

The Monthly Tooth

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BEFORE

AFTER

“Turkey Teeth” vs. Conservative Cosmetic Dentistry

You’ve probably seen the viral smile makeover videos on TikTok or Instagram—patients showing off their “new teeth” after dental trips abroad, often using the term “Turkey Teeth.” While the appeal of a low-cost, dramatic transformation is understandable, these treatments are often far more invasive than they appear. And the long-term risks? Often overlooked.

At Union Quay Dental, we’re seeing more and more patients who regret travelling for dental work, often due to complications, discomfort, or the need for corrective treatment back home.

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What Are “Turkey Teeth”?

This trend typically refers to full-mouth crown preparations done overseas, where patients’ natural teeth are filed down into pegs and replaced with crowns or veneers to create a uniform, bright smile. In many cases, healthy tooth enamel is permanently removed, sometimes even affecting the nerve or requiring root canal treatment.

While the results may look impressive initially, we’re seeing a growing number of patients returning to UK practices with complications such as:

- Sensitivity or nerve pain
- Ill-fitting or bulky crowns
- Gum inflammation or recession
- Infections beneath restorations
- Difficulty maintaining oral hygiene

Many of these issues lead to costly corrective work, sometimes requiring more invasive treatments than originally needed.

Our Approach: Natural, Minimally Invasive, and Designed to Last

At Union Quay Dental, we believe cosmetic dentistry should enhance your natural smile, not replace it. That’s why we focus on minimally invasive techniques designed to preserve your enamel and protect your long-term oral health.

We use advanced digital smile design, high-quality materials, and a personalised approach to offer alternatives that are just as effective, without compromising your teeth.

No-prep and minimal-prep veneers are ultra-thin porcelain restorations designed to enhance the shape, size, and shade of your teeth - with little to no enamel removal. These veneers are carefully crafted to blend seamlessly with your natural smile, offering a beautiful, long-lasting result without the need for drilling or extensive preparation. It’s a gentle, conservative way to achieve a brighter, more balanced smile.

We always begin with a consultation to discuss your goals, assess your oral health, and create a tailored treatment plan—with no pressure or upselling.



*Minimal tooth tissue removal
(not shaven teeth down to pegs)*



Considering a Smile Makeover?

You don't need to go abroad, or take risks, to get the smile you've always wanted. With the right planning and a gentle, modern approach, we can help you feel confident in your smile without compromising your dental health.

Call us or book online for a free consultation and discover how conservative cosmetic dentistry could work for you.

Smile Transformation Spotlight

This patient wanted a straighter, more natural-looking smile—nothing too drastic, just clean, confident and refined. Over 12 months, we used fixed braces on the upper teeth and clear aligners on the lower to gently guide everything into alignment.

After completing treatment, we carried out whitening and composite edge bonding to enhance the final result and give the smile a smooth, polished finish.

The outcome? A beautifully natural transformation that the patient can't stop smiling about!



An excellent painless experience

My Hygiene appointment with Danni could not have been better. She explained everything to me, asked regularly if I was ok. An excellent painless experience.

- Keith W



Best Experience!

Best experience I have had at a dental practice in nearly 30 years seeing Elaine (hygienist) today.

Patient, helpful, competent and set me up perfectly to take care of myself in between appointments. This woman could actually make me like going to the dentist 😊

- Jennifer K



The absolute best

This visit exposed a complicated problem that an NHS dentist could not deal with. The dentist consulted with Jamie who is prepared to carry out the work in an effort to save the teeth.

From reception to hygienist to dental care, I have always found this dental practice the absolute best.

- Sandra S

Thinking about improving your smile but not sure where to start? We offer free cosmetic dentistry consultations to help you explore your options with no pressure or obligation.

Book today and take the first step towards a more confident smile!

Award Winning Molten Building is open to the public.

Henry Amos, and his team, have opened licensed gelato cafe this summer 2025, where small batch fresh gelato is made on site and served inside or outside on the terrace. Along with scones, light bites and drinks. The location is part of the experience, eating food, which is partly grown on site, whilst taking in the 30 mile views with sea going shipping and porpoises.

And some of the surprise and interest in the food comes from a diversity of textures and temperatures, through deliberate contrast, for example, mustard gelato with warm scones: Like salted caramel, but with temperature variations. This combination sounds curious, but has come out of the thinking around senses and structure: How we experience, react to and make memories, much like how the building and the architecture have been thought about and designed.



The latest development in the Molten Building, is the glass focussed gallery on the first floor, behind the wind shields, which is opening on Saturday 20th September at 4pm. The first show - linked to Heritage Open Days theme of 'Architecture' - is about how Henry and his team have designed and built the building over the last 12 years, the trials of the planning process when developing a building that is both a Listed building and within a Scheduled Monument.

