

## A Beginner's Guide To Cosmetic Dental Procedure



Coffee, cigarettes and red wine are not kind to your teeth and that's where cosmetic dental procedures come to the rescue. Cosmetic dental procedure is an all-encompassing phrase that includes a variety of dental treatments which improve the over-all look of your smile. So we are talking about bleaching, bonding, tooth veneers, inlays and onlays and composite fillings.

Bleaching or teeth whitening, is one of the most common procedures that can instantly give a boost to your self-esteem. Bleaching can either be done at the dentist's office, or under dental supervision at your convenience at home. Too many colas and coffees can take a toll on your teeth and your dentist can advise you on the best way to whiten your stained teeth. The Zoom chair side method, which is carried out at your dentist's office is fast, easy and effective. To bleach your teeth at home, your dentist can provide custom-made bleaching trays that dissolve the stains effectively and noticeably.

Bonding is a quick and easy method of repairing decayed, stained, chipped or fractured teeth in just one sitting at the dentist's office. Tooth-coloured resin is moulded on to the surface of the damaged or discoloured teeth and is shaped and

polished to match your natural teeth. Gaps between teeth can be closed by bonding as well.

If you want to repair your chipped, stained, crooked or unevenly spaced front teeth, your dentist could prepare custom-made veneers, or thin porcelain shells to cover your teeth. A process that's an alternative to the more expensive crown treatment, veneers are recommended if your teeth are healthy. This procedure is done in two to three sittings, since your porcelain veneers are fabricated in the laboratory after an impression of your teeth are taken. Veneers last longer and stain less easily than bonding.

Inlays and onlays are used instead of fillings for larger cavities or cracks in the chewing surfaces of your back teeth. These are matched to look like your natural teeth and unlike fillings they are made in the laboratory in advance and are then glued to your teeth so that they fit in seamlessly, without any rough edges.

Composite fillings are a great solution for minor flaws in your teeth such as a chipped tooth as well as can be used to build up an entire tooth, such as a molar to restore it to a fully functional form. Made of an organic filling material called composite resin, it can be used to restore decayed teeth or even re-shape your teeth to give them a natural and an improved appearance.

## Company Description

Forest & Ray is a dental practice located in the heart of London, operating since 2007. We believe that our dentistry plays a leading role in making dental health attainable for everyone. Health and dental health are not a luxury anymore. Regardless of age, we promise that with our pain-free treatments and professional team, we are working on making everyone richer, and giving everyone happier smiles. This is because we know that a beautiful smile is a key to health, self-confidence and success.

With Forest & Ray you can find a solution to all your problems in one place. Our Central London dental practice, near Holborn station, is open seven days a week to serve young and old alike.

It is important for us that all of our patients feel completely confident, and can show their beautiful smiles. There is no dental problem that we cannot find a solution for! Our professional dentists can help you improve your health and appearance, with general treatments, smaller restorative treatments, complete smile makeovers, and more serious procedures, such as dental implantations. Our mission is to keep your smile healthy and beautiful, so we pay extra attention to our patients' special needs.

## Contact Details

### [Forest & Ray - Dentists, Orthodontists, Implant Surgeons](#)

Address: 8F Gilbert Pl, London WC1A 2JD

Phone: **020 8124 6138**

Website: <https://forestray.dentist>

Google Site: <https://sites.google.com/view/forestray>

Google Folder: [https://drive.google.com/drive/folders/1CaGYSf8zmTgpCSereTAU3cRPLIngLvOD?usp=drive\\_open](https://drive.google.com/drive/folders/1CaGYSf8zmTgpCSereTAU3cRPLIngLvOD?usp=drive_open)

