

# Transform your teeth and smile

with my dental scorecard



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## Introduction

Since I started treating patients back in 1982, my main focus and passion has been to understand each patient's problems and to create a plan to help them keep their teeth for life. I offer individual solutions tailored to each patient and designed to result in a smile with which they are confident.

Understanding everyone's unique and different needs is paramount. There is no single treatment that fits everyone. Creating a unique solution that is right for each person is a rewarding process. Over the years I have worked to improve this process in many different ways to achieve a better result for each patient.

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My dental scorecard is the culmination of years of working with thousands of patients. It was inspired by Dan Sullivan at Strategic Coach®, Canada.

For the past year, I have worked with my colleagues at Elmsleigh House Dental Clinic to refine this dental scorecard – it has achieved amazing results for our patients. We have helped them to transform their dental health, their smiles and their confidence.

The purpose of this book is to encourage people to fill in the dental scorecard, which can be found as a foldout at the back. Once you have scored yourself for each category, you will want to know how to improve your result. This book tells you how we can do that – improving your dental health score and transforming your teeth and smile.

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Practice Principal  
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## Measuring your dental score

First, look at the dental scorecard, which can be found as a foldout at the back of this book. You will see there are eight categories running down the page, and four coloured bands for your scores running across – each numbered from 1 to 4.

Please read each category and give yourself the score that most reflects your current position in the '**score now**' box. The key to improving your dental health is to measure honestly where you are now. Then you can project the desired improvements you want to see into the future, giving yourself a '**score goal**' for each category.

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It can be difficult to understand the improvements using subjective assessments. The beauty of the scorecard is that it allows you to rate where you think you are now and assign a specific number to your current situation. There is no right or wrong number – it is where you feel you are now. Your **score goal** reflects where you would ideally like your dental health to be.

Once you know where you are, and what you want to achieve, you can begin to do something about it.

This book is designed to deal with each category chapter by chapter, giving general advice on options that are available and how to improve your score in that area. The scoring system and the relevant chapters will enable you to learn about your options and to seek professional advice to improve your score.

Hopefully, it will also encourage you to find the right dentist – one who will take time and care to ensure you are happy with your teeth and confident with your smile.

## Chapter 1 My overall dental health

I have been listening to the concerns of my patients for over 30 years. Throughout this time, a common theme has been acceptance of continual dental decay until all teeth are lost. These patients are resigned to a life with removable dentures in the future – they think this is the norm. They assume that nothing can be done to prevent this from happening – it is just an inevitable part of the future for them. Usually this assumption is based partly on family history and on their own experience.

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In fact, everyone can stop dental disease in its tracks today if they want to. Even people who have already lost many of their teeth can have a better dental future.

I can recall hundreds of patients who thought tooth loss was inevitable. We have shown them how to prevent tooth decay and gum disease and have then repaired their remaining teeth – replacing missing teeth with fixed solutions. The result is that for twenty years or more these patients have had no major dental work carried out apart from regular preventative dental hygiene visits and check-ups with their dentist.

It is fantastic to address the issues some patients have with their teeth and see them regain their confidence. In some cases it even changes their life!



After losing my front tooth at the age of 14 in a dental mishap, I was left with not only a gap in my smile, but a gap in my confidence. The treatment at Elmsleigh was both professional and personal every step of the way. Despite the stress and trauma I'd experienced previously with dental care, I felt at ease and reassured throughout. Tim was able to fit my final implant before I left for university, meaning I could start this new chapter in my life with a smile I was proud of. Elmsleigh restored my trust in dentists, and I would like to express my profound gratitude! 🙏

*Miss Khan, Surrey*

## Rate your overall dental health

To see where you are with your overall dental health, use the dental scorecard to give yourself a score from 1 to 4 in these four categories:

**Score 1** I think my dental health will worsen and I will lose my teeth

**Score 2** I think my dental health needs to be improved but I do not know how

**Score 3** I believe my dental health is alright, but would make improvements if easy to do

**Score 4** I am happy with, and value, my dental health

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So how did you measure up?

Whatever your score it can be improved!

## Risk factors to your overall dental health

There are three main risk factors in tooth loss that everyone faces:

- 1. Dental caries (tooth decay)**
- 2. Periodontal disease (gum disease)**
- 3. Tooth erosion and wear**

The first two risk factors are caused by plaque, a sticky layer of germs that grows on our teeth every day.



## Dental caries (tooth decay)

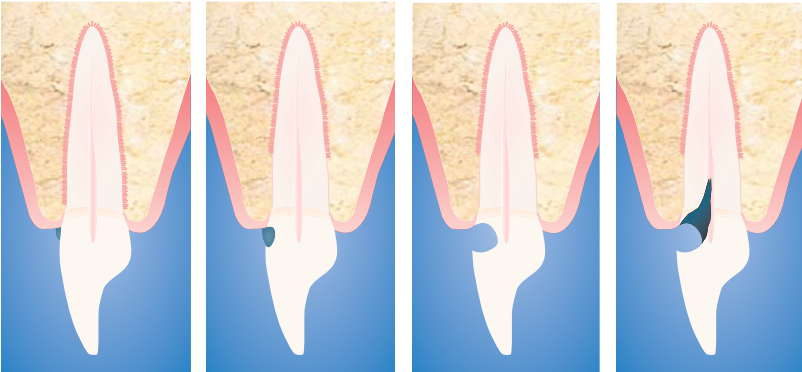
Tooth decay occurs when germs (bacteria) in plaque turn the sugars found in food and drinks into acid, which attacks the teeth. It affects everyone at all ages, and is first seen in children's teeth.

If plaque is allowed to build up, the plaque acid will dissolve the enamel and make a hole in the tooth (tooth decay). Although early tooth decay may not cause any pain, common signs of dental decay include toothache, tooth sensitivity, tooth discolouration, bad breath or an unpleasant taste in the mouth.

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Treatment of tooth decay depends on its severity. For early-stage decay, your dentist will talk to you about sugar in your diet and effective teeth cleaning at home. A fluoride gel, varnish or paste may be applied to the affected area. This protects teeth by strengthening the enamel and increasing its resistance to plaque acids.

### Stages of tooth decay



Plaque deposits build up on the tooth if not cleaned away

Bacteria in the plaque turn sugar in food and drink into acid, which attacks the tooth enamel

If left untreated, the enamel and dentine will dissolve, creating a hole in the tooth

Bacteria continue to grow in the tooth, causing further destruction and infection

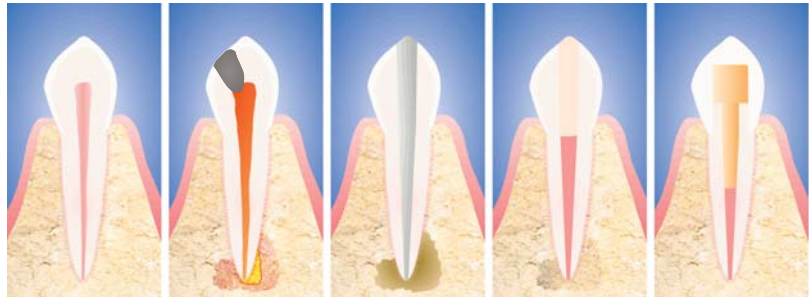
You may have dental decay which is severe enough to require a filling. In this case your dentist will use local anaesthesia to numb the area before treatment, and will then remove the decay. Filling materials have developed a great deal since the original gold and

silver amalgam fillings. Modern alternatives such as white plastic fillings offer both an aesthetic and a functional solution – they are very strong and nearly invisible. (see page 57)

If tooth decay has spread to the pulp (the centre of your tooth containing blood and nerves), the dental pulp will need to be removed in a process known as root canal (or endodontic) treatment. A small hole is made in your tooth to gain access to the infected pulp and to the bacteria within the root canals, usually under local anaesthesia.

This treatment is best carried out by an endodontist with the aid of an operating microscope to keep the hole as small as possible. The goal is to clean and shape the root canal, and then fill the space to reduce the risk of bacteria getting in again.

### Root canal (endodontic) treatment for an infected tooth



<b>A normal tooth</b>	<b>An infected tooth with inflamed pulp</b>	<b>An endodontist uses special instruments to clean the inside of the tooth</b>	<b>The root cavity is sealed with special material and a temporary filling is placed</b>	<b>A cosmetic crown is fitted to protect and restore the tooth</b>
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A temporary filling is placed on top of the tooth – you will usually need to return to your general dentist to have a more permanent filling or crown. The best way to restore your tooth should be outlined to you by your dentist – the most appropriate option for each tooth will be different.

If a tooth is so badly damaged that it cannot be restored, it may need to be removed. Your dentist may be able to replace the tooth with a partial denture, bridge or implant.

**We dentists believe that prevention is always better than cure, and will encourage and help you to look after your teeth so you do not develop tooth decay in the first place. We believe that the earlier you start looking after your teeth the better!**

### **Three key ways to prevent dental caries:**

**Brush your teeth at least twice a day with a toothpaste containing at least 1450ppm fluoride, which helps protect teeth from cavities and makes teeth stronger.**

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**Cut down on sugary foods and drinks – it is best to have these only at mealtimes. Chewing a sugar-free chewing gum containing xylitol for 20 minutes after a meal has been shown to help neutralise acids and reduce plaque.**

**Have regular check-ups with your hygienist and dentist. They will schedule your appointments to ensure your teeth and gums remain healthy.**

## **Periodontal disease (gum disease)**

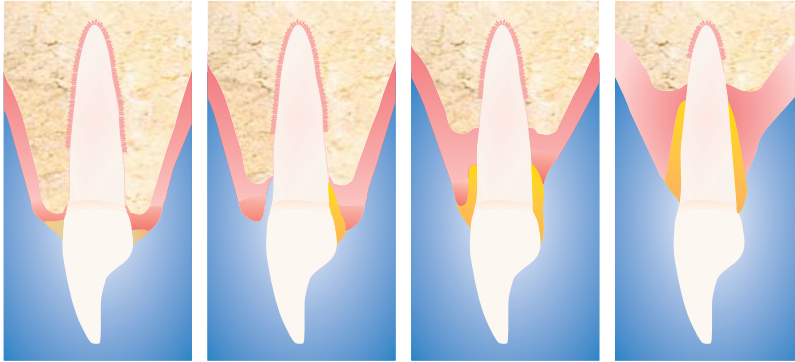
The word 'periodontal' literally means 'around the tooth'. The term periodontal disease covers a range of gum conditions.

Periodontitis is a serious bacterial infection that destroys the attachment fibres and supporting bone that hold your teeth in your mouth. Left untreated, this disease will often lead to tooth loss.

Periodontal diseases include gum recession, gum overgrowth, ulcerating gums and other gum disorders.

As it is usually pain free, people often do not know they have periodontal disease. Without regular check-ups it may go undetected for years until it is too late. Regular check-ups with your dentist and hygienist are essential.

## The progression of periodontitis



Bacteria in plaque cause the gums to become inflamed

Toxins cause the gums to separate, forming infected pockets

The pockets deepen and more gum and bone are destroyed

The tooth becomes loose and may need to be removed

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### Signs of gum disease to look out for include:

- Bleeding gums
- Red, puffy gums
- Spaces appearing between your teeth
- One or more teeth beginning to loosen
- Receding gums
- Persistent bad breath
- Sensitivity to cold food and drink
- Vague itching or other discomfort in the gums.

