

The Monthly Tooth

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The Truth about TikTok Dental Trends

What's safe, what's hype, and what your dentist wants you to know

It's hard to scroll through social media these days without seeing the latest beauty or wellness trend—and teeth are no exception. From charcoal toothpaste and DIY whitening to lemon juice rinses and aligners by post, dental “hacks” have taken over TikTok and Instagram.

But do these viral trends actually work? And more importantly—are they safe? At Union Quay Dental, we're here to set the record straight.

Whitening Strips from the Internet: A Word of Caution

Whitening strips bought online or from overseas suppliers may look like a safe middle-ground—but not all products are created equal.

- Some contain unregulated levels of peroxide or unknown ingredients, which can cause burning, sensitivity, or uneven whitening.
- Many lack proper instructions or safety information, making them risky to use without professional advice.
- Results are often inconsistent, and strips don't always cover all areas of the teeth—leading to patchy or streaky outcomes.

While some over-the-counter strips from UK retailers are generally safe when used as directed, they still don't match the strength, precision, or long-term results of professional whitening under dentist supervision.



At-Home Aligners Without a Dentist?

Some companies offer clear aligners by post without ever seeing a dentist in person. While they may be cheaper, they carry serious risks:

- No x-rays or clinical exams mean underlying problems (like gum disease or bone loss) can go unnoticed.
- Poorly planned treatment can lead to bite issues, root damage, or long-term problems with your teeth and jaw.

Orthodontic treatment is not one-size-fits-all. We offer clear aligners here at Union Quay Dental, with full supervision, digital scans, and tailored planning for safe, predictable results.



Charcoal Toothpaste: Whitening Wonder or Waste of Time?

Charcoal toothpaste promises a whiter smile by “detoxifying” your mouth and scrubbing away stains. While it might offer some short-term surface stain removal, the reality is:

- Charcoal is abrasive – Over time, it can wear away enamel, making your teeth more sensitive and prone to staining in the future.
- It often lacks fluoride, a key ingredient that protects your teeth from decay.
- There’s no solid evidence to support its long-term whitening benefits.

Our advice: Avoid charcoal toothpastes, especially if used daily. For safe and effective whitening, speak to your dentist about professional options that protect your enamel.



Your Best Option: Professional Advice You Can Trust

We love that people are taking an interest in their smiles—but your dental health deserves more than a social media trend. Before trying anything new, check with your dentist to make sure it’s safe, effective, and right for your individual needs.

If you're curious about whitening, straightening, or improving your smile, we're here to help with honest advice and treatment that's proven to work.

📞 Call us on 0191 259 6506

📧 Or email us at

reception@unionquaydental.co.uk



Let us take care of you – body, mind, and spirit.

Welcome to Sammy Annes, an award-winning holistic therapies provider based in the heart of Whitley Bay. With over 300 five-star reviews and a loyal client base, we've been proudly supporting wellbeing in the community since 2009.

At Sammy Annes, we believe no two bodies or minds are the same, which is why we design every treatment to suit the individual. Whether you're in need of a deep tissue massage to ease muscular tension, or you're seeking the calming effects of aromatherapy, we take time to understand your needs and tailor your experience accordingly. Our approach is all about combining techniques to create a truly personalised and effective treatment for you.

We offer a wide range of holistic therapies, including reflexology, Indian head massage, hot stone massage, Tibetan scalp massage, pregnancy massage, myofascial release (MFR), lymphatic drainage, oncology massage, and exfoliating body scrubs. Every treatment is delivered with care and professionalism by our experienced therapists in a welcoming, peaceful environment.

This month, we're excited to share our Into the Sea Ritual – the perfect treatment to reset, refresh, and reconnect. It begins with a dry back brush and invigorating sea salt scrub, followed by a luxurious real kelp seaweed mask applied to the back. The treatment is completed with a full body massage using salt and seaweed-infused oil, finished with the grounding scent of sage essential oil. This truly immersive experience brings the healing elements of the sea into your wellness routine.

Whether you're booking some well-deserved self-care, trying something new, or buying a thoughtful gift, we're here to help you feel your best.

To find out more, view our full treatment menu, or book your appointment, visit www.sammyannes.co.uk

Easiest and quickest way to contact us is via TEXT or WHATSAPP on 07712249669.



A Trusted Solution for Long-Lasting, Natural-Looking Tooth Replacement



At Union Quay Dental, we're proud to offer advanced dental implant solutions using the Dentsply Sirona PrimeTaper system—a trusted and innovative implant designed to restore smiles with strength, precision, and long-term success.

Whether you're missing a single tooth or several, PrimeTaper implants offer a stable, natural-looking replacement that feels just like your own teeth.

What Is a Dental Implant?

A dental implant is a small titanium screw that's placed into the jawbone to replace the root of a missing tooth. Once healed, it supports a crown, bridge, or denture—providing a strong, permanent solution that doesn't rely on neighbouring teeth.

