

## *Just to Let You Know*

### **The Geneva Smile**

Everyone has heard of the Hollywood Smile but not as many of us would choose to be seen wearing one.

This spring Christine attended a 3 day intensive training course in Geneva in the Geneva Smile Centre (<http://www.genevasmilecenter.ch>) with one of the centre's owners Dr Didier Dietschi a very well known Swiss dentist, who teaches all over the world, is a lecturer at Geneva University and associate professor at Case Western in USA.

In collaboration with a dental manufacturer he developed the Miris composite (white filling) system.

Christine spent 3 days in lectures and hands-on practice sessions in the laboratory in the basement of Dr Dieschi's lake view practice.

The Miris system is a composite colour matching system unique amongst white filling materials in that it differentiates between younger, adult and older patients and has been combined with a newly adjusted shade guide.

This shows a combination of enamel and dentine that allows an accurate preview of the final restoration with great natural mimicry.

There are 8 colour choices of dentine – the tooth material which makes the bulk of the tooth structure. They have the same hue (colour) but vary in chroma (strength of colour).

The enamel covers the dentine and there are 5 shades of enamel based on variations of tint and translucency.

Another important aspect of the training was looking at tooth whitening and also removal of blemishes on the tooth surface using an acid abrasive. These are techniques which we have used in this practice for many years and it was good to revise the techniques. Many parents are often anxious about white and brown blemishes on their children's teeth and ask us to remove them.

This is generally not attempted before the mid teens as the tooth will continue to erupt and there is often more staining exposed as they grow. Also the child needs to be very tolerant and cooperative – as the appointment to improve the tooth can be long.

#### **Winter Season is here**

You've opened the sports bag and fished around for the little box with the mouth-guard. Here it is .....ugh. It's covered in a lovely green layer of bacterial growth. Roquefort cheese has nothing on your mouth-guard. Don't worry – a good scrub with liquid soap and a nail brush will remove the mould. An overnight soak in Miltons or Corsodyl will revitalise the mouthguard. Such a weekly soak would be a good idea!

The 2007/2008 winter sports season saw two of our teenagers having sports contact injuries where a poorly fitting mouth-guard fell out during an incident on the field. The resulting treatment was very costly in terms of time and money.

There are three kinds of mouth-guard available:

1. Ready made or stock from a sports shop.
2. Mouth formed or "boil in the bag"
3. Custom made by a dentist

So, please either have the mouth-guard made at school by a qualified dentist or come here and let us take impression and have one made.

A well fitting guard will not only protect the teeth from injuries but also cushion blows that may cause injuries to the lips, tongue , face and jaws.