Gum disease can be treated if it is recognised in its initial stages. Early detection has been advanced with the development of the **MMP8** (activated matrix metalloproteinase-8) test in Germany.

MMP8 is an enzyme that is produced in the gums whenever active tissue damage and inflammation occurs, such as in periodontitis. This simple and effective test detects MMP8 in a person's saliva, indicating the activity of previously undetected periodontitis (see the figures on the next page).

## The MMP8 test can be used to detect early periodontitis\*



Two stripes on the MMP8 test indicate active periodontitis



A single stripe is a negative result

The aim of periodontal treatment is to promote repair and healing of the gums and bone, and to help minimise the progression and recurrence of the disease.

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Initially, you will be shown how to remove plaque effectively when you clean your teeth. Then your gum specialist will use special cleaning techniques to eliminate the infection around the teeth and under the gums.

In advanced cases, surgical treatment may be necessary to gain access to the deeper infection, and special advanced regeneration techniques could be considered to re-grow lost bone and gum attachment where appropriate. Some patients need delicate gum surgery if they have gum recession or overgrowth concerns.

Following the completion of all active periodontal treatment, you will enter the maintenance phase of therapy. This is a vital ongoing programme designed to stabilise periodontal disease and to help prevent it from recurring.

### Monitoring the severity of periodontal disease

Special probes are used to determine the extent of periodontal disease.

Monitoring is provided by your dentist, periodontal specialist and specially trained dental hygienist working as a team, allowing them to assess the condition of your gums regularly, to make sure the problem does not recur.

\* Elmsleigh House Dental Clinic is one of the few dental clinics in the UK offering patients the MMP8 test, which can be a valuable tool in detecting periodontitis early and enabling timely treatment.



Unhealthy gums bleed easily when gently probed; the probe disappears into the deep pocket, indicating a severe problem.



The probe shown here indicates that these gums are healthy.

Remember, what affects the health of your mouth affects the health of your body. Research has shown that uncontrolled gum disease is linked to an increased risk of heart disease, stroke, diabetes and premature babies. It is therefore imperative to attend regular check-ups with your dentist and hygienist and ask their advice about what is best for you.

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## Tooth wear and erosion

There are two other problems that cause loss of tooth enamel and dentine – the hard parts of the teeth that stick up above the gum:

**Tooth wear** is caused by grinding your teeth (called bruxing). This can be so severe that the teeth are completely ground down to the gum, or they can fracture (due to clenching).

**Tooth erosion** is caused by acids in your diet, such as citrus fruit juices and certain fizzy drinks.

The good news is that all these problems are treatable, and in most people they are preventable.

Prevention is always better than cure, and prevention works at any age, whether you are 5 years old or 90 years old!

A good example of prevention is protecting your teeth when playing certain sports, such as rugby. Professional gum shields can be made to fit your teeth precisely and will protect them from trauma as a result of sports injury.

## Solutions to improve your score

Good oral hygiene from an early age is important if you want to have healthy teeth and gums. Clean, healthy teeth and gums will ensure good oral health, which means no toothache, pain or discomfort, and lower costs at the dentist! With good mouth care, it is possible to keep your teeth for life.

Your dentist's aim should be to provide a dedicated, preventative, long-term approach to maintaining your teeth and gums in excellent condition, and to keeping treatment to a minimum.

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The following chapters look at different things that may be worrying you about your dental health. Each will outline options that could be useful in helping you improve your score. We dentists value our patients and are only satisfied when you are satisfied too. Above all, we want you to be happy with your teeth and smile!

## Chapter 2 My smile

Our smiles are important for our confidence – they say a lot about us to other people. I have spent countless hours over the years reassuring people – explaining to them that their teeth can be fixed and are not a lost cause!

Sometimes a very simple problem can be fixed in one appointment, while others require a significant investment in time to achieve the solution that the patient desires.

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Whatever your concerns, there is no one who cannot have a nice smile!

### Here are some fun and thought-provoking facts about your smile:

- **Smiling is a universal greeting across all cultures.**
- **Studies show that the act of smiling actually causes the release of the mood-improving hormones dopamine and endorphins, and reduces the stress hormone cortisol. So the next time you feel stressed, try smiling!**
- **Do we forget to smile as we get older? Fourteen per cent of adults smile fewer than five times a day, 30% of adults smile 20 times a day, but children smile more than 400 times a day!**
- **Numerous studies show that smiling gives you the appearance of being more approachable, friendly, competent, trustworthy and likeable; it can even help you at work, getting you ahead in an interview or in your current position.**
- **A UK research study showed that smiling stimulates the brain-reward mechanism; it found that one smile stimulated the reward mechanism by more than the equivalent of 2000 chocolate bars or receiving a cash prize of £16,000!**

So, a nice smile keeps you feeling healthier and happier. Look after it, and use it more every day – you will feel better!



I will never forget one lady whose teeth and smile were totally transformed at our clinic. Her husband thanked me for giving him back his wife. She had become so upset about her teeth that she had stopped going out of the house altogether. After having her teeth repaired, she travelled abroad to see her family and became a completely different person.

## Consider what is right for you

You need to consider the options available to improve the appearance of your teeth and smile, and decide what you want to achieve. The options are:

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- Non-destructive improvements
- A natural look

or

- An artificial-looking smile (which some people prefer)

Our philosophy and approach is always, wherever possible, to avoid destructive cosmetic dentistry.

## Rate your smile

To see where you are with your smile, use the dental scorecard to rate your score from 1 to 4 in these four categories:

**Score 1** I am embarrassed with my smile and always avoid smiling

**Score 2** I am unhappy with my smile, which can affect my self-confidence

**Score 3** I feel OK about my smile, but would make improvements if easy to do

**Score 4** I am happy with my smile

How did you do?

Rest assured that there are solutions to improve your confidence in your teeth and smile.

## Improve your smile with cosmetic dentistry

Problems with your teeth can have a huge effect on your smile and self-confidence – you may hide your mouth with your hand or avoid smiling altogether. This does not need to be the case. There is an extensive range of cosmetic dentistry treatments designed to improve the appearance of your smile.

When planning cosmetic procedures it is important for your dentist to consider the optimum outcome for you without unnecessary damage to your teeth, because some cosmetic procedures can involve the removal of natural tooth, which is rarely a good idea.

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Here are some examples of cosmetic treatments:

<b>The problem</b>	<b>The solution</b>
● I would like my teeth to be whiter	➤ Tooth-whitening and/or veneers
● I would like my teeth to look straighter	➤ Orthodontics (bespoke braces), cosmetic bonding crowns, veneers, teeth reshaping
● I want a nicer smile	➤ A combination of any or all cosmetic treatments
● I want to get rid of the gaps caused by my missing teeth	➤ Bridges, implants, braces, dentures
● I want a nicer-looking denture	➤ Cosmetic dentures with natural-looking gums
● My teeth are too short/ too long	➤ Gum surgery, crowns, orthodontics (braces)
● My old metal (silver) fillings show	➤ White (tooth-coloured) fillings, inlays, onlays
● I have dark triangles between my teeth	➤ Braces, cosmetic bonding, veneers

## Teeth whitening

Teeth naturally become yellow and discoloured over time. Smoking, and some food and drink, can cause hard-to-shift stains. Teeth can also be discoloured by developmental defects in the enamel and dentine when the tooth is growing. Blue-grey and brown discolouration, white banding or coloured spots can be caused by tetracycline – an antibiotic given when the teeth are growing.

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Professional whitening gently removes stains, leaving your teeth cleaner and brighter. Teeth whitening should be monitored by a dentist to ensure safe and effective results. The professional teeth whitening agent is generally a carbamide peroxide, which is applied as a gel to mouth trays that are custom-made to fit precisely around your teeth. The carbamide peroxide penetrates the enamel and dentine of your teeth, breaks down the stain, and lifts it out which brightens your teeth without damaging them. Professional teeth whitening has been used for many years and is safe.

Your dentist will specify the strength of the whitening gel and the length of time you should wear your mouth trays each day, so that you know that you are proceeding safely.

Many people feel that having whiter teeth takes years off their appearance.

## White (tooth-coloured) fillings

Many people have old metal (silver) fillings that they now feel are unsightly. White (tooth-coloured) fillings look completely natural, are long-lasting and increasingly popular.

The filling material is made from a resin-based substance and an inorganic filler, which gives it wear-resistance and translucency. The material bonds chemically to the tooth surface, strengthening the tooth without requiring the extensive drilling that old metal fillings required. These fillings can be matched to the colour of your teeth, enabling near-invisible restoration. They can also be used to repair chipped, broken or worn teeth.

## Orthodontics (bespoke braces)

Today no one needs to tolerate crooked teeth or an uneven smile. Advances in orthodontic treatment mean that children, teenagers and adults can benefit from removable or fixed braces.

Customised orthodontics (bespoke braces) involve moving the teeth for a variety of reasons and using different techniques. For children, an orthodontic assessment gives us the opportunity to treat problems early and minimise the need for more complex orthodontic treatment in the future. For adults, overcrowded or gappy teeth can cause difficulties with biting and chewing, and may affect your self-confidence and your smile.

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Sophisticated imaging-software can be used to create a three-dimensional image of your exact tooth positions, enabling us to design a bespoke solution. There is an extensive range of braces available, such as **Damon**, **Insignia** and **Incognito**, which are fixed appliances, and **Invisalign**, which are removable aligners.

Your orthodontist can advise you on which solution would be best for you or for your child. Your health, cosmetic and financial needs are all taken into consideration.

Faster orthodontic treatments (anterior alignment orthodontics), such as **Cfast** and **Inman Aligner**, can substantially reduce treatment times and are more suitable for many adults. Both these treatments are kind and safe for teeth. They work by applying gentle pressure to move the front four to six teeth into the correct position. They can be a cost-effective and aesthetically pleasing way to straighten the teeth of most adults.

## Cosmetic dentistry to improve your smile



An example of before and after tooth-whitening, straightening and cosmetic bonding.

## Dental implants

You may have lost one tooth, several teeth or all your natural teeth. This can affect your smile, your ability to eat your favourite foods, your self-esteem and your health.

Dental implants are different to other tooth-replacement options – standard bridgework or dentures – because they look, fit and feel just like your natural teeth. They remain secure and are long-lasting. Indeed, I have placed implants more than 30 years ago in patients who are still enjoying their replacement teeth.

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Dental implants consist of a small titanium screw that is inserted in your jaw bone and an implant post that supports the replacement tooth. The titanium integrates with your bone and provides a stable anchor to which permanent new teeth are attached. This also actively prevents bone loss. Dental implants allow people to eat, talk and smile with confidence, knowing that their replacement teeth appear natural and their facial contours are preserved.

Although dental implants have come a long way since their development by the Swedish Professor Per-Ingvar Brånemark in the late 1950s, the Brånemark system implants continue to be the most proven and effective technology in use today for replacing missing teeth.



“Many years ago I lost four teeth in my upper jaw. My dentist mentioned that Elmsleigh House Dental Clinic was fitting implants, so I put myself in Tim's care and how pleased I am that I did. I was warmly welcomed to the surgery, my anxiety vanished and at no time did I experience any discomfort.

This was 20 years ago – now at the age of 80 my implants are as good as ever, allowing me to enjoy all types of food and feel confident when I smile.

