

August 2022

The Brightside of Life

Dental News:
'Turkey Teeth'

Smile of the Month

**brightside
dental**
Home of Calm and Gentle Dentistry

Turkey Teeth

An increasing trend of people going abroad for cheap dental treatment has been dubbed 'Turkey Teeth'. This is because Turkey has become the destination synonymous with Brits going for a smile makeover and having cosmetic dentistry to achieve a 'Hollywood smile'.

Certainly, treatment is much less costly than in the UK. However, price is not the only thing to consider. There have been several recent press articles about this situation and also a documentary shown on the BBC:

[Turkey Teeth: Are cut-price reality TV teeth worth it?](#)

['Turkey Teeth' trend leaves thousands of Britons...](#)

From a dental perspective, this situation is very concerning. At Brightside Dental, our philosophy is always to offer the simplest and least invasive treatment options in the first instance. There are rarely situations where we would recommend veneers on healthy teeth as a first line treatment. We would certainly never advise a patient to substitute crowns for healthy teeth or have a full mouth of crowns.

This is not to say there aren't highly skilled and ethical dentists abroad, however you must do your research before going ahead with an irreversible procedure. A comprehensive dental treatment plan can never be planned from photos alone and without a consultation.

10 tips to consider if you are planning dental treatment abroad:

1. Research the clinic and ideally go by recommendation/reviews.
2. Ensure you have a face-to-face consultation, and a full treatment plan is provided - not just done online.
3. Never have crowns placed on otherwise healthy teeth. The way treatment is carried out in Turkey, at least 60-70% of tooth tissue is removed. This is very different from the way we work.
4. Very few people need more than 10 teeth treated per arch.

5. There is no such thing as 'treatment for life'. All types of dental treatment need updating. Crowns last on average 10 years and every time they are replaced, there is further tooth damage.
6. Check on the aftercare and guarantee on treatment.
7. Depending on your situation, consider less invasive options than crowns, such as teeth whitening, alignment of teeth, composite bonding or minimally invasive veneers.
8. Consider more than one consultation if having extensive treatment.
9. If you have future problems, you will need to allow for additional time and cost to travel back to the clinic.
10. If treatment fails and further work is needed, often it involves a lot more complex and costly treatment to rectify. In some cases there is no way to resolve irreversible damage.

I feel very passionately about this situation as it feels some people are being exploited without having full knowledge of procedures or consequences and are understandably influenced by what they see on social media. I expect seeing people with avoidable dental issues following this kind of treatment will become a regular occurrence for us, including where treatment has not been carried out.

More than 90% of young people can achieve a great, natural looking smile from treatments such as teeth alignment, together with whitening and composite bonding which don't damage your teeth and need minimal maintenance in the future.

If you know anyone considering cosmetic dental treatment abroad, please share this information to help them make an informed decision. We would be more than happy to provide a second opinion if wanted, before they go ahead with treatment.

Here's to healthy teeth for life!

Ketan



Smile of the Month

Brightside Smile of the Month – August 2022

BEFORE

AFTER



Dr Paarth Darbar

**brightside
dental**
Home of Calm and Gentle Dentistry

Ron had been a regular patient of Dr Paarth Darbar and Brightside Dental for almost five years. Over this period, we carried out routine treatments such as fillings, extractions and dental hygiene treatment.

During these visits Ron often mentioned how we has unhappy with the appearance of his front teeth, which had multiple fillings which had to be replaced on multiple occasions, and had become worn, stained and chipped. Having discoloured, chipped teeth affected his confidence, and he was self-conscious when smiling.

Ron was an anxious patient and had never previously discussed his concerns with a dentist. Over the course of a couple of visits, we went into a lot of detail and outlined all his options. We discussed porcelain veneers and crowns, a combination of both, and also a new fresh set of composite bonding. We even managed to give him a preview of what his teeth would like after treatment through something called a 'Wax Up'.

Ron decided that he wanted to have something that would last and not stain so frequently as his previous composite fillings. With this in mind, Ron decided to have porcelain veneers placed for his front four teeth.

We arranged a digital scan for Ron and got him started on his journey by freshening up his smile with Enlighten premium teeth whitening. Ron got a custom set of whitening trays along with whitening gel, which he used for two weeks at home. This was followed by an hour session of whitening in the practice.

We then went ahead with the veneers over two visits. The first visit we removed the old fillings and prepared the teeth and fitted Ron with some provisional restorations which were to the same shape as the planned veneers. This enables Ron to test out his new smile. He was over the moon with the temporaries and some of his friends thought they were the real ones!

Ron was having custom made veneers, which meant in between visits he went to visit the lovely lab technician team at Luke Barnett, and designed the veneers along with the technician. He got to decide the shape, size and exact colour he wanted. On the second visit to Brightside we fitted his veneers. Ron was extremely pleased with the result, which was planned in detail to give a predictable end result.

Here is what Ron has to say about his experience:



When carefully planned and designed, we can achieve amazing, long-lasting results with teeth whitening porcelain veneers, with minimal tooth preparation. If you would like to find out more please contact us on 020 88884401.

Dr Paarth Darbar



**Associate Dentist
BDS (Cardiff) 2016**

Paarth graduated in 2016 from Cardiff Dental University.

He is eager and motivated to further develop his career and skills as a dentist, to provide the highest quality care for patients, by undertaking regular training courses to improve his skills and enhance his professional development. He has a particular interest in cosmetic dentistry and facial aesthetics.

Team News



Brightside Anniversaries

Happy 4th Anniversary Alvita!



Happy 1st Anniversary Maria!



We are pleased to report that Ikran has completed her apprenticeship and is now a qualified Dental Nurse. Well done Ikran!



Our Dental Nurse Lana has also completed her dental nurse radiography qualification. Here she is with her certificate. Congratulations Lana!



QUOTES, JOKES, AND TIPS

WANT TO HEAR A FUNNY JOKE?

HOLD ON, LET ME BRACE MYSELF



If your teeth bleed when you brush, it could be an early sign of gum disease, so let your dentist or hygienist know!



If summer had one defining scent, it would definitely be the smell of a barbeque!

Thank you for recommending us!

Ralph Goga

Elena Pirtea

Kanchan Constantinou

Christiana Fanizzi

Dillip Raithatha

Ana Sfirlog

Caroline Persaud

Constantin Tomescu

What our patients say about us

You can share your feedback on your experience at Brightside Dental [here](#)



Eylem Atmaca



It was the best dentist I've ever been to thank you to Mr Shahrokh and his assistance Simona



Fabio Trombetti



Amazing dental practice. Great experience from start to finish.
The staff at the reception are very helpful, Dr Ronit Patel and Mihaela have done a very great job. I would highly recommend them to anyone looking to get any dental work done.



Jason Dobinson



Had a filling break and needed urgent treatment, went for what I thought was an assessment and the gentleman explain my options clearly, then much to my surprise he then said he could do the procedure during that appointment saving me the extra cost!

A very pleasant and pain free experience took around 25mins and felt very professionally done.

Thank you!



Martin Bromfield



The coolest place in town on the hottest day of the year



Matt Carr



Cannot recommend highly enough. After having not visited the dentist for many years after a bad experience, it was great to find Brightside Dental

FOR MORE INFORMATION ON CALM AND GENTLE DENTISTRY

www.bright-sidedental.co.uk | info@bright-sidedental.co.uk | 020 8884401