



## Designer Dentistry

Dr Cohan Rajan completed his Bachelor of Dental Surgery (BDS) and Masters of Science (MSc), qualifying in 1998. Pursuing the best new treatment protocols meant further training in the fields of cosmetic and surgical dentistry include CEREC 3D computerised dentistry and a one-year course for dental implantology.

He has trained in the United States, attending the masterclass in Laser-Assisted Periodontics, making him a pioneer of Waterlase Laser Dentistry in the UK.

A further field of special interest is same-day smile makeovers. He has full accreditation for Invisalign invisible braces, Enlighten Photo-Cosmetic Tooth Whitening and advanced certification for the use of botulinum toxin for non-surgical facial rejuvenation and dermal fillers.

Regular attendance at the international meetings and conferences means he is always up to date with current thinking on best practice options for patients. Dr Cohan established dental-Spa, the first of its kind in London in 2003.

“To deliver beautiful results that my patients love using the latest technology in the most comfortable way

### Memberships

General Dental Council  
British Dental Association  
Dental Protection Society  
Fellow of the International Congress of Oral Implantologist  
Associate Fellow World Clinical Laser Institute  
Dental Phobia Certification

### Medical Qualifications

Bachelor of Dental Surgery (BDS)  
Masters of Science Gerodontology with Honours MSc (Hons)

### Areas of Expertise

CAD/CAM same-day smile makeover • Lip enhancement • CEREC 3D computerised dentistry • Waterlase laser-assisted gum therapy • Invisalign • Teeth Whitening

### Location

dental-Spa, 1st Floor Suite, 83 Charlotte Street, London W1T 4PR

### Contact details

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**Q** What is your best anti-ageing advice?

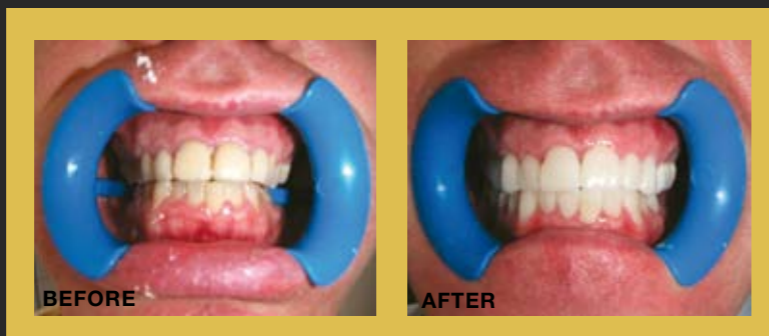
**A** Get yourself a beautiful smile framed by the perfect lips – it maintains youthfulness.

**Q** What is your favourite part of the job?

**A** Delivering life-changing results in one day with my same-day smile makeovers.

**Q** What is your best health and beauty tip?

**A** Take loads of Vitamin C: it is high in anti-oxidants and your body needs it for healthy gums.



## Straight Talking

Dr Cohan Rajan is the principal dental surgeon at dental-Spa in central London. Every issue he discusses the latest treatments and procedures and answers your dental questions

**Q** My dentist says I have an 'incorrect bite'. What does this mean?

**A** Incorrect bite is a term that generally means that the way the upper and lower teeth come together has the potential to cause damage to the teeth and jaw joints, usually accompanied by tension in the jaw muscles, neck and upper back.

If left untreated, an incorrect bite can lead to excessive wear of the teeth leaving teeth differently shaped with diamond-like facets. It can also lead to poor jaw joint with clicking and locking out of the jaw. This trauma to the jaw usually leads to pain in the jaw and arthritis.

Alignment of poor bites as an adult is now easily treated, and I prescribe Invisalign to my patient to ensure a good aesthetic

during and after treatment as well as to avoid the problems outlined above.

**Q** What would you recommend for tetracycline stained teeth that are healthy and straight?

**A** Tetracycline staining occurs because tetracycline, an antibiotic, was given during development of the teeth. The teeth have horizontal bands of discolouration.

Depending on what age the antibiotic was given, these bands of staining can be anywhere on the teeth but most commonly are darker towards the gum line. The colour of the banding can range from a barely visible light yellow to a very dark brown with everything in between.

For all patients wanting

treatment I would start with a Deep Bleaching Protocol. This is a combination of home whitening and in-office whitening and I think that Enlighten is the best product for this. In milder cases, I have seen enough improvement so that the discoloured banding and the normal tooth structure all get whitened to the same level. Often, extended home whitening, for six to eight weeks, combined with in-office whitening can deal with the more serious cases, but it is unpredictable.

For the most severe cases, no amount of whitening will work so I would prescribe minimally invasive veneers. These can be made with hardly any removal of tooth tissue and combined with a more opaque resin bonding material can make a discoloured smile into a beautiful one.

## Masterclass... Deep Bleaching Protocol

**D**eep Bleach Protocol is the only teeth whitening protocol that I prescribe because it predictably whitens teeth. First, perfectly fitting, re-useable trays are fabricated under a patented system to provide an excellent, suction on fit allowing the whitening agent to work best. I use the Enlighten 15 day home whitening kit that gradually increases the concentration of the whitening gel to penetrate deeper into the tooth and reduce sensitivity. Next is a photo-activated bleaching



treatment. This is different from laser whitening because the whitening gel is used in the trays. Comparatively, a much lower concentration of whitening gel is used making it is very comfortable. Because the teeth are covered by the trays, there is no drying out of the teeth associated with laser whitening.



This is why the results we achieve last for a long time while laser whitening results fade more quickly as the teeth rehydrate.

**Available from:** For more on Dr Rajan and dental-Spa visit [www.dental-spa.co.uk](http://www.dental-spa.co.uk) or call 020 7631 3199