Thank you Tim and Elmsleigh House staff. 🙏

*Mrs Shelton, Surrey*



For more information on dental implants, read my book ***Transform your smile and life with dental implants***, available from Amazon, via our website [www.elmsleighhouse.co.uk](http://www.elmsleighhouse.co.uk) and from Elmsleigh House Dental Clinic on 01252 713797 or [info@elmsleighhouse.co.uk](mailto:info@elmsleighhouse.co.uk).

## Cosmetic bonding and reshaping

This is a quick and relatively straightforward process which involves minor reshaping or bonding tooth-coloured restorations to existing chipped, fractured or overcrowded teeth. It is a subtle procedure – minor flaws can be corrected by ‘smoothing’ the surface of the tooth to create a straighter, more uniform smile.

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### Reshaping a patient’s front teeth with cosmetic bonding

**This man was embarrassed by the gap between his two front teeth – a very common problem. He rarely smiled. He did not want to be fitted with braces in his forties, so I did a quick mock-up in his mouth to show what he could look like by closing the gap using bonding. He loved it!**

**The first stage was to brighten his teeth. Several weeks later the problem of the gap was fixed with non-destructive cosmetic bonding and no local anaesthetic – in just one visit.**

**He was delighted! He has had no work done since. We still see him for an annual check-up and he maintains that it is the best thing he has ever had done. His career has progressed dramatically since his treatment and he now regularly does public speaking, which he did not have the confidence to do before.**



## A patient who had tooth whitening, cosmetic bonding, cosmetic bone grafts and dental implants

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Words alone can't express how delighted I am with the results of my recent dental implants!! The care and attention I received from Tim and his wonderful team has been truly outstanding. From the moment I stepped inside Elmsleigh House I was made to feel welcome and totally at ease. I have always been a very nervous patient but I can honestly say my nerves dissipated very quickly when I realised what great hands I was in.

The entire team at Elmsleigh House were exceptional and wonderfully sincere and showed a genuine desire to make my visit as pleasant as possible, which from previous experience had always alluded me at various other establishments!

Tim Thackrah is exceptional. His talent and skill was evident right from the moment I sat in the dentist chair. I felt relaxed, informed, and comfortable throughout the entire procedure and indeed at every visit throughout my treatment for dental implants. Tim is so calm and reassuring that I almost forgot I was sat in a dentist chair!! His assistants mirror this calm, professional demeanour and were always on hand to offer reassurance during my treatment.

I am truly delighted with the results of my dental implants. The fit and look of them is so incredibly natural that sometimes even I forget which ones are the implants!! Certainly my friends and family are amazed when I show them...and for me this is THE very best result possible!!

I cannot thank Tim and the team enough for everything and would highly recommend Elmsleigh House to anyone seeking to improve their smile!! I am extremely grateful to you all.

Thank you for giving me my confidence back. 🙏

*Mrs Park, Berkshire*

You can listen to Mrs Park talk about her experience at Elmsleigh House as well as Tim Thackrah talking about her dental treatment on YouTube at <https://youtu.be/ciWWiChNj8M>



## Cosmetic dentures

Flat, pink dentures can be a thing of the past. The latest hand-crafted dentures are comfortable and so natural in appearance that even the most discerning onlookers will believe they are viewing real teeth and gums.

## Porcelain veneers

Veneers are thin, custom-made pieces of porcelain that are bonded to the fronts of your teeth. They are strong, durable and hide discoloured, misshapen or crooked teeth, as well as reducing, or closing, gaps between your teeth. Placing them may require removing part of your tooth enamel to get a good result.

## Tooth-coloured crowns

Made of porcelain, or bonded porcelain (a metal inner core with a porcelain outer surface), crowns can be used very successfully to repair cracked, broken, decayed or heavily filled teeth. Crowns or 'caps' require a dentist to cut the tooth down so that installing them is usually a destructive process. They are very strong and can be perfectly colour-matched to your own teeth, however, so will look and feel completely natural.

## Bridges

A bridge can be used to fill the space where a tooth has fallen out or has been removed. Conventional bridgework usually involves cutting down the adjacent teeth to allow the gap to be filled – it is generally a destructive process.

It is possible in some cases, though, to make a 'stick-on' bridge with metal wings on the inside of the mouth. This can be glued in place so it is not necessary to cut down the teeth on either side of it. We can attach a replacement tooth (or teeth) to the natural teeth on either side of the gap.

A bridge will enhance your appearance and your smile. It will also improve the way you bite, chew and speak. As with veneers and crowns, the colour is carefully matched to your own teeth.

## Cosmetic gum reshaping

If you are concerned about the length of your teeth, cosmetic gum surgery is an ideal procedure. We can reshape your gum line to improve the appearance of your smile.



## **Gum recession**

When roots have become exposed, gum grafting is carried out to cover the exposed roots.

## **Facial aesthetic treatments**

In addition to the teeth, your smile also involves the surrounding lips and face, which can be affected by changing the shape of the teeth and their position. It is important to consider this carefully, as any deep lines and wrinkles in the skin may be made worse. These lines can, however, also be improved. The advice of a cosmetic facial doctor is sometimes required. Facial aesthetic treatments include wrinkle reduction, dermal fillers and facial sculpting to smooth these lines and ensure a more youthful appearance.

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## **Regain confidence in your smile**

I believe that everyone should experience the confidence of knowing that their smile is attractive and their mouth is healthy. The outcome of both can have a dramatic effect on your overall self-esteem. By understanding the options available to you, I hope this book offers you the reassurance that you can achieve the smile you want.

## Chapter 3 My tooth colour

Over the years I have had more requests from people about making their teeth lighter than any other type of cosmetic dental work. For most people there is good news – we have a very safe and effective way of lightening the colour of your teeth.

It may be that your teeth have become discoloured over time. However, hard-to-shift stains can also be caused by smoking or some foods and drinks. Whatever the cause, the best non-destructive way to lighten your teeth is professional teeth whitening.

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One lady who came to me was concerned that her two front teeth were discoloured a dull grey-brown after a sporting injury at school. She had lived with her unsightly teeth for more than thirty years because she thought nothing could be done about them. None of her previous dentists had suggested a treatment, except for one in America who wanted to cut down all four of her otherwise healthy front teeth and fit crowns on them. Fortunately she declined this suggestion.

We solved her problem without damaging her teeth by carrying out professional teeth whitening. This lightened her discoloured teeth to match all her others in less than four weeks.

The lady was delighted and has required no dental work for the last twenty years except regular check-ups and routine dental hygienist visits.

## Rate your tooth colour

Using the dental scorecard, give yourself a single score for your tooth colour from these four categories:

**Score 1** I do not like the colour of my teeth and avoid smiling

**Score 2** I am frustrated that I can never get my teeth lighter

**Score 3** I do not mind the colour of my teeth, but it would be great to whiten them

**Score 4** I am very happy with the colour of my teeth

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If your score needs to be improved, there is good news – this may be quick and easy to achieve.

## Professional teeth cleaning

Surface stains can easily be removed by your dentist or dental hygienist so that their true colour can be assessed. It is possible that this is all that needs to be done.

After treatment, it is simply a matter of keeping your teeth clean and being aware of foods, drinks and habits (coffee, tea, highly coloured foods, red wine and, of course, smoking) that will stain your teeth again. With correct brushing and cleaning techniques you should be able to minimise further staining.

If you are still unhappy with the colour of your teeth after professional cleaning, professional teeth whitening may be the solution for you.

## Teeth whitening

Monitored by your dentist, teeth whitening is a safe, non-destructive and effective way to a brighter, whiter smile.

There are two types of teeth whitening advertised by dentists – professional home-care whitening and laser (or power) whitening.

Research carried out over many years has shown that professional home-care whitening is as safe and effective as laser whitening, is less expensive and creates fewer issues with sensitivity. This is the option that I offer my patients.

### **Professional home-care whitening**

Your dentist will listen to what you want to achieve, assess your dental health and tailor the teeth whitening process to suit you.

The whitening agent recommended is carbamide peroxide, which penetrates the enamel of your teeth, safely breaking down and removing stains in the dentine and enamel. This brightens your teeth without damaging them.

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Your dentist will use fast-setting dental material to take impressions of your teeth. These are used to create custom-made, high-quality bespoke whitening trays that fit your teeth correctly. You will keep your mouth trays for future treatments.

Your dentist will specify the strength of the carbamide peroxide gel and will show you how to apply it safely to your custom-made mouth trays and fit them around your teeth. You will be given sufficient teeth whitening gel to take home to achieve a natural-looking, whiter shade.

You will only be required to clean your teeth, place the whitening gel in the custom tray, and wear it for the time specified by your dentist (usually around 60 minutes). Afterwards, you will need to clean your teeth again and rinse the tray. This is repeated daily until your teeth lighten to the colour you want – it is that simple and effective.

We generally find most people will see a big difference after 10 applications. Because you are applying the gel at home, you can stop when you are happy with the result. In our clinic we carry out follow-up reviews to monitor your progress and to ensure that you receive the best result possible.

Some people find that their teeth become sensitive after a few applications of whitening gel. If this happens, the whitening interval is simply increased to every three days, or sometimes once a week. There are also various desensitising products your dentist can prescribe that will help with sensitivity.

Most people find they need only reapply the gel a few times in a six-month period to keep their teeth looking fresh. However, this largely depends on your diet and cleaning habits. If you want your teeth unnaturally whiter, you will need to continue the application of the whitening gel for longer, and you will need to reapply it more regularly to keep this colour, maybe even once a week.

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Some people have dark, discoloured teeth as a result of taking medications such as tetracycline, an antibiotic, when they were young. This can make teeth look blue-grey or yellow in colour. We have successfully used teeth whitening to improve the colour of teeth in these cases, but it has taken many months of repeated use to achieve an improvement. We strongly feel, though, that whitening is preferable to cutting teeth down to fit crowns or veneers.

## A patient's view on tooth-whitening



“It’s three months today since our wedding, and I wanted to send you a note to say a very heartfelt thank you for working with me to bring my teeth to their current state.

The discolouration is something that has really bothered me since my adult teeth came through. I always thought that the only way to address the issue was by veneers; however your knowledge, insight and perseverance has enabled me to achieve a great result through conservative methods.

Not only did my teeth look great for our big day, but it’s had a much bigger impact in boosting my overall confidence.

I’ve attached this picture so you can see how they turned out. As you can imagine, I don’t think I stopped smiling!

I couldn’t be more grateful for all your input and support. If I need any further assistance in the future, I’ll certainly be coming to you. ”

*Mrs Starling, Surrey*

When teeth have been knocked, or suffered decay which has killed off the nerve of the tooth, or have had root treatment in the past, the whole tooth can become discoloured grey or brown. We can cover up a tooth discoloured in this way with a crown or special opaque veneer, but the treatment inevitably involves cutting away part of the tooth.

A much better approach is to whiten the tooth as above, but using the whitening gel inside the tooth. Your dentist will need to do some preliminary work on the tooth to allow this process to be carried out over a few days, but this is much better than cutting away your tooth.

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Teeth whitening will not change the colour of existing dental work such as fillings, crowns or veneers. This means that if you lighten your teeth to a shade brighter than your existing dental work, it will need to be redone at additional expense to get a uniform result.

### **Laser or power whitening**

There are various more expensive techniques that involve shining lights, or using heat or ultrasonics, to apply energy to the whitening gels to try to speed up the process. These techniques, however, all need to be followed up with a course of home-care whitening. They are no more effective than home-care teeth whitening, and there is an increased risk of sensitivity.