The first floor also has the studio, kilns and workshop for the glass making, as well as the architect's hub - Brightblue Studio.

Henry is giving some talks on Sunday 21st - and there is more information and booking via the Heritage Open Day [website here](#).

The First floor Gallery will be available to rent as a serviced space for events or meetings, with extra-ordinary and inspiring views of the Mouth of the Tyne and out to sea. There is also a holiday let duplex apartment on the top 2 levels called The Observatory, [book here](#).

For more information about Molten Building, follow them on [Instagram](#), [Facebook](#) or you can watch a full interview on [YouTube](#).



clad partly in transit van wind shields

Cafe Opening Times - Wed to Sunday - 8am to 4pm

Grinding, Clenching & Worn Teeth: How to Spot It and What to Do

Do you wake up with a sore jaw, aching temples, or teeth that feel a little too sensitive? You could be grinding or clenching your teeth—also known as bruxism. It's one of the most underdiagnosed dental concerns, but its effects can be significant over time.


Over time, grinding can lead to:

- Flattened or chipped teeth
- Tooth sensitivity
- Jaw pain or tension headaches
- Increased wear and tear on dental work

At Union Quay Dental, we regularly help patients manage the effects of bruxism before serious damage occurs. During your routine check-up, we can spot early signs of wear and advise on the best solution for you.

Don't Ignore the Signs

If your teeth feel worn, your jaw feels tight, or your smile just doesn't look the way it used to, it's worth having it checked. A simple consultation could be the first step to long-term relief and a healthier smile.

 **Get in touch today to book your appointment or ask about a custom night guard, we're here to help.**



At Union Quay Dental, we offer a range of solutions based on the severity and cause of your bruxism:

✓ Custom Night Guards

Tailor-made to fit comfortably over your teeth, night guards cushion and protect against nighttime grinding. They're lightweight, discreet, and highly effective.

✓ Composite Bonding or Veneers

If your teeth have already worn down, we can restore your natural shape and function with bonding or minimal-prep veneers—improving both aesthetics and bite alignment.

✓ Jaw Muscle Relief

In some cases, we offer muscle relaxant treatments to reduce overactivity in the jaw muscles and prevent further wear.

✓ Bite Adjustments and Lifestyle Advice

We also assess your bite and daily habits—offering practical advice to reduce stress and grinding triggers, alongside clinical care.

Union Quay Dental News!

At Union Quay Dental, we're proud to have a passionate, skilled, and approachable team of dentists dedicated to providing the highest standard of care. Here's a chance to get to know the people behind the masks!



Say Hello to Jess, your new Dentist!

"I studied at The University of Manchester and graduated in 2014. After uni I came back to Newcastle for a year for my FD year.

After that I moved to Colchester in Essex for 10 years before relocating for the last time back home in Newcastle in July this year.

I live with my husband Josh, son Barney and dog Jasper. I play netball in my spare time and I'm a massive NUFC fan. We're also loving being back by the coast so spending loads of time walking Jasper on the beach and crabbing with Barney."

A Quick Note on Refurbishment at Union Quay Dental

We'd like to apologise for any noise or disruption you may experience during your upcoming visits—we're currently undergoing some refurbishment work at the practice.

The first phase of work includes updates to our dental lab and staff facilities on the top floor, which may cause occasional noise or limited access in some areas. We know this isn't ideal, and we truly appreciate your patience and understanding while we make these improvements.

These upgrades are part of our ongoing commitment to providing you with the best possible care and environment—and we can't wait to show you the results once they're complete!

Thank you for bearing with us during this exciting (but sometimes noisy!) time.





Train for the Creative Industry with Crew Gal

Want to work in film, TV or live events? Crew Gal's fully-funded training courses are back on 9th September — giving you hands-on experience on real sets, gigs and productions.

There are three courses available:

1. Sustainable Live Events – crew gigs & festivals with a focus on greener, safer shows.
2. Music Video Production – work with real artists to create professional music videos.
3. Backstage Safety & Protocol – learn the skills that keep artists, audiences & crew safe.

Real-world training, industry contacts, and the confidence to start your creative career.

Spaces are limited — sign up now via [Eventbrite here.](#)



North Sea Weekender & F54 Presents Sunset Sons

Get ready to catch Sunset Sons live at The Exchange 1856 in North Shields on Sunday 21 September 2025 at 8:00 PM. The surf-roots, guitar-driven trio return to the stage with new music, including their latest single “Hero to Me”—just in time for the summer festival season.

[Tickets are available here.](#)



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