

July 2022

The Brightside of Life

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Smile of the Month

Practice News



Digital 3D Scanner

As part of Brightside's philosophy to continually make improvements in the practice to provide the best service we can to our patients, we are pleased to announce the purchase of a second iTero digital 3D scanner.

We bought our first iTero scanner just before the start of the Covid-19 pandemic. Since then, an increasing number of our patients have benefited from how comfortable, quick and easy it is, compared with having messy impressions (moulds) taken.

We had reached the point of our dentists and nurses constantly battling to be able to use it, so it was time to get another one!

The iTero scanner can be used in many ways, including:

- Planning and monitoring orthodontic treatment
- Smile simulation
- Teeth whitening trays, nightguards and retainers
- Assessing and monitoring the mouth such as gum recession, tooth wear and crowding
- Restorative treatment such as crowns, veneers and dental implants
- Detecting dental decay
- Identifying failing fillings

It also has advanced time lapse technology which enables us to compare scans to see if your dental health is deteriorating, for example through gum recession or wear of teeth.



Covid-19 Protocols

In line with recent Government advice, it is no longer necessary for you to wait outside or wear a face mask when visiting the practice. We have extremely robust safety measures that continue to be followed to keep you safe and comfortable when you visit us.

If you feel vulnerable or have any concerns about this change, please let us know in advance of your appointment and we will advise how we can best help you.

NHS Dental Services

There have been regular stories in the press in recent months around the provision of NHS dental services. As you will no doubt be aware, Brightside stopped providing NHS treatment on 1st July. If you are an NHS patient, you will have been given options for your dental care going forward.

We continue to hope for changes to the NHS system to help those most in need. However, despite regular discussions between various dental bodies including the British Dental Association and the Government, there are no signs of any changes happening in the near future.

Thank you for recommending us!

Roman Lagos

Sally Finigan

Franziska Hooson

Aurimas Kaminskas

Phil Holbrook

Amina Aitmokhtar

Huseyin Kurnaz

Linda Hooper

Dorina Lombardelli

Stefania Martinelli

Ana Sfirlog

Richard Golstein

Kanchan Constantinou

Mila Petrovic

Team News



Brightside Anniversaries

Happy 7th Anniversary Mihaela!



Happy 5th Anniversary Lana!

Happy Anniversary Ketan!



*Congratulations on an amazing
18 years*



QUOTES, JOKES, AND TIPS



**A varied diet that is rich
in vitamins, minerals
and fresh fruit and
vegetables helps to
prevent gum disease**

Drinking water is not only
great for your health, it
also helps wash away
excess food and bacteria
between brushings.

**What do false teeth
have in common
with stars?**

**They only come out
at night!**

**What did the tooth
say to the dentist
before going on
holiday?**

**Make sure you fill me
in when I get back!**

Stay close to people
who feel like
Sunshine





Smile of the Month

Brightside Smile of the Month – July 2022

BEFORE

AFTER



Dr Paarth Darbar



Ellen has been a regular patient of Dr Paarth Darbar at Brightside Dental for many years.

She had regular routine treatment, including dental assessments and hygiene but was now looking for a cosmetic improvement.

She was referred to the Orthodontist to have some orthodontic treatment carried out. She had issues with her bite, which was corrected by the Orthodontist and her teeth were now very nice and straight.

However one problem remained: she had hypodontia. Hypodontia is a condition where one or more teeth are missing. Most commonly, the second tooth on either side of the upper front teeth (the lateral incisors) is affected by hypodontia.

Ellen's braces had closed the gaps in her teeth which were now nice and straight, but this had resulted in the canine teeth being next to the central incisors. Although functionally this is not an issue, aesthetically this can make an individual very conscious about their smile, as the canines are now at the front of the smile and easily noticeable due to their pointy nature. Missing lateral incisors occur in approximately 2% of people.

Ellen was unsure if anything more could be done to improve these teeth and achieve the perfect smile for her. We sat down and discussed all the options with Ellen, which included crowns, veneers and composite bonding. After due consideration, she decided to proceed with composite bonding as this was the simplest and most cost-effective solution. It was also least damaging to the teeth.

Composite bonding is a procedure where tooth coloured filling material is added to alter the shape, size and appearance of the teeth. The colour is carefully selected to blend in with the natural tooth. Most of the time it can also be carried out without any needles!

This treatment typically lasts anything between three to seven years (on average five). In addition to this, treatment is completed on the same day, so you leave with your new fresh, beaming smile!

Ellen's treatment was completed in just 90 minutes. The filling material was seamlessly blended with her teeth so they were almost unnoticeable! Ellen now has the smile she always desired.

If you would like to know more about how we can help improve your smile, you can phone the practice at 020 88884401 or email: info@brightsidedental.co.uk.

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.

What our patients say about us

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



Michael Tinsley

1 review



My appointment was with the hygienist on this occasion. My experiences with Brightside have all been positive. Friendly and helpful staff, pleasant offices and an efficient service. I joined their membership scheme, and would recommend this to other clients.



Richard Cohen



Conveniently located near Bounds Green tube station, Brightside Dental practice is bright and clean, with very up-to-date equipment and well trained staff.

In my experience, everybody that works there is friendly, helpful and very professional. The practitioners take time to give you the best advice about oral health. Should you need treatment, they will talk you through all the options and give their recommendations - but will respect your decision if, for whatever reason, you opt for something different. They are very focused on making patients feel as comfortable and relaxed as possible, and on making the treatment as painless as possible.

As a private patient (of Dr Ketan Shah) I have always received excellent service and quality treatments, with highly competent specialists brought into the surgery to perform some of the more complicated procedures.



Albana Lleshi



I'm very happy with your service ☆

I can't wait the next appointment , thank you very much Brightside Dental



Y Rah

Local Guide



Mihaela is so good with my autistic son. She explains things clearly and confidently for him. He feels completely relaxed with her and dental appointments are such a breeze! Thank you for being so wonderfully inclusive and understanding. I recommend this practice to everyone, and especially anyone who is nervous, has special needs or children. They are very accommodating.

FOR MORE INFORMATION ON CALM AND GENTLE DENTISTRY

www.brightsidedental.co.uk | info@brightsidedental.co.uk | 020 88884401