### **Online products and unqualified suppliers**

You will see various products advertised online which claim to whiten your teeth. Regulations on the sale of these vary from country to country. Some of the products on the market are not effective; some can even be dangerous as they contain acids that dissolve your teeth. There are also people who are not dentally qualified offering teeth whitening in shopping centres, hairdressers, etc. This is illegal in the UK. Inappropriate and unsafe chemicals are often used, and I have seen irreversible damage to teeth and gums from such treatments.

Always see a qualified dentist for teeth whitening to ensure safe and effective results.

## Tooth-coloured fillings

Dental decay and metallic fillings, such as silver amalgam or gold, can shine through the enamel and dentine of a tooth, making it look as if the tooth is dark or grey. This problem can be solved by removing the decay or old metal fillings and replacing them with a natural tooth-coloured restoration in either composite plastic or ceramic. In most cases this will dramatically improve the appearance of the tooth – a carefully done restoration is almost impossible to see.

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Composite-resin fillings are made from a resin-based plastic and an inorganic filler, which gives the composite wear resistance and translucency. They can be used to repair chipped, broken or worn teeth, and are durable and discreet.

The main advantage of a resin composite over traditional materials such as amalgam is improved aesthetics. Composites can be closely matched to the colour of your teeth to enable near-invisible restoration. They are chemically bonded to the tooth surface, which strengthens the tooth without requiring the drilling that amalgam fillings need.

As teeth whitening does not change the colour of the filling material, or any crown or veneer, professional teeth whitening should be carried out before any new restoration work, so that fillings and veneers can be carefully matched to the colour of your new, whiter teeth.

## Tooth-coloured fillings for a more natural appearance



Unightly amalgam fillings can be replaced with resin composite for a natural-looking result.

## Chapter 4 My teeth aren't straight

In the case of crowded teeth, the best long-term treatment for most people is to have brace work. Patients of all ages come to us to have their teeth straightened.

It is always better to fix tooth-crowding problems in childhood and it is usually quicker to do it at an early age. It also gives us the option to improve the final appearance of the face while it develops. Whatever your age, however, it is never too late! Braces can often also be used as part of other complex dental work to achieve a better overall result.

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I frequently see people who have come to me for a second opinion after being told they need multiple veneers (sometimes 20!) to improve their smile. This type of treatment is destructive to teeth. These veneers will need to be replaced every seven to fifteen years. Initially veneers may be a quick fix, which is always tempting; however, they are expensive to do well. They also come at a high price – in terms of both loss of some of your tooth and further ongoing treatment costs when they need to be replaced.

The best solution is usually a combination of brace work and teeth whitening, neither of which will damage your teeth.

Over the past five to ten years there have been new developments in braces – systems which are less noticeable and often allow faster treatment times.

### Rate how straight your teeth are

Using the dental scorecard, give yourself a single score for how straight your teeth are from these four categories:



**Score 1** My teeth are crooked – I don't like smiling

**Score 2** My teeth are slightly crowded, which affects my confidence in smiling

**Score 3** I have some teeth that are twisted and it would be nice to straighten them

**Score 4** I love my straight teeth

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If your score needs improving, there is an extensive range of options for you to consider which apply to all ages.

### **Customised orthodontics (bespoke braces) for all ages**

Customised orthodontics involve moving teeth, for a variety of reasons and using different techniques designed to meet the needs of each individual.

Conventionally seen as treatment for children and teenagers, an increasing number of adults are also benefiting from bespoke braces or aligners to straighten their teeth.

Orthodontists are dentists who undertake further training to become specialists in straightening or moving teeth as well as dealing with more complex cases. They fit braces and offer bespoke solutions to straighten teeth for all ages.



An example of before (left) and after (right) straightening with customised orthodontics to improve the bite.



An example of before (left) and after (right) straightening with customised orthodontics to relieve moderate crowding.

At your initial consultation, an orthodontist will listen to the concerns you may have about your teeth, or your child's teeth, and make a thorough clinical assessment. Sophisticated imaging software can be used to create a three-dimensional image of the exact tooth positions desired. This enables a bespoke solution to be designed that best meets your health, cosmetic and financial needs.

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### Orthodontic low-friction Damon fixed appliances

**Low-friction Damon** fixed appliances can be used to align all teeth for patients of any age. These appliances are designed to be discreet, comfortable and easy to keep clean. **Damon** braces make dental hygiene easy to manage while they are in use – they do not have elastic ties, which attract and collect plaque. Treatment usually takes 9 to 24 months.



Damon braces use a slide mechanism to hold the wire, which allows teeth to move more freely, quickly and comfortably.

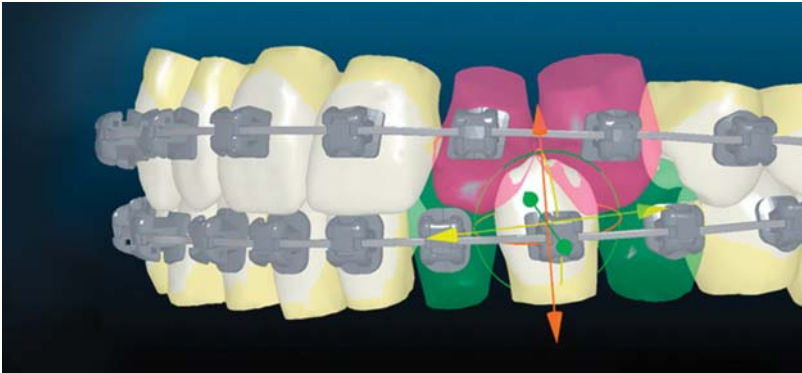
The Damon system is available with clear brackets for image-conscious patients.

### **Insignia – orthodontic computer-aided smile design**

**Insignia** computer-aided smile design takes the revolutionary Damon technology a step forwards. Using advanced three-dimensional computer-imaging software, **Insignia** creates an image of your current tooth positions. Then, taking into account your existing facial symmetry and features, it optimises your treatment plan. You can see your teeth in their final position on screen, before your bespoke braces are fitted.

Unlike off-the-shelf braces and wires, a treatment plan developed with Insignia creates a stage of meticulous detail that provides fast, accurate and predictable results. Treatment using Insignia usually takes between 12 and 15 months.

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Insignia uses 3D modelling technology to calculate precisely each aspect of tooth movement in the best possible way. Results can be seen on screen before low-friction bespoke braces are fitted.

Because this treatment is 100% personalised, patients often see a reduction in the amount of time they would need to wear braces.

### **Invisalign – custom-made, clear, removable aligner**

The **Invisalign** clear, removable aligner can deal with a large range of teeth straightening issues, such as overcrowded teeth, widely spaced teeth, crossbites, overbites and underbites.

Using advanced three-dimensional computer-imaging technology, your dentist can plan your Invisalign treatment from the initial position of your teeth to the final desired result. You can see



Invisalign can straighten teeth using a series of nearly invisible aligners, each worn for up to two weeks to move your teeth gradually into their prescribed position.

The aligners are made from a strong medical-grade thermoplastic material uniquely developed for Invisalign.

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virtual results before you even begin, so you will know how your teeth are expected to look when treatment is complete.

A series of clear aligners are then custom-made to fit snugly over your teeth. Each aligner is worn for up to two weeks before being replaced by the next in the series.

Unlike traditional braces, Invisalign not only controls the amount of movement per aligner, but also the timing of the movement so at each stage only certain teeth are allowed to move, as per the Invisalign treatment plan for that particular stage. This results in an efficient force-delivery system that moves teeth into the desired position as prescribed.

Aligners should be worn all the time during treatment, but can be removed for eating, brushing or flossing teeth, and fitted back in place afterwards.

Your Invisalign treatment time will be determined by your dentist, depending on your needs – usually between 9 and 18 months.

### ***Incognito – custom-made lingual fixed appliances***

**Incognito** braces are an advanced generation of brace that is hidden discreetly on the tongue side of the teeth, not on the front like conventional 'train tracks'. Because the braces are fitted behind your teeth, no one will ever know you are wearing them unless you tell them!



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Incognito custom-made lingual fixed appliances are made with an anti-allergic gold alloy and created using state-of-the-art computer-imaging technology. They are completely customised to the shape of your teeth and to your treatment needs.

This system is also available as an **Incognito Lite** brace – a quick and cost-effective alternative to the full treatment if only the front six to eight teeth need straightening.

Incognito braces are suitable for all age groups – children, teenagers and adults – who want to correct their teeth positions. They are custom-made for each patient to maximise comfort and ensure precise results. Treatment usually takes between 12 and 18 months.

### Other concerns

An orthodontist will also assess your child's needs regarding the effects of mouth-breathing, reverse swallow, incorrect lip and tongue function, and thumb-sucking in children from the age of 6 years. They will put together a bespoke solution for your child. Treatment for these conditions usually takes 6 to 10 months.

### Front of the teeth only (anterior alignment orthodontics)

#### A faster way to a straighter smile for most adults

Many adults would like straighter teeth. Overcrowded or gappy teeth can cause a range of problems, including difficulties with biting and chewing and keeping your teeth clean. Your self-confidence may be affected, and you may hide your teeth when you smile.

Faster, anterior-alignment orthodontic systems are suitable for most adults aged 18 years and older. **Cfast** and **Inman Aligner**

can substantially reduce the length of treatment time while remaining kind and safe to teeth. Both treatments focus on applying gentle pressure to move the front four to six teeth into the correct position, and offer a cost-effective and discreet way of straightening adults' teeth where suitable.

### **Cfast – braces**

**Cfast** braces use clear orthodontic brackets fixed on to the teeth and joined with a nickel-titanium wire; this exerts gentle pressure to move your teeth. Cfast takes less time than conventional orthodontic treatments because it focuses only on the front six teeth, which are the ones that most influence the appearance of your smile. Treatment with Cfast can take six to nine months. Because it uses a more conventional orthodontic approach to moving teeth, it can be used to treat more severe crowding, protruding front teeth and gummy smiles.

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Although visible, Cfast is very discreet and should not affect your speech or eating. Suitable patients can even opt to have the brackets and wires placed on the inside of their front teeth. Once your teeth have been straightened, a fixed retainer is fitted behind the teeth to hold them in place.



Cfast braces were used to align the bottom front teeth (left); it took only six months with this faster system to straighten this patient's teeth (right).

### **Inman Aligner**

The **Inman Aligner** is a removable appliance with two clear plastic aligning bars that fit over your front teeth. These bars align crowded or protruding front teeth by providing continuous gentle pressure. The Inman Aligner is easy to use and is removable – it allows you to eat and brush your teeth as



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The Inman Aligner has nickel-titanium coil springs that power two aligner bows, which gently oppose each other, guiding the teeth into their new position. The inner bow pushes forwards, while the outer bow pulls back on the front teeth. These gentle forces are active over a very large range of movement, and most cases are completed within six to eighteen weeks.

normal. For best results, however, the Inman Aligner should be worn for 20 hours each day.

It can take a short period of time to adjust to wearing an Inman Aligner, and you may find that your speech is affected at first. Once your teeth have moved into the desired position, a fixed retainer can be fitted behind the teeth to hold them in place. The average treatment time is just six to eighteen weeks.



An example of the lower front teeth before (left) and after (right) faster anterior alignment orthodontic treatment.

## Cosmetic bonding and teeth reshaping

If you want to subtly enhance the appearance of your smile, we can use the latest tooth-coloured materials to fill small gaps between your teeth or smooth over rough or chipped edges.

