



# Delatite Dental



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## OFFICE WHITENING

There are two ways to whiten teeth - one is faster and more convenient, the other requires a little patience.

Traditionally dentists usually recommended **Home Whitening**, where a person wears a thin, flexible tray every night for about three weeks with a bleaching gel of carbamide peroxide inside.

This always produces obvious whitening and there is hardly any relapse in the months and years after.

Many people, of course, do not want to wait weeks to see their teeth whitened and would prefer to have the process done over one visit in the dental chair. Techniques and materials have improved so much recently that this **Office Whitening** is now a viable alternative.



The approach is simple.

Firstly, teeth are cleaned and conditioned with a mild preparation agent, then a foam of quick setting resin is placed around the gums to protect them and isolate the teeth.

A gel of 37% hydrogen peroxide is then painted on the surfaces. This is done in intervals with four blocks of eight minutes. All up the visit takes about fifty minutes.

The results can be spectacular!

The only drawback is that, compared to Home Whitening, the degree of whitening is sometimes less intense, depending on the particular case. In other words there is just a little bit of individual variation.

## DID YOU KNOW?

**SPIKE MILLIGAN** was the creator of BBC radio's legendary Goon Show. He maintained his sense of humor all his life and in old age insisted his tomb stone should carry the inscription "*I told you I was ill!*"

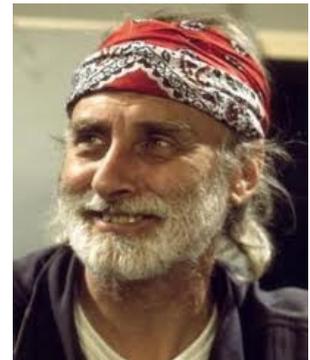
He died in 2002 and was buried in St. Thomas the Martyr's churchyard in Winchelsea.

The church authorities did not find the joke amusing but compromised and allowed the epitaph to be written in Gaelic.

**MARK TWAIN** said "I am not afraid of death. I was dead for billions and billions of years before my birth and was not inconvenienced in the slightest."

Actually he was dead for 13.8 billion years since this is the age of the universe.

He also said "Rumours of my death are much exaggerated." He was right the first time but not the second.



The expression **COCK UP** sounds rather rude but it actually comes from archery.

Arrows have three feathers at the back to aid their flight but, on release, these should not contact the bow's shaft otherwise the arrow will be nudged sideways.

The cock feather is chosen arbitrarily and identified with a different colour.

It should face horizontally away to the left of the bow, freeing up the other two.

If it faces up the archer misses the target and fails the Robin Hood audition. Call it a mistake, a cock up, call it what you will...

## DID YOU KNOW? (continued)

**THE SUN** produces its energy from nuclear fusion in its core. Under immense heat and pressure it squashes four atoms of hydrogen together to make one new atom of helium, in the process releasing enormous amounts of radiation. During this fusing together mass is lost and converted to energy.



This does not seem to make sense.

Hydrogen is really just a single proton. Helium comprises 2 protons and 2 neutrons and the weight of these added together is slightly *heavier* than that of four individual protons. It should weigh more, not less!

It turns out, the helium atom is actually *lighter* than its four components. How come? How can protons and neutrons go on a crash diet?

Believe it or not most of the energy in them (99.2%) is taken up binding or gluing themselves together. This *binding energy* is sort of mass by a different name.

Put a couple of protons and neutrons together, they can *pool their resources* and, in sharing their binding energy more efficiently, need less and release what they do not want.

Presto - we have light! (And trees and summer and sunburn.)

**RULE OF THUMB** There are a number of explanations as to where this expression came from but let's go with the most interesting.

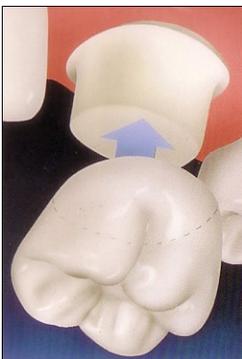
In 1782 Judge Sir Francis Butler is supposed to have ruled that a man may beat his wife with a rod 'so long as it were no thicker than his thumb'.

Within weeks the press published a satirical cartoon of him supervising a nasty flogging and his reputation was sealed.

For many years the English statutes had allowed a husband to 'chastise his wife in moderation', whatever that meant, but there were never any specific laws about rods or canes. Sir Francis may never have made the comment but, if he did, he deserved a good rap over the knuckles.



## CROWNS



Crowns are complete coverings, made in a laboratory and cemented over teeth using a strong permanent adhesive.

Occasionally they will be used purely for aesthetics. Most often they are placed on root filled teeth to enhance stability and prevent a fragile tooth from crumbling.

Fifty years ago they would have been made of either metal, for strength, or porcelain for appearance. In time, refinements were developed, with metal on the inside and a veneer of tooth coloured porcelain outside.

These 'porcelain-fused-to-metal' crowns regularly looked realistic and many proved sturdy for years.

They had to be thick, however, to accommodate sufficient porcelain masking out the grey metal core underneath. This thickness unfortunately meant extra tooth being drilled to make room.

Today many dentists are abandoning metal and making crowns out of white zirconia.

The fashion industry uses zirconia to design imitation diamonds but, as well as looking transparent, the material can also be tooth coloured.

It is massively strong and is sometimes referred to as '*white steel*'. Being almost unbreakable the crown can be made thin and this means more natural tooth being retained.

Occasionally, when a very natural appearance is required at the front of the mouth, dentists might design a crown with zirconia as an inner core and porcelain as an outer veneer. This approach combines the strength of zirconia with the subtle aesthetics of porcelain.



Here are a couple of cases I performed a few years ago. See if you can pick the false tooth. Good luck!

