



ORAL CARE
HANDBOOK



TAKING CARE OF YOUR TEETH & GUMS

At The Perfect Smile Studios we attribute our success to the fact that we are very conscientious in recommending treatments which are viable, stable and will have the optimal outcome. Our objective is to provide you with the most aesthetic-looking durable teeth from a range of options to suit your particular needs.



We aim to advise you of the most appropriate and minimal dentistry to achieve the optimum outcome for your treatment. Therefore, we believe that regular maintenance of your teeth and gums as well as any dentistry (in particular cosmetic and implant treatment) is essential to the longevity of your teeth and any treatment on them.

To help maintain and improve your oral health, we have created this handbook that will provide general information that you will find useful. If you have any questions or would like to speak to us on any matter, please do call us to organise a complimentary consultation, where we will be happy to help you further.

Telephone: 01992 552115
Email: care@thepperfectsmile.co.uk

Our recommendation for basic care:

Regular Dental Examinations

Routine dental assessments are invaluable as a preventative measure for the long term. We can assess changes in your bite, the dentistry in your mouth and the health of all the oral tissues. Early detection of any problems can prevent extensive future work. We recommend at the very least an examination every year. Routine radiographs (x-rays) may be necessary to assess any changes. We also recommend that you see us immediately if you become aware of any problems in your mouth.

Regular Hygiene Appointments

Research has shown, and experts agree, that there is an association between periodontal diseases (irreversible gum disease) and other chronic inflammatory conditions, such as diabetes, cardiovascular disease and Alzheimer's disease. Treating inflammation (reversible gum disease) may not only help manage diseases of the mouth but also help with the management of other chronic inflammatory conditions.

Your dentist or hygiene therapist will be able to make recommendations that are specific to you. Generally we recommend patients to see the hygiene therapist for at least a one-hour appointment every 3-6 months. This is essential in the care of your teeth and gums and for any treatment in your mouth. Your Perfect Smile Studios hygienist and our oral care co-ordinators will also be able to assist you in developing a sound home regime in between appointments.

OUR UNIQUE COMBINATION OF CARE & SERVICE

Innovation

As eminent professional opinion leaders, Dr. Rahul Doshi and Dr. Bhavna Doshi provide you with a unique platform for cutting edge dentistry. If you are seeking modern solutions then The Perfect Smile Studios is for you. Dr. Rahul Doshi's clinical directorship with Premium Practice Dentistry dental publication and both their roles as Private Dentistry Award Judges combine to create the ideal setting for avant-garde and groundbreaking technologies. This means that you can be assured of comfortable and effective dental options to suit your requirements. The Perfect Smile Studios are paving the way to healthy beautiful smiles that are perfect for you.

Experience

Their extensive work with The Perfect Smile Advanced Training Institute has meant that Drs Doshi have accumulated a wealth of experience in interdisciplinary multifaceted dentistry. Dr. Rahul Doshi has now taught over 7,000 dentists worldwide on the art of smile makeovers and comprehensive treatment planning. Dr. Rahul Doshi is also eminently involved with the highly acclaimed Ultrathin Veneers treatment technique, which has specifically been developed to improve smiles by emulating natural teeth with normally no removal of tooth tissue. Dr. Doshi also continuously invites elite speakers to the institute to create clinical excellence in his teaching.

This means that for our patients they can be assured of high levels of competence and clinical experience.



Our Visiting Specialists

The Perfect Smile Studios attracts highly qualified visiting specialists. For our patients this ensures that you can have high quality, comfortable and comprehensive dentistry, all carried out under one roof. Our unique system of patient care enables you to see your preferred dentists for specific treatments whilst at the same time having your overall care under the same dentist. This assures you of excellence in your dentistry and a complete care program.