Your teeth could have worn edges, shallow pits or grooves, or may be slightly overlapping. Cosmetic bonding and teeth reshaping can minimise these small defects by smoothing the surface of each tooth to create a straighter, more uniform smile.

The colour of the material is matched to the colour of your other teeth and is bonded directly on to the tooth surface. It can be shaped or contoured to match the surrounding teeth or used to alter the shape of each tooth, depending on your needs. Using these materials, prominent or overlapping teeth can be reshaped and recontoured painlessly.

Your dentist should discuss all your cosmetic options to eliminate imperfections in your teeth and enable you to smile with confidence.



## Chapter 5 Missing teeth

Despite the best efforts of dentists, teeth are sometimes lost as a result of gum disease, tooth decay, dental infections or trauma. In the past the only option was removable plastic teeth (dentures). This was followed by different types of fixed bridgework – and since the late 1980s – dental implants.

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It is rare nowadays for people to suffer with dentures for long because of the modern alternatives. These alternatives, however, require a significant investment in time and money. In any case – prevention is always best, as discussed in Chapter 1.

We understand that being faced with the loss of a single tooth, several teeth or all your teeth is a big emotional issue. It is important to take the time to learn about your options and how the process can be made as easy as possible. As practice principal of a dental implant referral clinic, I have treated thousands of people over nearly 30 years, providing them with fixed-tooth solutions or helping them to have secure cosmetic implant-retained dentures.

I remember one lady we treated in the 1980s who had very loose, unstable and painful full lower dentures due to extreme bone loss. It was exceptionally difficult for her to eat and socialise with confidence. Though she had lost most of her lower jaw bone (which happens when teeth have been missing for a long time), I placed five dental implants in the remains of it. These implants could then support a fixed lower bridge which replaced twelve of her lower teeth. I still see her today, 30 years later, and everything is still functioning well. Regular dental hygienist visits and an annual dental examination are the only treatments she has had since her implants.

## Rate your missing teeth

Using the dental scorecard, give yourself a single score for any missing-teeth concerns from these four categories:

**Score 1** I have not replaced my missing teeth, so eating and smiling are awkward

**Score 2** I have visible gaps when I smile and talk. I have tried dentures without success

**Score 3** I have some gaps that it would be nice to eliminate to improve my smile

**Score 4** I have no gaps at all. I am really happy with my teeth and smile

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How did you do?

If your score is low and you are concerned about your missing teeth, there are several options available depending on your individual situation.

### Dentures

Dentures offer a cost-effective solution for replacing missing teeth. High-quality dentures can be made to look exactly like your natural teeth and will fit precisely, helping to give definition to your mouth and face and giving you a nice smile. Your quality of life will be improved – you will be able to eat, talk and laugh with confidence.

A dentist or a clinical dental technician can guide you in selecting the best dentures for you from a range of options, including natural-looking full or partial dentures. Working from meticulous measurements, old photographs and digital images, your dentures can be made to look so natural that others will probably not even notice you are wearing them.

## Bridges

If you require a more extensive restoration than a crown, or have one or more missing teeth, a good solution is a bridge. They can be supported on adjacent teeth or dental implants. Gaps in your teeth can be filled with a replacement tooth or teeth supported by a bridge. These teeth will be carefully and precisely made to look just like your natural teeth.

As mentioned earlier, a bridge can also be used to replace several or all of your teeth using dental implants. By placing one or more implants in your jaw, a bridge supporting your replacement teeth can be securely fixed in place. Your replacement teeth will be hand-made to match the colour and appearance of your natural teeth, and will look, feel and function just like natural teeth. With a fixed bridge, you will regain the full taste sensation of your meals, as your upper palate remains uncovered. Fixing your bridge with dental implants offers a secure, long-lasting and cost-effective solution to replacing your missing teeth.

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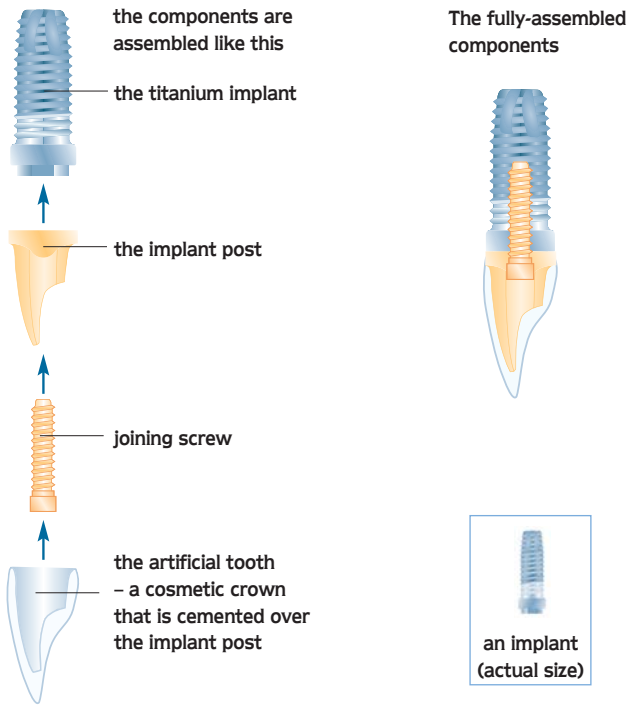
## Customised orthodontics (braces) to close the gap

If you are missing just one tooth and your teeth are crowded, it may be possible to move your adjacent teeth to close up the gap. Obviously this is an excellent solution. You can fix the crowding of your teeth to improve their appearance and close the gap at the same time.

Customised orthodontics include a range of bespoke brace systems that can be tailored to move or straighten your teeth (see Chapter 4). Your teeth may need to be aligned to enable sufficient space for an implant to be placed. Your dentist can discuss all the options with you before treatment.

## Dental implants

Dental implants are the most advanced therapy available today for replacing missing teeth. They allow you to eat, talk and smile with confidence, knowing that your replacement teeth look just like your natural teeth and that they will remain secure.



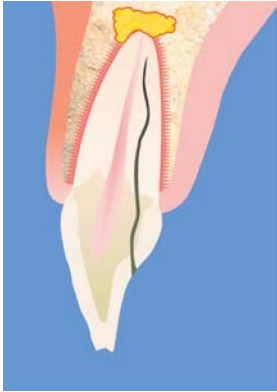
In fact, dental implants can be thought of as bionic tooth roots. They are small titanium screws that are placed in direct contact with your jaw bone during minor surgery carried out either under local anaesthetic or sedation. The implants integrate with your bone in a process known as osseointegration and provide a stable anchor to which permanent new teeth are attached. Implants also actively prevent bone loss.

Dental implants have come a long way since the pioneering work of the Swedish Professor Per-Ingvar Brånemark in the late 1950s; data and research from his work have led to a whole new branch of dentistry that has helped transform the lives of millions of people over the past 50 years.

Dental implants can replace one, some, or all your natural teeth, no matter why you have lost them.

## Typical stages in placing an implant (shown as side views of a single tooth)

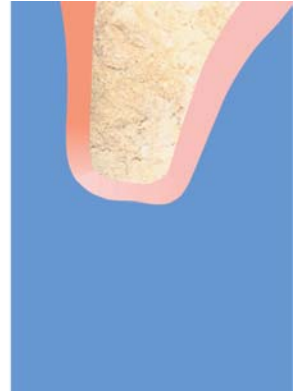
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A damaged and infected tooth



The tooth and infection are removed and an immediate denture is fitted



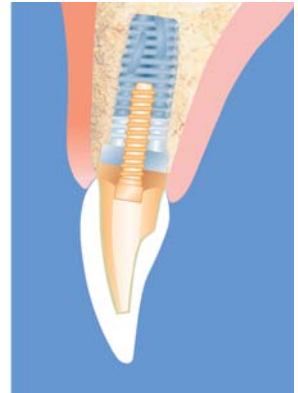
The bone and gum grow back and the area is reviewed



**Operation One**  
A titanium implant is inserted in the bone and buried under the gum

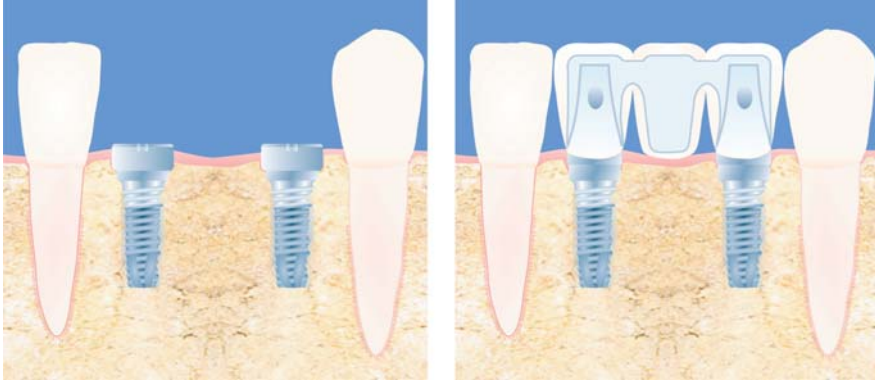


**Operation Two**  
The implant is uncovered and tested and a healing cap, which protrudes through the gum, is placed on top



**Final Stage**  
Impressions are taken and the colour of the new crown is matched to the adjacent teeth. The implant post is fitted and the crown is cemented on top

## Replacing three missing teeth with implants and bridgework



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Two implants are placed in the jaw and a tailor-made, three-tooth implant bridge is fitted on to them.

Some patients can be fitted with 'immediate teeth'. In this instance your implants will be fitted immediately with crowns or bridges giving you functional replacement teeth. Your dentist will discuss this option with you during your dental implant consultation.



“ I thought I would give you a quick summary ten days in from replacing my teeth with immediate implants. The conclusion is quite simple 'One of the best things I have ever done. Feel great and look a lot better'!

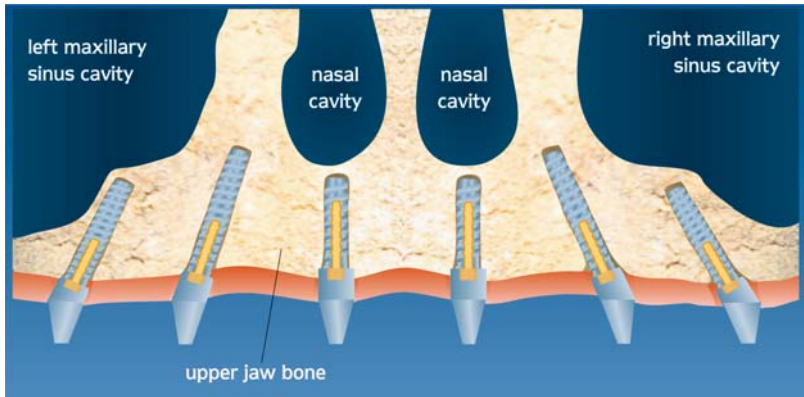
I did experience swelling and soreness afterwards, which I alleviated with ice packs and rest.

However, by the time I returned to work five days after the operation, I could not stop smiling with a new set of gnashers! For ten years I had always hidden my teeth. They have never appeared in a photo as I was so embarrassed about them.