Twitter: <https://twitter.com/forestandray>

## Recommended Resources

<https://mgyb.co/s/vQg6b>  
<https://mgyb.co/s/Sky3y>  
<https://mgyb.co/s/PTqkG>  
<https://mgyb.co/s/25x6w>  
<https://mgyb.co/s/umUXj>  
<https://mgyb.co/s/ScwPc>  
<https://mgyb.co/s/KP8fN>  
<https://mgyb.co/s/h8F0z>  
<https://mgyb.co/s/dTfy9>  
<https://mgyb.co/s/xkW2K>  
<https://mgyb.co/s/k688l>  
<https://mgyb.co/s/3YC9v>  
<https://mgyb.co/s/Lrtor>  
<https://mgyb.co/s/iQn61>  
<https://mgyb.co/s/tU2vZ>  
<https://mgyb.co/s/nYRS1>  
<https://mgyb.co/s/4k0Ad>  
<https://mgyb.co/s/xSGqV>  
<https://mgyb.co/s/RPoRD>  
<https://mgyb.co/s/qzJa4>  
<https://mgyb.co/s/3J5nb>  
<https://mgyb.co/s/inrjA>  
<https://mgyb.co/s/BYnWl>  
<https://mgyb.co/s/t0Dgs>  
<https://mgyb.co/s/MAgNv>  
<https://mgyb.co/s/wvRe4>  
<https://mgyb.co/s/kgmvT>  
<https://mgyb.co/s/xNKof>  
<https://mgyb.co/s/1BYfo>  
<https://mgyb.co/s/gQ2Ak>  
<https://mgyb.co/s/NJE1t>  
<https://mgyb.co/s/y4B1V>  
<https://mgyb.co/s/IQUMl>  
<https://mgyb.co/s/5DO9b>  
<https://mgyb.co/s/HMskk>  
<https://mgyb.co/s/HaoHe>  
<https://mgyb.co/s/lgn25>  
<https://mgyb.co/s/IY450>  
<https://mgyb.co/s/Zttz3>  
<https://mgyb.co/s/9t2Tx>

<https://mgyb.co/s/VpBu9>  
<https://mgyb.co/s/XN9wI>  
<https://mgyb.co/s/YbW3o>  
<https://mgyb.co/s/frBKR>  
<https://mgyb.co/s/BzHEY>  
<https://mgyb.co/s/SqC8j>

## Recommended Profiles

<https://www.youtube.com/user/ForestRay>  
<https://twitter.com/forestandray>  
<https://www.facebook.com/londondentist>  
<https://www.linkedin.com/company/forestandray>  
<https://forestraydentist.business.site>  
<https://www.cqc.org.uk/location/1-217821610/contact>  
<https://www.whatclinic.com/dentists/uk/london/forest-and-ray-dental-practice>  
[https://finder.bupa.co.uk/Hospital/view/214732/forest and ray dental ltd](https://finder.bupa.co.uk/Hospital/view/214732/forest_and_ray_dental_ltd)  
<https://www.youtube.com/user/ForestRay>  
<https://forestraydentists.blogspot.com/>  
<https://forestraydentists.wordpress.com/>  
<https://en.gravatar.com/forestraydentists>  
<https://forestraydentists.tumblr.com/>  
<https://twitter.com/forestandray>  
<https://www.diigo.com/profile/forestandray>  
<https://www.evernote.com/pub/edwardgflickinger/forestray-dentistsorthodontistsimplantsurgeons>  
<https://getpocket.com/@forestraydentists>  
[https://drive.google.com/drive/folders/1xLHM0CVsoQSM6BMYQ\\_NAbHj-m60ZSR2O?usp=sharing](https://drive.google.com/drive/folders/1xLHM0CVsoQSM6BMYQ_NAbHj-m60ZSR2O?usp=sharing)  
<https://1drv.ms/u/s!AlikbGgR8zsNa12CkuzW56ziLbE?e=x6crqR>  
<https://about.me/forestraydentists>  
<https://www.instapaper.com/p/forestandray>  
<https://disqus.com/by/forestraydentists/about/>  
<https://paper.li/egon0wE34d2yhMAy4Xo7A>  
<https://www.facebook.com/londondentist>

## Useful Contents

[Dentist](#)  
[Private Dentist](#)  
[Root Canal Treatment](#)  
[Invisalign](#)  
[Orthodontist](#)  
[Dental Implants](#)  
[Tooth Replacement](#)  
[Cosmetic Dentist](#)  
[Dental Hygienist](#)  
[Periodontist](#)

[Tooth Extraction](#)

[Tooth Filling](#)

[Dental Crowns](#)

[Dental Bridges](#)

[Toothache](#)

[Affordable Dentist](#)

[Dental Surgeon](#)

[Child Orthodontist](#)

[Dental Cleaning](#)