

Teeth whitening...

Dear Hereford Dental Clinic

I never thought I would ever say this but actually I like going to the dentist now. Before the practice changed hands the place was dull and boring, old magazines and uncomfortable chairs. Now it's bright, modern and we can watch TV, it's great with lovely friendly staff who are very professional. I've been given excellent treatment. My teeth have been whitened and I can smile again with confidence. I almost look forward to my next appointment.

Thank you so much

K.F.

Teeth whitening is one of the most effective ways in which to improve the overall appearance of your smile in a convenient and painless way. We offer a choice of three methods here at Hereford Dental Clinic and in order to assess which technique best suits your requirements, a whitening consultation is needed with the dentist who can advise you.

After your programme of whitening has finished, we are able to provide you with further syringes at any time in order for you to top-up the effect.

Home Teeth Whitening

Impressions are taken of your upper and lower teeth, allowing the laboratory to custom make your trays. We then provide you with whitening gel and easy to follow instructions. The process is safe and fast. You may see a change in as little as 14 days.

Power Teeth Whitening

This professional teeth whitening system offers the latest, most advanced state-of-the-art technology to whiten teeth. Impressions are taken of your upper and lower teeth, allowing the laboratory to custom make your trays. You then come to the clinic to have the whitening done as you sit back and relax.

Combination Whitening

Our in house Power Whitening System can be used in conjunction with the Home Whitening to achieve the longest lasting, deepest whitening possible.



I've got to say what a great bunch of people they are at Hereford Dental Clinic. I've become just a little vain looking in the mirror since I had my teeth whitened – thanks team!"

M.E. x

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Got a question? Call 01432 272238 or email us now at info@hereforddentist.co.uk

Amalgam Replacement Treatment...

Many people wish for their old metal fillings to be replaced with new white fillings for a more natural look. The days of using unsightly mercury, silver or related substances for teeth fillings have long gone, and at our Hereford practice we use tooth-coloured or composite fillings as an alternative to amalgam (mercury) varieties.

Advantages

There are some major advantages to composite (mercury-free) fillings. They are less destructive on the teeth and they are more adhesive, meaning they are much less likely to break loose. The dentists will shape the filling to follow a natural tooth's contours, restoring it to its natural beauty. They are much more aesthetically pleasing and can be worked and polished in a way that makes them look just like a natural tooth. There are no significant health risks with composite fillings.

Putting your mind at rest

There is some concern over mercury fillings and in certain Scandinavian and European countries they are banned. The evidence against mercury amalgam fillings thus far is inconclusive but the general thinking is that the Mercury causes the most harm. Most dentists in the UK use both types and give patients the option however Hereford Dental Clinic is a big advocate of white fillings over silver.

At our clinic, we use the safest methods to remove amalgam fillings, including a rubber dam to prevent overspill and isolate the tooth being worked on. High volume suction ensures that materials and vapors are sucked away too.

If you are interested in this procedure, we recommend a consultation with one of our dentists who can explain the procedure further and answer any of your questions.

At my first appointment I was asked if I had ever wanted to change anything about my smile. I remember laughing and saying I hated my metal fillings but it was too late to do anything wasn't it?

I had never realised that it was possible to get metal fillings out and replace them – this was a real revelation. The dentist explained how the treatment worked and allayed any fears I had. I couldn't wait to have it done!

At the appointment, everyone was so kind, and they made me feel completely at ease. The procedure went smoothly and before I knew it I was metal free! I never have to worry about people seeing the grey bits in my smile again and it's all thanks to the wonderful team at Hereford Dental Clinic.

A.C.



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