

HEALTH

M'LL FIX IT . . .

Transform my teeth!

Tell someone you're thinking of spending serious dosh on your teeth and they'll think you're bonkers. But, as these readers' new gnashers prove, the confidence boost is worth every penny

FILL THE GAP – COST £4,600



Linda Mhasho, 24, is a mental health nurse from Heston in Middlesex. **Before:** Linda had a gap between her

top front teeth, and they protruded slightly. **Our expert:** Dr Joe Oliver, of The Welbeck Clinic, says: 'The gap in Linda's teeth is caused partly by the fact that genetically she has a bigger jaw than the size of her teeth to fill it. She also has a high fraenum (the tag of skin between the two front teeth that is connected to the upper lip) which prevented her teeth from closing together.'

The treatment: Although Linda, had only one gap in her teeth it was big, so Joe explained that if he veneered the two front teeth only, they would look disproportionately large. So,

to keep them all in proportion, he made eight teeth slightly wider and brought each one slightly forward until the gap was filled. During the first treatment Joe took the surface off the teeth to be treated and attached temporary acrylic teeth to Linda's own. Ten days later, the temporary ones were removed and the veneers bonded to Linda's own teeth. Finally the remainder of her teeth were cleaned.

Linda's verdict: 'I was expecting the treatment to be painful, but it wasn't, apart from a mild soreness in my gums. At first my new teeth felt strange and I found it a bit difficult to speak, but after a couple of days I got used to them. I'm really pleased with the result and it's given me masses more confidence. My friends and partner think they're great and I now have the smile I've always wanted.'

Cost: £4,600 for eight veneers (£575 each tooth).

GET RID OF MY FANGS – COST £5,750



Lesley Meall, 44, from London, is a freelance journalist.

Before: Lesley's teeth were fractured, chipped and badly discoloured due to smoking and drinking up to 20 cups of tea daily.

Our expert: Dr Joe Oliver says: 'Lesley has above-average decay and her teeth are badly worn with multiple chippings, caused in part by Lesley grinding her teeth in her sleep. Her canine teeth protrude and the angulations of some of the teeth need correction.'

The treatment: On Lesley's first visit, she had a full dental examination and X-rays, before being given a local anaesthetic so

Joe could work on her gum line (the gum needed to be cut into to make it level with her front teeth). Some old fillings were removed and replaced with new ones before the teeth were prepared and shaped for porcelain, crowns. A temporary set of acrylic teeth were left in place for ten days while the permanent teeth were made. On her second visit, Lesley's temporary teeth were removed and her own teeth cleaned. The new teeth were then checked for fit before being bonded on.

Lesley's verdict: 'Each treatment took about three hours, but it was painless. It took a few days to get used to the new teeth, but after a couple of weeks they looked very natural. Everyone says they're wonderful.'

Cost: Lesley had three porcelain crowns and seven veneers costing £5,750 (£575 per tooth with no extra cost for the gum sculpting).

I WANT WHITER TEETH – COST £695



Alice Richards, 24, is a marketing executive from High Hurstwood in East Sussex.

Before: Alice's teeth were naturally yellow and stained from coffee, red wine and cigarettes.

Our expert: Dr Joe Oliver says: 'Surface coffee and red wine stains can be removed by a dental hygienist, but cleaning cannot change the intrinsic colour of the teeth (if the teeth are genetically yellow they'll still look yellow). Teeth whitening however, using a high intensity ultraviolet light, will lighten the teeth for about 18 months, after which the natural colour will gradually return.'

The treatment: A mouth guard was placed over Alice's lips and a protective gel was applied to her gums. A high concentration peroxide whitening gel was applied and activated with a high-intensity plasma arc light for 15 minutes. The gel was removed and the treatment repeated. To enhance the final result Alice was given a home whitening kit to use for a minimum of six hours each night over the following four days.

Alice's verdict: 'The treatment was pain-free and afterwards my teeth looked 50% lighter. Using the home kit brought the colour up more. I was worried they'd look fake but I'm really pleased as they look fresh and naturally bright. A lot of my friends have commented on how great they look.'

Cost: The Professional Power Whitening treatment costs £695 (which includes a top up after 18 months and can last up to three years).