

# Professor Andrew Eder

Consultant, Specialist Dentist

BDS, MSc, LDS RCS, MFGDP, MRD RCS, FDS RCS, FHEA

*Professor Eder is a Specialist in Restorative Dentistry and Prosthodontics and maintains a referral specialist private practice in Central London. He is also Director of Education and CPD at the UCL Eastman Dental Institute and Associate Dean for Continuing Education at the UCL School of Life and Medical Sciences.*

## Why did you become a dentist and what do you enjoy most about your work?

'I first became interested in dentistry whilst having orthodontic treatment as a teenager and thoroughly enjoy being involved in both specialist care in practice and academia at the Eastman.'

## Four words your close friends would use to describe you?

'Ethical, reliable, innovative and entrepreneurial.'

## What treatments do you offer?

'My training is broad but focuses on the repair of damaged teeth and replacement of missing teeth. I also have a special interest in looking after patients with tooth wear and particularly those with functional and cosmetic problems as well as sensitivity.'

## Your top tips to keep healthy teeth?

'Follow this five point plan:

1. Visit your dentist and hygienist regularly.
2. Avoid having too much carbohydrate or acidic foods and drinks in your diet.
3. Ensure excellent home care by brushing with a fluoride containing toothpaste twice daily.
4. Use floss or little brushes between your teeth once daily.
5. Use a mouthwash for gum health and to fight tooth decay.'

## What can be done to whiten teeth?

'Home bleaching, supervised by a dentist, has over twenty years of research to support its safety and is effective in removing discolouration without damaging the tooth surface. Take care using whitening toothpastes with abrasive content as these can damage the enamel. We await with interest research outcomes on the long-term effects of the latest in-surgery and over-the-counter products.'

## In your opinion, what are the most exciting new treatments available for a smile makeover?

'Wherever possible, healthy tooth tissue should always be maintained so veneers or crowns are not always ideal, particularly as they only have a limited lifespan and will need replacement. We routinely look to less invasive treatment options first, such as

home bleaching, the use of tooth-coloured resins or orthodontics.'

## Which products would you recommend?

**Toothbrush:** 'With good dexterity and technique, a manual brush with a small head is ideal. An electric or ultrasonic brush with a small head is an excellent alternative.'

**Toothpaste:** 'Appropriate fluoride-containing toothpastes are available for children and adults. Higher fluoride-containing alternatives are available on prescription for those at risk of decay. Dedicated "anti-sensitivity" toothpastes are also available.'

**Mouthrinse:** 'For gum problems, a mouthrinse containing chlorhexidine and to fight tooth decay, it will need added fluoride.'

## ABOUT PROFESSOR EDER

Andrew Eder qualified from King's in 1986 and completed his Masters at the Eastman in 1990. Academic interests include educational research and Professor Eder is a recipient of a Provost's Teaching Award in 2010, the highest accolade for excellence and innovation in teaching and learning at UCL. He is Co-Editor of the BDJ book *Tooth Surface Loss* and Clinical Director of the London Tooth Wear Centre®. Professor Eder is on the editorial boards of five dental journals, has been President of three national dental societies and is an Examiner for UCL and the Royal College of Surgeons.

## Contact details

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*'By adopting an evidence-based approach to delivering quality dental care and maintaining oral health, our specialist team feels confident in being able to meet the challenging restorative, functional and cosmetic needs of our patients.'*