visit The Hygienists?

Regular visits to the dental hygienist are important for maintaining good oral health, which in turn promotes good overall health. It will also help fend off other dental issues which can require additional treatment and cost. At Aura Dental in St John's Wood, we recommend seeing the hygienist at least every 6 months. This will ensure any dental issues are detected early and can be taken care off before it gets worse.

The hygienist will use a combination of ultrasonic and manual scalers to get between your teeth, into your gums and those hard to reach places to remove plaque and food build up. This reduces the chances of gum (periodontal) disease, cavities and abscesses... all problems that mean you will need further treatment.

There are several reasons why it is beneficial to see a dental hygienist:

- 1. Professional Teeth Cleaning:** Aura Dental's hygienists specialise in cleaning and polishing your teeth to remove plaque and tartar buildup, which cannot be adequately addressed by regular brushing and flossing alone. This cleaning process, known as scaling, helps prevent gum disease and tooth decay.
- 2. Gum Disease Prevention:** Gum disease, also known as periodontal disease, is a common oral health issue that can lead to serious consequences if left untreated. Our hygienists can identify early signs of gum disease and provide necessary treatments or recommend further evaluation by a dentist.
- 3. Oral Health Assessment:** The hygienists perform a comprehensive examination of your mouth, gums, and teeth during your visit.

They can detect oral health issues such as cavities, oral cancer, gum inflammation, and other dental problems. Early detection allows for prompt treatment and better outcomes.

4. Oral Hygiene Education: Your hygienist can provide personalised oral hygiene instructions and tips tailored to your specific needs. They can teach you proper brushing and flossing techniques, recommend suitable oral care products, and offer advice on maintaining good oral health at home.

5. Prevention and Early Intervention: Regular dental hygiene visits contribute to preventive dental care. Dental hygienists can apply dental sealants to protect your teeth from decay, administer fluoride treatments to strengthen enamel, and provide insights into healthy dietary choices that promote oral health.

6. Support for Overall Health: Poor oral health has been linked to various systemic health conditions, including heart disease, diabetes, respiratory infections, and complications during pregnancy. By maintaining good oral hygiene and visiting a dental hygienist regularly, you can reduce the risk of these associated health issues.

Remember, while dental hygienists play a crucial role in oral health care, it is essential to also see a dentist for comprehensive evaluations, diagnosis, and any necessary treatments. Regular visits to both the dental hygienist and the dentist can help you achieve and maintain optimal oral health.

So whether you come to see us at Aura Dental in St John's Wood, or at another practice, don't forget to book yourself in for regular hygiene visits.



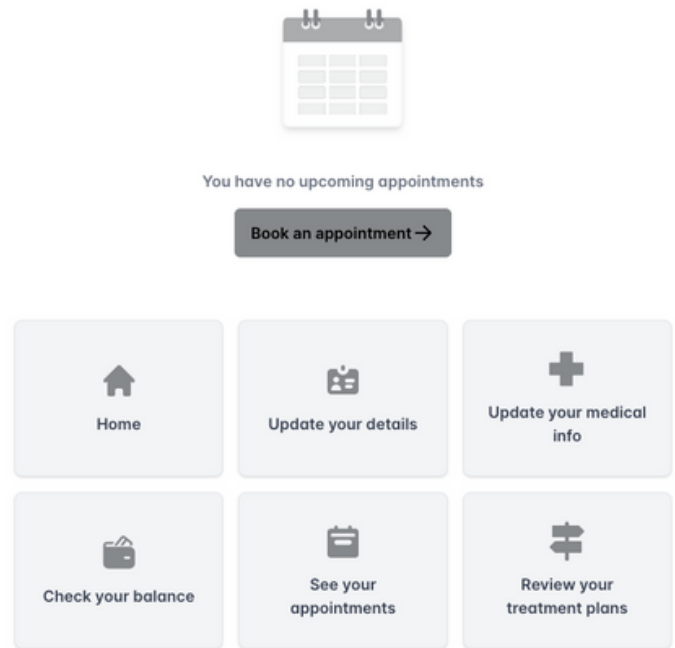
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AURA**
Tuesdays
Fridays
Saturdays

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Our Patient Portal Makes Life Easier

Our patient portal allows you to book and manage your appointments online, at your own convenience. Using our easy to use portal you can:

- **Book appointments online** - choose the type of appointment you want to book, pick available dates and times and pay the appointment deposit quickly and easily.
- **Online medical history** - update your medical history prior to your appointment.
- **Read and sign consent forms** - access consent forms for your treatment and sign them online.
- **Review and sign treatment plans** - view treatment estimates and accept them online.
- **Update personal details** - ensure we have the correct contact details and update them quickly and easily.



[Click here to access the patient portal.](#) For existing patient, log in using your date name and date of birth. A verification code will be sent to the mobile phone we have on file for you for security purposes. If you have any issues, just give us a call at the practice.

The Aura Team

This month we sadly say goodbye to Uma, our treatment coordinator and Veronica, our receptionist. They have been fantastic members of the Aura Dental team and will be sorely missed. We wish them the best of luck in their next adventure!

Since our last newsletter, we have also added new faces to the Aura Dental team. Over the past few months, we have introduced general and cosmetic dentist, Daniel Caldwell, and Stacianne Tennent, dental hygienist, to the team.

Both Daniel and Stacianne are available for Saturday appointments, so if weekdays are a bit too busy for a visit to the dentist, you can book your routine dental and hygiene visit together on the weekend.

You can get to know more about our team on our website. You'll be able to read clinician profiles and see their areas of expertise.

[Click Here](#) to meet the team.

See You Next Month!