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DENTAL DECAY



However there are things you can do to prevent decay:

- 1 Regular clinical examination and routine X-rays are essential to detect and monitor decay.
- 2 Maintain good oral hygiene. Patients who clean their teeth well (i.e. good tooth brushing and daily flossing) should have less decay because more of the plaque (containing bacteria) is removed.
- 3 Reduce the frequency of sugar intake. It is important to avoid sugary food and drinks in between meals. Each time you have something to eat your mouth environment becomes acidic. Bacteria work best in this condition. They produce damaging acid that causes deterioration of the teeth. After eating, the mouth remains acidic for up to one hour. Sugary foods provide plenty of nutrients for the bacteria to cause greater damage. Therefore, the more often you eat something sweet, the more decay will occur. For example, a packet of polo mints eaten at regular intervals throughout the day can do far more damage than a bar of chocolate eaten all at once.
- 4 A patient who is at risk from decay should use a fluoride mouthwash (e.g. by Colgate) regularly. Fluoride strengthens the tooth surface (enamel) and helps resist decay by inhibiting bacterial action.
- 5 Sugar free chewing gum. Chewing sugar free gum following a sweet meal stimulates your saliva production, which is very neutralising to the acidic environment caused by eating sweet and other foods. The more saliva the quicker the inhibiting action for the bacteria, thus less dental decay.
- 6 Avoid sugary food/drinks last thing at night. A cup of hot chocolate just before bed is not a good idea because whilst sleeping there is no saliva flow to neutralise the mouth and so the bacteria work on your teeth whilst you sleep.

Tooth decay is the commonest dental problem that requires treatment. An understanding of the causes of dental decay and using preventative measures will help to prevent complex dentistry in the future.

What is the cause of dental decay?

There are millions of bacteria present in everyone's mouth. These bacteria use the sugar in food and drinks to produce ACID, which dissolves tooth surfaces. This creates "holes" or cavities.

What is the treatment for dental decay?

The dentist can help by using modern equipment for comfort and technical accuracy, high quality filling materials for longevity and advanced clinical techniques to repair the damage done to teeth.

HIDDEN SUGARS LIST

| Product | Portion | Teaspoons of sugar | Product | Portion | Teaspoons of sugar |
|--------------------------|---------------|--------------------|--------------------|----------------|--------------------|
| BISCUITS | | | SPREADS | | |
| Chocolate Digestive | 1 Biscuit | 2 | Chocolate Spread | 2 Teaspoons | 2.5 |
| Chocolate Wafer | 1 Biscuit | 1 | Honey | 2 Teaspoons | 2.5 |
| Digestive | 1 Biscuit | 0.5 | Jam | 2 Teaspoons | 2 |
| Gingernuts | 1 Biscuit | 1 | Lemoncurd | 2 Teaspoons | 2 |
| Jaffa Cakes | 1 Biscuit | 1.5 | Marmalade | 2 Teaspoons | 2.5 |
| Lincoln | 1 Biscuit | 0.5 | Syrup | 2 Teaspoons | 2.5 |
| Rich Tea | 1 Biscuit | 0.5 | Treacle | 2 Teaspoons | 2.5 |
| Savoury | 1 Biscuit | Trace | Peanut Butter | 3 Teaspoons | 0.5 |
| Shortcake | 1 Biscuit | 1 | CEREALS | | |
| CONFECTIONERY | | | Branflakes | 6 Tablespoons | 1 |
| All Bran | 3 Tablespoons | 1 | Cornflakes | 6 Tablespoons | 0.5 |
| Aero | 1 Bar | 4 | Muesli + Sugar | 2 Tablespoons | 2 |
| Boiled Sweets | 1 Tube | 10 | Rice Krispies | 6 Tablespoons | 0.5 |
| Chocolate (Milk) | 1 Small Bar | 6 | Shreddies | 2 Tablespoons | 0.5 |
| Chocolate (Plain) | 1 Small Bar | 6 | Shredded Wheat | 2 Biscuits | 0 |
| Crunchie | 1 Bar | 6 | Special K | 6 Tablespoons | 0.5 |
| Dolly Mixtures | 115g | 20 | Sugar Puffs | 6 Tablespoons | 2.5 |
| Fruit Pastilles | 1 Tube | 6.5 | Puffed Wheat | 6 Tablespoons | 0 |
| Kit Kat | 2 Fingers | 4 | SOFT DRINKS | | |
| Liquorice Allsorts | 4ozs | 18 | Sponge Cakes | 1 Medium Slice | 1.5 |
| Snickers | 1 Bar | 4 | Scones Sweet | 2 Scones | 0.5 |
| Maltesers | 1 Packet | 2.5 | Scones Cheese | 2 Scones | 0 |
| Mars Bar | 1 Bar | 5 | Sandwich Cake | 1 Medium Slice | 4.5 |
| Milky Way | 1 Bar | 1.5 | Lemon Pie | 1 Medium Slice | 3.5 |
| Murray Mints | 1 Tube | 10 | Currant Buns | 1 Bun | 1.5 |
| Polo Mints | 1 Tube | 5 | Chocolate Cake | 1 Medium Slice | 2 |
| Yorkie | 1 Bar | 6 | DESSERTS | | |
| Smarties | 1 Tube | 4.5 | Angel Delight | 1 Packet | 8 |
| Topic | 1 Bar | 4 | Chocolate Sauce | 3 Teaspoons | 2 |
| Twix | 2 Fingers | 3.5 | Ice Cream | Family Block | 9 |
| Turkish Delight | 1 Bar | 8 | Instant Custard | 1 Packet | 7 |
| TINNED VEGETABLES | | | Instant Whip | 1 Packet | 10.5 |
| Baked Beans | ½ Medium Tin | 2 | Jelly | 1 Packet | 19 |
| Peas | 1 Small Tin | 0.5 | Trifle Mix | 1 Packet | 3.5 |
| Sweetcorn | ½ Medium Tin | 1.5 | Fruit Yogurt | 1 Carton | 4.5 |
| SOFT DRINKS | | | Rice Pudding | ½ Tin | 2.5 |
| Slush Puppy | 1 Small Cup | 6.5 | BEVERAGES | | |
| Blackcurrant | 115ml | 4 | Bournvita | 3 Teaspoons | 1.5 |
| Bitter Lemon | 1 Glass | 4 | Drinking Chocolate | 3 Teaspoons | 2.5 |
| Coca Cola | 1 Can | 7 | Horlicks | 3 Teaspoons | 1 |
| Ginger Ale | 1 Glass | 3 | Ovaltine | 3 Teaspoons | 1 |
| Lemonade | 1 Glass | 3.5 | | | |
| Orange Squash | 1 Glass | 2.5 | | | |
| Lucozade | 1 Glass | 8 | | | |
| Ribena | 1 Glass | 5 | | | |