Implants are widely recognised as the gold standard for tooth replacement due to their comfort, function, and ability to preserve bone health over time.

Why PrimeTaper?

PrimeTaper is one of the latest innovations from Dentsply Sirona, a global leader in dental technology. It's a tapered implant system, meaning the implant gently narrows as it goes deeper into the bone—mimicking the shape of a natural tooth root.

This design allows for excellent primary stability, which is essential for successful healing and long-term strength. It also makes PrimeTaper a versatile option for patients with varying bone qualities or limited bone volume.

Key Benefits of PrimeTaper Implants

- ✓ **High Stability** – The tapered design helps the implant lock securely into place, allowing for more predictable healing and reduced risk of movement.
- ✓ **Minimally Invasive Placement** – PrimeTaper is designed for efficient and gentle placement, which can lead to less discomfort and quicker recovery.
- ✓ **Natural Aesthetics** – The system supports highly aesthetic crowns, so your replacement tooth looks and feels like it's always been part of your smile.
- ✓ **Long-Term Success** – With high-quality materials and proven clinical outcomes, PrimeTaper implants offer excellent long-term results with proper care.
- ✓ **Trusted Technology** – Developed by Dentsply Sirona, a global leader in dental innovation, ensuring consistent quality and reliability.

Is PrimeTaper Right for Me?

Most adults in good general and oral health are suitable for dental implants. Even if you've been told in the past that you don't have enough bone, the tapered design of PrimeTaper may allow for implant placement where others might not.

At Union Quay Dental, we use the latest digital planning tools and imaging technology to determine the best solution for you.

Ready to Restore Your Smile?

If you're considering dental implants, our team is here to help. We offer implant consultations to assess your needs, answer your questions, and explore whether PrimeTaper implants are the right choice for your smile.

 Call us on 0191 259 6506

 Email us at reception@unionquaydental.co.uk



Smile Transformation Spotlight

This patient came to us wanting a natural, age-appropriate smile makeover—nothing too white or artificial, just a refreshed, healthy appearance that felt like her.


Over the years, severe crowding had gradually worsened, leading to uneven wear on several teeth and affecting both function and aesthetics. To begin, we used clear aligners to gently straighten the teeth, creating a more balanced foundation for long-term results.

Once the teeth were aligned, we carried out professional whitening—carefully selecting a shade that complemented her overall look while keeping it beautifully natural. We then replaced two old crowns and used composite bonding to restore the shape and structure of her worn teeth.

The result? A confident, healthy smile that still feels like her—just better.



Do you have crowded or worn teeth and think you could benefit from treatment like this?

 Book a free consultation with one of our dentists today and explore what's possible for your smile.

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!



Congratulations, Maya!

We're so proud to share that Maya has officially qualified as a Dental Nurse! This achievement is a testament to her hard work, dedication, and commitment to patient care.

Since joining Union Quay Dental, Maya has been a valued member of the team—always bringing a calm, supportive presence and a willingness to go the extra mile for both patients and colleagues.

Well done, Maya! We're thrilled to see you reach this milestone and excited to support you as you continue to grow in your dental career.

Welcome, Danni – Our New Hygienist!

Danni brings with her an impressive 18 years of experience in dentistry, including the last 10 years working as a dental therapist in private practice. Her depth of knowledge and gentle, confident approach make her a fantastic addition to our clinical team.

As a dental therapist, Danni is qualified to carry out all aspects of dental hygiene, take radiographs, administer local anaesthetic, extract deciduous (baby) teeth, and perform restorative treatments on both permanent and deciduous teeth.

Outside of the practice, Danni loves spending time walking along the coastline, catching up with friends, and travelling to explore new destinations.

We're so pleased to have her on board—be sure to say hello at your next visit!





Tynemouth Lifeboat Day!

Coming up on North Shields Fish Quay on Sunday 6 July is the annual Lifeboat Day to raise vital funds for the volunteers to continue saving lives at sea.

They will be there from 11am to 3pm with lots of fun activities for the whole family!

Hector Gannet and Special Guests at The Exchange

This event is in respectful commemoration of the Hector Gannet trawler, which sank on this day 1968, and equally in exuberant celebration of North Shields 800.

Hector Gannet are releasing a limited edition 12 inch single inspired by all things North Shields, and which has been created in collaboration with multiple creatives in the North Shields area.



[You can buy tickets here.](#)



Free Beach Yoga!

Join Shore Yoga for 45 minutes of yoga, all Levels welcome, no experience necessary.

All the vibrancy and energy of a community session returning to the shores of King Eddies.

20th July - King Eddies Beach
[Register your free space here](#)

Get in touch

0191 259 6506

reception@unionquaydental.co.uk

www.unionquaydental.co.uk

The Richard Irvin Building

Union Road

North Shields

Tyne & Wear

NE30 1HR