I'm having my first check-up this week. The stitches are starting to dissolve. No swelling, no pain. I'm just so pleased I had it done – and wish I had done it years ago. Expensive but worth every penny. And as I said earlier, Tim is fantastic and gives me every confidence! ”

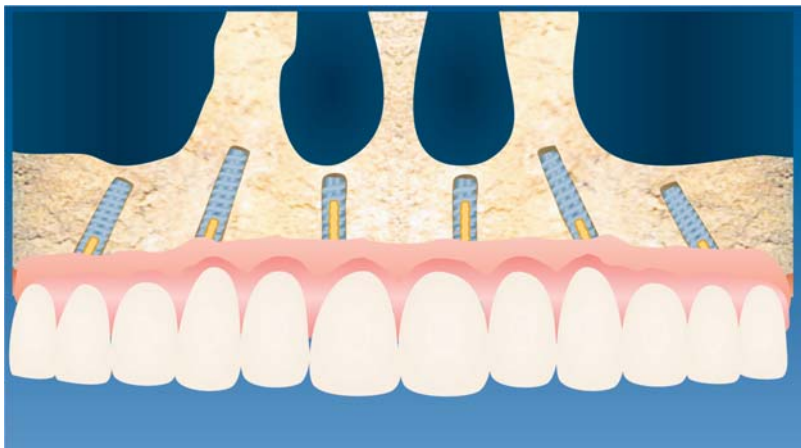
*Mr Grant, Surrey*

## Replacing all natural teeth with implants and bridgework



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Six implants and special connectors are placed in the jaw



A fixed implant bridge is fitted on to the implants and connectors.

You may need initial preparatory work before your implant can be placed. One of the greatest obstacles to successful implant treatment is insufficient bone, which is usually due to bone loss from infection or resorption (bone being 're-absorbed' back into the body). Resorption can occur when teeth have been missing for more than a few months. Experienced dentists can use a range of bone-grafting techniques, appropriate to your needs, to build up bone in areas where it is lacking.

## Bone grafting was necessary before implant placement



This front tooth was lost due to an infection. Bone grafting was necessary to rebuild the bone that was lost.



The finished implant with crown, which is indistinguishable from an original tooth.

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To remain healthy, implants need to be surrounded by healthy gums. If bone resorption or infections have occurred in the past, the gum can be lost or be very thin. Gum-grafting techniques can be used to increase your gum volume, ensuring that the site of your implant is completely healthy before the implants are placed.

## Denture stabilisation with implants

Implant-fixed bridgework (see pages 45–46) may not provide the best solution for people who have lost their teeth years ago, or for those who may have lost a significant amount of jaw bone and gum. It may also not be possible to design a bridge that provides adequate support for the lips or one that is easily cleaned. Some patients may not have a budget that can stretch to a fixed-bridge solution. In these instances, an implant-stabilised denture can offer an effective solution to the replacement of missing teeth.

Stabilisation with dental implants is one of the most cost-effective ways of securing a denture that is loose. Special connectors attach to the implants, anchoring the denture to stop it moving. Your denture will remain secure and will not suddenly dislodge when eating or talking. You will no longer need to use a messy denture adhesive.

Problems with loose lower dentures are more common than with upper ones. To secure a lower denture that moves, we usually place two dental implants at the front of the lower jaw to fix it firmly.





“ I had worn a partial denture for years, which of course had support from adjoining teeth, but that had had an adverse affect on my own teeth and it started to become quite loose. I thought my dental technician might be able to help me. He had a look at my mouth and decided that I could possibly do with implants. My first reaction was but surely I’m too old for that and he said no, not at all, you are healthy. He introduced me to Elmsleigh House Dental Clinic and we took it from there.

**In March I finally had my new denture. It was very stable and within a couple of days I felt like I had been using it forever. 🐣**

*Mrs Pullen, Hampshire*

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To stabilise a loose upper denture, our normal practice is to use three or four implants – as this bone is less dense – and link them together with a metal framework to which a denture can be attached.

If sufficient support can be achieved from four or more implants in the upper jaw, we are often able to design a new denture so that the roof of the mouth is not covered by it. This helps enormously in increasing the taste and appeal of food.

## Why replace missing teeth?

To preserve your long-term health, and to maintain your ability to chew and enjoy your food, speak clearly, smile and socialise, it is important to replace missing teeth. These problems can impact on your confidence, self-esteem and relationships, which in turn can affect your life.

There is another important reason for replacing missing teeth, which most people do not realise. A missing tooth removes the essential stimulus your jaw bone requires to remain a healthy, vital structure. Without a tooth, your body will often resorb the bone and gum in the area where it has been lost.

When bone resorption occurs, your jaw bone gradually shrinks away. The amount and rate of bone, and consequent bone loss, varies among individuals, but the process typically starts

immediately after a tooth is lost and continues gradually for the rest of a person's life.

Without teeth and a healthy jaw bone, the face loses support, wrinkles become exaggerated and the jaw line is affected as loose skin sags. The entire shape of the face can change. The loss of lip support and thinning of the jaw bone causes the nose and chin to come closer together – effects that are associated with extreme ageing.

Many traditional treatments for missing teeth, such as bridges or partial dentures, do not fully address the issue of continuing bone loss and gum shrinkage, which over time can affect both the fit and function of a denture or bridge.

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The good news is that high-quality dental implants:

- act like natural teeth
- stimulate the jaw bone sufficiently to prevent it resorbing
- help to preserve the gum and bone
- enable you to have secure, natural-looking and long-lasting replacement teeth

If you are about to lose one or more teeth or have lost teeth in the past and want a better solution than you have now, it is always best to discuss your concerns with an experienced implant team.

## Chapter 6 The shape and size of my teeth

Teeth come in all shapes and sizes. For most of us this is not an issue. For some people, however, there is a mismatch between the size and shape of their teeth and the size of their jaw – their teeth are either too small or too large. But there is good news.

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There are many solutions to these problems, from cosmetic bonding to porcelain veneers, with or without brace work.

I can remember in particular one lady who had hated her smile for all her life due to the small size and position of her teeth. She also had multiple gaps between her teeth. She had been to several dentists over the years for opinions, but had never taken up the treatment they offered. All said that she needed jaw surgery, braces and all her teeth crowned. She was a professional model and never smiled.

She was referred to me for yet another opinion. We spent an hour chatting about different procedures that could be carried out, from jaw surgery, complex brace work, crowns and veneers to simpler, non-destructive treatments such as cosmetic bonding and teeth whitening.

I showed her a mock-up in her mouth of a possible cosmetic result. She was delighted. Within a few weeks the treatment was complete. She went on to get more work in her career and she is now happy and confident about smiling socially – and for the camera!

### Rate the shape and size of your teeth

Score yourself a single score for the shape and size of your teeth from these four categories:

**Score 1** I hate the shape or size of my teeth and I avoid smiling

**Score 2** I am frustrated by the shape and size of my teeth and would like them improved

**Score 3** I am OK with the shape and size of my teeth, but would improve them if this was easy

**Score 4** I am really happy with the shape and size of my teeth

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How did you score?

Your dentist can discuss all the options for improving the shape and size of your teeth and for ensuring that the result enhances your face and smile.

### **Cosmetic bonding and tooth reshaping**

If you want to subtly enhance the appearance of your smile, we can use the latest tooth-coloured materials to fill small gaps between your teeth or smooth over rough or chipped edges. Your teeth may have worn edges, shallow pits or grooves, or may be slightly overlapping. Cosmetic bonding and teeth reshaping can minimise these small defects by smoothing the surface of the tooth to create a uniform and straighter smile.

The beauty of modern composite plastics is that we can mock them up very quickly to show patients how they will appear 'in place' on a tooth.

We can then take digital photographs so that patients can decide whether or not they like the look. If they approve, we can proceed.

The colour of the bonding material is carefully matched to the colour of your other teeth and is adhered directly on to the

surface of the tooth. It can be shaped or contoured to match the surrounding teeth – or alter the shape depending on your needs. Using this technique, prominent or overlapping teeth can be reshaped and recontoured painlessly. This can dramatically improve your smile.

Often lower front teeth become more irregular and crooked over time. By carefully reshaping the biting edges we can create the illusion that these teeth are straight – a good solution for people who do not want brace work.

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Sometimes if teeth are worn or missing, the teeth on one side appear lower than on the other, which creates a sloping smile.

This can be rectified with:

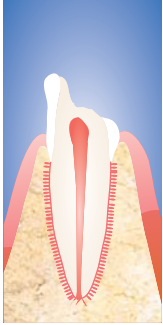
- braces (see Chapter 4)
- lengthening some teeth with cosmetic bonding
- veneers or crowns
- a combination of bonding and cosmetic reshaping

## **Cosmetic crowns and veneers**

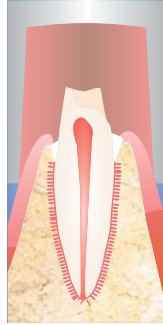
### **Porcelain crowns**

A crown is a type of dental restoration used to repair teeth that have been cracked, broken, weakened by decay or heavily filled. Part of your tooth will need to be removed for secure crown placement. We use cosmetic porcelain crowns to completely cover the visible part of your tooth. The crown makes it strong and gives it a shape that will match your other natural teeth. Your porcelain crown will be tailor-made to match the colour of your other teeth. This gives it a natural appearance that blends in with the rest of your mouth.

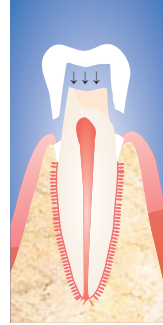
## Typical stages in placing a crown



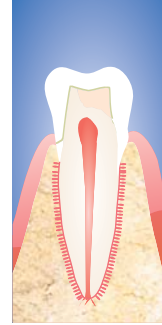
The tooth is shaped and built up to create a foundation for the crown.



An impression is taken and a temporary crown fitted.



In about two weeks the final crown is made and tested for fit and shape. If the crown fits well, and matches the shape and colour of neighbouring teeth, it is then cemented into position.



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## Porcelain veneers

Porcelain veneers are thin, custom-made pieces of porcelain that cover the front of your teeth. Part of your tooth will often need to be removed to place your veneer. Veneers are strong, durable and hide discoloured, misshapen or crooked teeth, as well as reducing or closing gaps between your teeth.

## Typical stages in placing a veneer



The enamel on the front of the tooth is trimmed back carefully – by about the thickness of the veneer that will be placed.



An impression of the tooth is taken and a shade guide used to match the colour to the adjacent teeth.



In about two weeks the veneer is made and tested for fit and colour.



If the veneer fits well and matches the shape and colour of adjacent teeth, it is bonded into position.

## Patient who had veneers to improve the shape of her teeth



**“ I really am delighted with the outcome of all the dental work, but am especially happy that, after much consideration, I went ahead with the whitening and veneer replacement, which for me feels like a transformation. If I hadn’t had complete confidence in you and your lovely team, believe me, I would not have gone ahead with the treatment. I feel much more confident when smiling now!**

**Thank you all at Elmsleigh House for your care and attention! ”**

*Mrs K, Middlesex*

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Veneers will look and feel like your natural teeth and do not require a major procedure to bond them in place. You can have a single veneer or a whole set, depending on your needs. We can match porcelain veneers to the precise shade of your other teeth so that they blend completely. We can also adjust the shape of your veneers to make your teeth look longer or closer together.

### Gum contouring

If you are concerned about the length of your teeth, cosmetic gum surgery is an ideal procedure for you. We can reshape your gum line to improve the appearance of your smile.

Regarding your top teeth, if your gums are too low they can cover too much of your teeth and make them appear small. Often referred to as a gummy smile, this can be an inherited characteristic, a health problem or caused by certain medications.

