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Nobody likes visiting the **dentist** but hopefully after reading the views of three top dentists on the island you will be tempted to head on in for a **check up**. They believe that everyone should have a winning smile and that looking after your teeth should be on the top of your list.

'I was able to learn the latest techniques in Boston'

**Dr. Olivier Bournay is originally from Savoie in France and has lived in Tenerife for the last eight years**

People often wonder why anyone would choose to become a dentist, peering into other peoples' mouths all day. For me the reason was simple. I wanted to enter into the medical field as it is so challenging but the reason why I specifically selected dentistry is because I enjoy the artistic side of the industry, building, sculpting and sometimes crafting.

I have been in practice now for thirty years, studying first in Lyon, France, for five years followed by an internship with a company to gain more hands on experience. I was also fortunate enough to be sent to Boston over a two year period to further my knowledge and I have to say that the experience was invaluable, what with all the latest techniques I was able to learn and take away with me.

Since then there has been a lot of technological advancements in the equipment that we now use as well as implantology which has made my job easier in regards to the comfort of my customers and the service I can offer.

What I have noticed in recent years is the improvement of awareness of the importance of dental care, especially here in the Canary Islands. More and more people are coming in for regular check ups and the advice that I always give regarding regular teeth hygiene is the Rule Of Three: brush three times a day with a small, soft, synthetic brush that should be renewed every three months or before if needed. And visit your dentist every three to six, depending on the state of your teeth.

Some of the most common treatments we do here at Clinica Dental are complete reconstructions, endodontical treatments, surgical implants and bridges as well as teeth whitening, which is gaining in popularity, which we can do with or without laser.

Even though products have evolved over the last twenty years the practical application of dentistry hasn't changed all that much, although safer implantology has been a great improvement.