SPECIALITIES AND TREATMENTS



We have found that patients are increasingly opting for treatments that provide them with the best long-term solutions. Hence, at The Perfect Smile Studios we have a complete team of widely experienced and highly skilled dentists as well as specialists in various fields of dentistry. They are known for their compassion and attention to detail towards your care.

Working in a fully equipped state of the art environment with a close support team, we are able to offer all aspects of modern dentistry including comprehensive diagnosis and treatment planning.

MODERN DENTISTRY TREATMENTS

Endodontics

- All forms of endodontics
- Re-treatments
- Surgical endodontics

Implants

- Immediate replacements
- Simple to full arch bridges on implants
- Denture conversion
- Full mouth reconstruction on implants
- Pre-implant surgery including bone augmentation, sinus lifts and sinus grafts

Oral Surgery

- Difficult extractions
- Third molars

Orthodontics

- Full range of adult orthodontics
- Orthodontics as an aid to implants
- Fixed appliance therapy
- Invisalign
- Ceramic brackets

Periodontics

- Assessment
- Debridement
- Non-surgical treatment
- All forms of periodontology
- Gingival aesthetics
- Hygiene therapy appointments

Prosthodontics

- Opinions
- Treatment Planning
- Simple to complex cases including full mouth reconstruction
- Wear cases

Sedation

- Anxious patients
- Oral sedation
- IV sedation

GUM DISEASE

Gum disease is a common cause of tooth loss in adult patients. At the Perfect Smile Studios, our prime concern is for our patients to have a healthy mouth with an excellent standard of home care thus preventing gum disease.

Detection of Gum Disease

Gum problems are mostly painless, and patients are often not aware that gum disease is present. The main causes of gum disease are plaque and tartar deposits around the teeth and gums that harbour bacteria. Smoking and conditions such as diabetes are also linked to gum disease and can make the condition worse.