Whatever your cosmetic gum issues, your dentist will discuss how gum contouring can improve the look of your teeth and your smile.

Gum surgery is usually performed under a local anaesthetic, but very nervous patients should have access to a range of sedation options to ensure their visit is a less stressful experience (see Chapter 8).

## Gum recession

We have all heard the phrase ‘getting long in the tooth’ in relation to ageing. In the past, gum recession was an inevitable sign of growing older. Today, with improved education about good oral care, this is no longer the case.

Receding gums cause the root of the tooth to become exposed. Dental decay and other problems can be the result. Gum recession may also indicate periodontal disease, which should be treated immediately to prevent tooth loss.

Certain types of gum recession can be predictably treated using delicate plastic-surgery techniques to recover the lost gum and thicken it to prevent future recession. After gum-graft treatment, the area can appear discoloured or inflamed, but this will settle during the healing process to give a natural result.

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If you have a gum problem that does not respond to routine care, your dentist will refer you to a periodontist – an expert in the care of gums and the supporting bone.

With years of extra training and experience, periodontists use special techniques to treat more difficult or advanced gum problems and are familiar with the latest methods of diagnosis and treatment. Periodontists can also carry out cosmetic gum work to help you achieve a more attractive smile.



Localised gum recession case before (left) and after (right) gum-graft treatment.



## Chapter 7 My past dental work is not ideal

Dental technology and dental materials have improved dramatically over the past 30 years – there has been a big shift to more cosmetic materials and non-metallic restorations. All dental work has a finite life, and over time can fail cosmetically even if it still retains its function. For example, fillings and crowns can gradually become discoloured, or crown margins may show above the gum line.

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There is good news: it is often very straightforward to replace old work with better-fitting and better-looking new cosmetic restorations.

### Rate your past dental work

Using the dental scorecard, give yourself a single score for your past dental work from these four categories:

**Score 1** My past dental work is uncomfortable and unsightly, but I accept it

**Score 2** I am frustrated with my past dental work but do not know how to change it

**Score 3** My past dental work does not match perfectly and I would like it improved

**Score 4** I am happy with my past dental work

So how does your past dental work measure up?

Whatever your concerns, there are many solutions that can improve the appearance of your teeth and smile.

## **White (tooth-coloured) fillings**

Many adults have the old amalgam ('silver') fillings, which can be unsightly. Replacing these fillings with the latest tooth-coloured or 'white' materials can leave your mouth looking natural and healthy.

This is a safe procedure in which your dentist removes any decay from your teeth and also removes the metal or amalgam fillings. These are replaced by tooth-coloured fillings. The new fillings are made from a very hard plastic and will, over a long period of time, withstand the forces in your mouth when you bite and chew. The life expectancy of the new fillings will depend greatly on where they are located in your mouth. Their strength also depends on how heavily the teeth come together during biting or chewing. After restoration you will be able to smile with confidence, knowing your teeth have a completely natural appearance.

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## **Cosmetic bonding**

Your teeth could have worn edges, or shallow pits or grooves, or may be slightly overlapping. Cosmetic bonding and tooth reshaping can minimise these small defects by smoothing the surface of the tooth with the latest tooth-coloured materials to create a uniform and straighter smile.

The colour of the material is matched to the colour of your other teeth and is bonded directly on to the tooth surface. It can be shaped or contoured to match the surrounding teeth or alter the shape, depending on your needs. In this way, prominent or overlapping teeth can be reshaped and recontoured painlessly – dramatically improving your overall smile.

## **Porcelain crowns, inlays, onlays and veneers**

As mentioned before, porcelain crowns, inlays and onlays are very successful options for repairing cracked, broken, decayed or heavily filled teeth. They are very strong and can be colour-matched perfectly to your own teeth so that they look and feel completely natural.

Veneers are thin, custom-made pieces of porcelain that are bonded to the front of your teeth. They are strong and durable and hide discoloured, misshapen or crooked teeth. They can also be used to reduce or close gaps between your teeth. Once again, your veneers will be made to match your own teeth in both colour and lustre, ensuring a natural-looking appearance (see Chapter 6).

## Secure solutions for missing teeth

It may be that you have suffered with missing teeth in the past, or that your previous solution is unsightly or uncomfortable. It could be that your old denture has become discoloured, is loose and moves when you talk or eat, or causes you pain.

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Rest assured, there are always options to improve upon your previous dental work, to ensure that your replacement teeth look natural and that they remain secure and fit comfortably.

## Dental implants

Dental implants, placed by an experienced team, offer a natural-looking and long-lasting solution to missing teeth.

A dental implant comprises a small titanium screw that is inserted in your jaw bone, an implant post that protrudes through your gum and an implant restoration – crown, bridge or denture – fixed on to the post. This will fit, feel and function just like your natural teeth.

Dental implants support the underlying jaw bone, keeping it strong and healthy. They are long-lasting and secure, enabling you to bite, chew and smile with confidence.

Preparatory work, such as bone grafting, may be needed to ensure that there is sufficient bone for implant placement. Gum surgery may also be required to ensure that your dental implants will be surrounded by healthy gums.

It is important that you choose an experienced dental implant team to ensure that any necessary preparatory work is done so that your dental implants can integrate effectively with your jaw bone, remain secure and last.

## Colour-matching your replacement teeth to ensure a natural appearance



An experienced ceramist will construct your replacement teeth to look exactly like your natural teeth in colour, tone and lustre. Once you, your dentist and the ceramist are happy with the match, your replacement teeth (a crown, bridge or denture) will be fitted.

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Your replacement teeth will be made by an experienced dental technician, who will take time and care to ensure they match the colour, tone and lustre of your natural teeth. No one need ever know you have replacement teeth.

### Denture stabilisation with implants

Adapting to wearing dentures can be a challenge. We meet many people who struggle with a denture that is loose and moves when they talk or eat. One of the most cost-effective solutions to a denture that moves is denture stabilisation using dental implants.

To secure a lower denture that moves, we generally place two dental implants at the front of the lower jaw. Fewer people struggle with an upper denture that moves, but if this is the case we generally place three to four dental implants. We use special connectors to attach each implant securely to your denture. Your new denture will be made to match the colour of your other teeth, ensuring a natural appearance.

Many people with dentures adjust their diet to cope with a denture that moves when they chew. Once your dentures are stabilised with implants, you should be able to chew with confidence and regain the enjoyment of eating a wide range of food. You will also enjoy a natural-looking smile, and improved

confidence in the knowledge that your implant-stabilised dentures will not move when eating and speaking. They will also be secure at night if you leave them in your mouth.

### **Implant-secured bridge**

Dental implants can be used to secure a fixed bridge that will provide you with natural-looking teeth that are secure and long-lasting.

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Depending on the amount of jaw bone that remains, and the number of teeth on the bridge, a minimum of four to eight implants will be required to secure the bridge in place. The upper jaw can be more complicated as the bone is thinner and may be softer. This may require additional treatment. Using a combination of sinus lifts and guided bone regeneration (bone grafts), the thickness of the upper jaw bone can be significantly increased so that sufficient bone depth for implants can be achieved.

### **Removable bridge solution**

In some cases, where people have had teeth missing for many years and have lost a great deal of jaw bone, a fixed-bridge solution may not provide adequate lip support. A removable bridge is an effective solution to replace the missing teeth and is an alternative solution if your budget cannot stretch to a fixed bridge.

To fit a removable bridge, four to six implants are placed in the jaw bone, and special connectors are used to clip the bridge on to the implants to hold it securely in place. The bridge can be removed easily for cleaning and then clipped back into position. Your new teeth will look like your natural teeth while remaining securely in place.

### **Removable dentures**

In the bad old days of early dentistry, dentures were made from all manner of materials – animal teeth, ivory, bone or even wood. One can only imagine how they would have looked, let

alone felt or functioned. Thankfully, things have improved enormously. Modern dentures are now made from materials such as porcelain or acrylic, and are customised to fit precisely in your mouth.

Modern dentures provide a realistic solution to tooth loss, both in terms of function and appearance. The latest hand-crafted dentures are comfortable and so natural in appearance that even the most discerning onlookers will believe they are looking at real teeth and gums.

There is a wide range of dentures available to suit your health, cosmetic and financial needs. Bespoke dentures are carefully hand-made in resin using special measurements, photographs and digital imaging to reproduce your smile exactly. More basic dentures are comprised of hard plastic teeth on a strong acrylic base and have excellent stain and breakage resistance. Each tooth is individually constructed from three layers of resin to create a natural appearance.

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A high quality dental technician will take time and care to create dentures that look like your natural teeth and fit precisely, helping you to achieve an attractive smile. You will be confident in the look and feel of your dentures, knowing that they look natural.

### **Improving your past dental work**

Whatever concerns you may have about past dental work, your dentist can put a treatment plan together to ensure that you will be happy with your teeth and smile.

## Chapter 8 Fear of dental treatment

Dental care has come on a long way over the past 50 years, and it is now truly possible to carry out dental work in a comfortable and painless way. All that is required is an empathetic dentist who will take enough time to work in an unrushed and gentle manner.

I know it is easy to say this, but for those terrified of dental work, usually because you or your family have suffered in the past, or you have had a very bad time – please be assured: your experience can be totally different today.

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Over the years I have treated patients who were so dental-phobic they could not even sit in the patient lounge. We really do understand that it takes a great deal of courage for people to come to visit us. For us, the most important elements are taking the time to chat about bad past experiences and to taking small steps to build up confidence gradually.

I have found the single most important part is putting the nervous person in charge so that they can stop the work at any time with an agreed signal. Modern anaesthetic gels rubbed into the gum, along with new local anaesthetic techniques, can make injections painless. For a lot of nervous or dental-phobic patients, there is a wide array of different sedation techniques that can make the whole dental experience pleasant.

I have treated thousands of nervous patients. Most of them initially require some form of sedation for treatment. Over time we have built up their confidence and trust so we only need to use a normal local anaesthetic. It is really rewarding to help people overcome their deepest fears and to see them arrive for appointments in years to come without a worry.

One lady who came to see me was terrified of dental work because of bad experiences in the past. She now needed considerable dental treatment, including root-canal work,

crowns and dental implants, as well as brace work and jaw surgery. In fact, she required virtually every treatment that one could possibly have done. This, of course, was an extreme example and very daunting to say the least. Over five years, however, we coaxed her through all this work, initially starting with general anaesthetic for jaw surgery and braces, then intravenous sedation for implant work and gradually on to gas-and-air sedation. Now she needs no sedation at all.

### **Rate your fear of dental treatment**

Using the dental scorecard, give yourself a single score for your fear of dental treatment from these four categories:

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**Score 1** I have had bad experiences of dental treatment and only go if I am in agony

**Score 2** I am apprehensive of dental treatment but would love to conquer this fear

**Score 3** I tolerate dental treatment but need sedation to help me access treatment

**Score 4** I have no problem with undergoing routine dental treatment

So, is fear preventing you from accessing the dental care you need?

If so, here are some options that may help.

### **Friendly and experienced team who spend time with their patients**

It may be that your apprehension and fear will be overcome when you are welcomed into a friendly clinic with the knowledge that the dental team offers extensive experience and excellent results.



During your appointment your dentist should take time to listen to your concerns and past experiences, and explain all treatment options in an unhurried manner.

It may help if you bring a friend or family member for moral support during treatment.

