



Deciding on a new Dentist is an important decision for you and your family as the new Dentist will be responsible for a key part of your overall wellness so you need to carefully consider your options.

When choosing a new Dentist many of us rely on the information that we gather online. However, it's quite difficult to tell from a website what a Dental Practice ethos and team are really like.

Our aim is to give you more of an insight to our Practice by answering some of the many questions that crop up during the initial consultation- it's like trying before you buy – giving you a clearer picture of how our Practice will care for you, plus provide you with an understanding of our values and opinions.

You can use these questions as a benchmark to assist you when deciding on the best Dental Practice for you and your family.

12 important questions you need to ask ...

1. Why is Private Dentistry perceived to be expensive?

We do our best to keep our fees at as reasonable a level as possible but we are always conscious that the quality materials, technicians and techniques and the support team we use have a cost that would not be encountered if we were to use inferior products and personnel. In the long run the outcomes of treatments involving the best techniques and materials are so much better than when inferior products are used. We are convinced that we gain more satisfaction from treatment that lasts well than from a more expedient approach.

2. I am very nervous, do you offer sedation?

Yes we can arrange for a specialist anaesthetist to be present to manage conscious sedation. You will need to settle his fees in addition to ours and you must have a responsible adult to ensure you reach home safely. If you would benefit from a lighter level of sedation we can give you some medicine in-house; it is still advisable to have a responsible adult to ensure you reach home safely.

3. I have gum disease; can you cure me?

I am confident that we help you. Many factors influence disease processes and our treatments aim to address them all. In disease of gum we need a 3-fold approach:-

- We have to perform excellent cleaning and debridement of the tooth surfaces
- Our patients need to achieve a very high standard of plaque control



- A mouthwash can provide a small additional benefit but we must also remember the influence of genetics which we cannot control.

Many of our patients are susceptible to gum disease whereas some are resistant. Research shows that some 10% of any population will be susceptible to rapidly progressive gum disease so we are always seeking to identify those who might fall into this category so we can offer more intensive therapy where it is needed.

4. Do you treat patients with dental insurance?

Yes. All you need to do is inform us of your insurance and give us the relevant claim form for completion.

5. I want a smile makeover. Are there alternatives to crowns?

Yes there are alternatives. In their place crowns provide very good strengthening benefits but are quite destructive in that much tooth structure has to be removed in creating the more or less conical shape over which the thimble-like crown fits. In some cases we can restore shape and colour by veneers or either composite resin or porcelain. Tooth lightening also plays a part.

6. Is it going to hurt?

Not all teeth are equally sensitive but we start from the point of view that most are and that we need good pain control. At a first visit we always ask about previous experiences which can tell us much about the best way to provide your treatment and this includes your experience of local anaesthetic. Our modern medicines are very effective and we put into practice the latest research about which combinations of medications work best in each situation. It is also fair to state again the prevention of disease by top class cleaning each and every day will reduce the need for intervention.

7. Why do people think implants are the best option?

In many situations of partial or total tooth loss, implants can be capable of providing a firmly fixed set of teeth that will perform far better than removable and less well secured dentures. It is very often possible to solve these problems with a mixture of removable denture and implants. Overall each situation is unique and it is only by consultation, assessment and investigation that we can provide an individual proposal for discussion.



8. What mouthwash should I use?

Mouthwashes do contribute to plaque control but only a very little; they are not a substitute to the hard work we need to do with a brush and interdental cleaners.

Some mouthwashes cause considerable staining of teeth and must be used for short term benefit only such as after an extraction.

9. Why do I need to see the Hygienist so often?

We tailor our recommendation as to the intervals between Hygienist appointments according to the clinical situation we see. Cleaning teeth is not easy and patients vary in their level of success. In addition we all have varying genetic dispositions: some are resistant to the effects of plaque, some susceptible or even very susceptible and most lie somewhere in between. Thus some will clean and brush to a high standard but still have inflammation [which will lead towards loosening teeth if left untreated]; others may be less successful in plaque control but still have little or no trouble because of genetic resistance. Our diagnosis and treatment planning is most important and we can judge the intervals that will suit you best. Of course, these intervals can be varied according to the response of the gum tissue.

10. Do you whiten teeth?

Yes we do. There are various methods and we can discuss the appropriate one once we have identified the precise problem and desired outcome

11. My dentures are loose; any chance I can eat a steak or bite an apple?

Our Specialist Prosthodontist has taken a special interest in this problem. Sadly, most dentures are poorly constructed and can be improved by taking care of all the fine details of impression taking and construction. The first step is to construct new dentures applying these principles; if this should fail then we can offer to place a limited number of implants which carry connectors over which the denture/s clip – just like a press stud.

12. Should I take out all my teeth and have implants? Is this the best solution for my gum disease?

We find this is very rarely the solution although in some circumstances a combination of extraction and replacement by implants will be the best choice. However, gum disease needs to be treated and health maintained before a final decision is made.