For very nervous patients: if fear is preventing you from accessing the dental care you need, a range of sedation options is available to ensure your visit will be a less stressful experience.

### **Inhalation sedation**

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Inhalation sedation, more commonly called 'gas and air', is the mildest form of sedation. It helps you to feel relaxed during treatment. It has excellent pain-killing properties and can also reduce the gag reflex – the sensation of choking or feeling sick. This system delivers a mixture of oxygen and nitrous oxide through a nosepiece. Because the sedative effect ends when you stop inhaling the gas mixture, you will be able to drive safely, or travel home unaccompanied, 20 to 30 minutes later.

### **Oral sedation**

If you prefer to be slightly drowsy during treatment, a rapid-acting, mild liquid sedative could be a good option.

### **Intravenous sedation**

If you are very nervous and prefer a stronger sedation during treatment, you can choose intravenous sedation. This will make you unaware of any treatment. You remain conscious and breathe on your own, unlike a general anaesthetic administered in hospital.

With either the oral or intravenous method, your state of sedation is carefully maintained and monitored throughout. The effects, however, will last beyond the duration of the treatment, so you will need an adult to accompany you home. You will not be able to return home via public transport or drive for 24 hours after treatment, so please plan ahead.



“As a child I was very anxious about going to the dentist as my parents never went. This fear has stayed with me, with a feeling that I wanted to be knocked out to even go to the dentists! Over the years I have had many problems with my teeth, meaning that I needed implants.

When I came to see Tim, his explanation of the process still left me with nervousness about how much pain I would have. I was very nervous on the morning of the implants. Once I had the fluid Tim gave me [oral sedation], I felt great! From that point on I didn't feel a thing!

Tim's calmness and experience with dealing with nervous patients is fantastic! When I went home I had no problems with the implants, and am so pleased I have had this done.

To if anyone is anxious about dental treatment, I want to tell them not to worry as Tim's calmness and experience is fantastic! After years of having problems with my teeth I can see that by the end of the year I will have finished my implant treatment and have new teeth that will last. I now no longer hide my smile and laugh with my hand, and am delighted with my new teeth! Thanks to Tim and the team! 🙌

*Mr Chandler, Hampshire*

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## General anaesthetic

The success of modern sedation techniques mean that a general anaesthetic is rarely required, but in extreme cases this may be the only solution. It is safest to have this carried out in a hospital.

The last patient that needed general anaesthesia in our clinic was operated on in 1989. We haven't needed to do this since.

## Elmsleigh House Dental Clinic – the discovery process

Each chapter in this book relates to one of the eight categories on the dental scorecard. They offer a guide to what can be done to improve your score in each category. Using this knowledge, you can research your options and seek relevant professional advice to improve your score.

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Whatever your current score, the experienced team at Elmsleigh House can help you achieve your score goals across all categories. Our goal is to ensure that you are happy with all aspects of your dental health and smile, now and in the future.

### Elmsleigh House Dental Clinic

Elmsleigh House Dental Clinic is a private and referral dental clinic in Farnham, Surrey, established more than 30 years ago, which offers the highest-quality dental care to patients of all ages. The friendly and experienced team are dedicated to providing an extensive range of general, cosmetic, complex and specialist dental treatments all delivered to the highest of standards under one roof.

We are technically advanced, experienced and friendly, and our team of dentists, specialists, surgeons, hygienists and technicians is dedicated to ensuring all patients are happy with their teeth and smile.

In welcoming patients to Elmsleigh House, we introduce you to the highest quality of treatment, an exceptional range of services and a unique standard of professional care, ensuring that all patients experience excellence. We believe you will appreciate the difference.

## Our treatment approach

Whether you book yourself in for dental implants, general, complex or specialist treatment, or have been referred to us by your dentist, you will be scheduled for the appropriate initial consultation according to your needs.

Typically, at an hour-long appointment, one of our experienced dentists will take the time to get to know you, to listen to your concerns and to discuss what you want to achieve. Before your consultation, you will be asked to fill in a medical history form, as well as this dental scorecard. Our dentists will use this scorecard in routine practice to help them interpret your results, and will discuss your goals and how they can help you attain them.

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Your dentist will assess your whole mouth to make sure it is healthy and free from tooth decay, gum disease or other infections, and will consider any cosmetic and functional problems.

X-ray pictures will be taken to assess these factors. These may be small, individual x-rays, scanning x-rays or cross-sectional ones. We use low-dose digital x-ray systems so we can assess your condition immediately and show it to you right away. We will also take digital colour photographs of your teeth and gums, and your smile, to help you better understand what is happening and the options available to you.

Our dentists are trained to look for early signs of mouth cancer during routine dental appointments. Mouth cancer screening is a short procedure that is included in a thorough examination of your whole mouth. It is important that you have regular check-ups so that changes can be noticed in your general health, as well as in your overall dental health.

All findings and recommendations will be explained to you in an unhurried manner, enabling you to ask any questions and make an informed decision about your treatment options. Your dentist will discuss ways to improve your oral health as well as your cosmetic scores on the dental scorecard.

# Elmsleigh House Dental Clinic – your treatment

## Your initial consultation

(we usually allocate 1 hour for this so that the appropriate time is booked for you)

- Discussion of any concerns
- Discussion of your dental health scorecard results
- Thorough assessment of teeth and past dental work
- Assessment of gum health
- Routine mouth cancer screen
- Colour photographs of smile & teeth
- Intra-oral digital x-ray and scanning pictures as required
- Discussion of all findings and the treatment needed, or cosmetically required, to improve your situation and dental health scores
- Full discussion of treatment options
- Discussion of any concerns

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### A straightforward case

- Discuss all treatment options
  - Agree the best treatment for you
  - Send you a **Personal Treatment Plan** in writing, listing all stages of treatment, timings and fees
- We guarantee these fees will not change

### A complex case

- We will discuss the range of treatments available to you, the probable fees and the benefits of advanced planning
- We will send you a letter setting out our findings with a quote for planning your treatment

## Treatment (as per **Personal Treatment Plan**)

### Maintenance and Prevention

Regular check-ups with your dentist and hygienist will be required to monitor your dental health.

Referred patients will be returned to their own dentist's care after treatment

### The secret to avoiding further dental treatment

- Good daily home care as advised
- Low sugar in your diet
- Use a flouride toothpaste
- Visit your dental hygienist regularly (your hygienist is as important to see as your dentist)  
3-, 4-, 6- or 12-monthly visits
- Regular check-ups with your dentist  
6- or 12-monthly visits

Together we will draw up a treatment plan, taking into consideration your health, cosmetic and financial needs. Your treatment plan will then be written up and sent to you in advance of any treatment. It will detail your chosen treatment and all fees involved. We guarantee this quote will not change throughout your treatment. This will ensure that you are completely satisfied with your treatment and know that there will be no financial surprises.

Our Welcome Team will liaise with you to arrange your treatment appointments, and will send reminders to arrange your regular dental and hygiene check-ups.

All treatment will be undertaken to the highest of standards, ensuring you are delighted with your results. We will revisit your dental health scores to ensure you are on the right track to reach your goals and achieve the best possible personal outcome.

### Planning stage for a complex case

- Full planning of specialist or complex treatment
- Additional x-ray and scanning pictures if required
- Taking any impressions needed for brace work, dentures, whitening trays, cosmetic crowns, veneers, implants etc.
- Multiple consults may be involved
- Written confirmation of your **Personal Treatment Plan** listing stages, timings, specialists and fees

We guarantee these costs will not change

### Complex treatment (as per **Personal Treatment Plan**)

### Maintenance and Prevention

Regular check-ups with your dentist and hygienist will be required to monitor your dental health.

Referred patients will be returned to their own dentist's care after treatment

## Referral practice

As well as being trusted by more than 5,000 private patients, over 500 dentists refer their patients to us for dental implants and specialist or complex treatments. They often send their nervous patients to us for sedation. After the required treatment we return all referred patients to their own dentist for ongoing care.

We work closely with our referring dentists and aim to be an invaluable part of their team. We also offer them support and advice through courses and seminars, ensuring that all patients experience excellence in care and treatment.

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### How to contact Elmsleigh House Dental Clinic

To book your consultation or for more information:

Telephone the Welcome Team on **01252 713797**

Email us at **info@elmsleighhouse.co.uk**

Visit our website at **www.elmsleighhouse.co.uk**

Elmsleigh House Dental Clinic,  
6 Station Hill,  
Farnham, Surrey GU9 8AA



ElmsleighDental



@FarnhamDentist



# Notes

## Chapter 1 My overall dental health

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## Chapter 2 My smile

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## Chapter 3 My tooth colour

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## Chapter 4 My teeth aren't straight

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## **Chapter 5 Missing teeth**

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## **Chapter 6 The shape and size of my teeth**

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## **Chapter 7 My past dental work is not ideal**

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## **Chapter 8 Fear of dental treatment**

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## **Chapter 9 Elmsleigh House Dental Clinic – the discovery process**

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# Patient dental health scorecard

Our aim is to provide you with the very best long-term dental care. Our goal is to ensure you are happy with all aspects of your dental health and smile now, and in the future.

To achieve this, we ask all of our patients to complete this scorecard, which enables us to develop a bespoke solution for you that meets all your needs.

Category	1	2
1. My overall dental health	I think my dental health will worsen and I will lose my teeth	I think my dental health needs to be improved but I do not know how
2. My smile	I am embarrassed with my smile and always avoid smiling	I am unhappy with my smile, which can affect my self-confidence
3. My tooth colour	I do not like the colour of my teeth and avoid smiling	I am frustrated that I can never get my teeth lighter
4. My teeth aren't straight	My teeth are crooked, which stops me from smiling	My teeth are slightly crowded, which affects my confidence when I smile
5. My missing teeth	I have not replaced my missing teeth, so eating and smiling are awkward	I have visible gaps when I smile and talk. I have tried dentures without success
6. Shape and size of my teeth	I hate the shape or size of my teeth and I avoid smiling	I am frustrated with the shape and size of my teeth and would like them improved
7. My past dental work is not ideal	My past dental work is uncomfortable and unsightly, but I accept it	I am frustrated with my past dental work but do not know how to change it
8. Fear of dental treatment	I have had bad experiences of dental treatment and only go if I am in agony	I am apprehensive of dental treatment but would love to conquer this fear
Scorecard		

In each of the eight categories (running down the page), there are four coloured groups of options (running across the page), with a maximum score of 4. This is not a competition and there is no right or wrong score.

Please read each category and give yourself the score that most reflects your current position; please write this score in the **Score now** box. Please also enter a figure in the **Score goal** box, which is ideally where you would like to be.

Name.....

Date ...../...../.....

3	4	Score now	Score goal
I believe my dental health is alright, but would make improvements if easy to do	I am happy with and value my dental health		
I feel ok about my smile, but would make improvements if easy to do	I am happy with my smile		
I do not mind the colour of my teeth, but it would be great to whiten them	I am very happy with the colour of my teeth		
I have some teeth that are twisted – it would be nice to straighten them	I love my straight teeth		
I have some gaps that would be nice to eliminate to improve my smile	I have no gaps at all. I am really happy with my teeth and smile		
I am ok with the shape and size of my teeth, but would improve them if easy	I am really happy with the shape and size of my teeth		
My past dental work does not match perfectly and I would like it improved	I am happy with my past dental work		
I tolerate dental treatment but need sedation to help me access treatment	I have no problem with undergoing routine dental treatment		
			

Total score /32    Total score /32