Careful gum assessment, radiographs (X-rays) and special gum measurements accurately show us how serious the problem is. We then formulate the appropriate treatment solutions that will help to combat the condition. We look at:

- Signs/severity of gum disease
- Levels of plaque/tartar present
- Amount of gum inflammation

Gum Treatment Involves:

- Cleaning/scaling of tooth surfaces to remove plaque and tartar.
- Advice on correct oral hygiene e.g. the use of dental floss and special micro brushes, mouthwashes/gels and correct toothbrushing techniques.
- Reassessment and monitoring of progress in advanced cases.

The Hygiene Therapist

A hygiene therapist (as opposed to a hygienist) is qualified to carry out examinations, administer a local anaesthetic, take radiographs and perform simple dental treatments.

At our practice we are fortunate to have a team that includes a hygiene therapist. After careful assessment by your dentist, the hygiene therapist carries out all the treatment necessary to ensure a healthy mouth, with sessions normally lasting an hour. Patients' needs can vary from one session of thorough scaling and polishing of teeth through to multiple visits when deep cleaning under anaesthetic is needed. We will advise you on how often you will need to see the hygiene therapist.



Laser Gum Treatment

Using a state-of-the-art dental laser machine, we can recontour gums for a more attractive smile. Lasers can also correct difficult gum problems in advanced cases without the need for surgery.

The Periodontist

For resistant gum pockets and more advanced gum disease, we recommend an opinion with our specialist periodontist. You will be advised on the appropriate need for more advanced gum treatment. Failure to have the required and necessary treatment will result in teeth becoming looser and eventual loss.

EROSION OF TEETH

A relatively new problem is becoming apparent in dentistry. This is 'wear' of teeth due to chemical erosion. This often results in sensitivity of the necks of the teeth to cold and sweet things. Another common area of tooth surface damage is the inner surfaces of upper teeth in teenagers.

Chemical erosion is the result of acid softening the enamel. If the teeth are then brushed with abrasive toothpaste the problem is made worse. The result is that the "softened" enamel is often removed over time.

The main types of acid that are dangerous for your teeth are:

- **Citric acid** – Lemons, grapefruit, oranges
- **Lactic acid** – Yoghurt, fromage frais, cottage cheese
- **Phosphoric acid** – Soft drinks, and diet soft drinks
- **Acetic acid** – Vinegar, salad dressing
- **Malic acid** – Apples
- **Oxalic acid** – Rhubarb

It must be remembered that fresh fruit juices are just as dangerous for teeth as fruit juice mixtures.

Why does this happen?

Many of these fruits and juices formerly were only available in season. With refrigeration they are now available all year round and are doing phenomenal damage to teeth. An exaggerated emphasis on 'healthy' juice diets has not helped.

PREVENTIVE MEASURES

- 1 Limit the number of episodes when acidic foods or drinks are taken. Try to eat all your fruit at one time of the day.
- 2 DO NOT clean teeth after taking acidic foods or drinks.
- 3 If possible, rinse your mouth with milk or a fluoride mouthwash after eating or drinking acidic foods.
- 4 Drink fruit juices through a wide bore straw thus getting the acid past the teeth and away from the mouth.
- 5 Try to avoid diet or fizzy drinks. If you have them, drink them through a wide bore straw or drink them very quickly to reduce acid contact time.



FREE ORAL CANCER SCREENS THE PERFECT SMILE STUDIOS – SAVING LIVES

What is Oral (Mouth) Cancer?

Oral cancer is a generalised term for any type of cancer found in or near the mouth and throat. It includes cancers of the lips, gums, mouth, tongue, cheeks, palate, throat, oropharynx, vocal cords, piriform sinus, hypo pharynx and pharynx.

ORAL CANCER FACTS:

- Mouth (Oral) Cancer is responsible for 5 deaths every day in the UK
- Oral cancer can easily be prevented by regular screening with your dentist
- After treatment there is a 5 year survival rate which has hardly improved over the last few decades
- Mouth cancer is one of the top 10 most commonly diagnosed cancers
- It accounts for almost 7,800 new cases each year
- The incidence of oral cancer has increased by 25% over the past 10 years
- Almost 2,000 people died of oral cancer in 2010
- The survival rates and prognosis of mouth cancer greatly improves with early detection

Major causes of oral cancer:

- Smoking
- Alcohol
- Smokeless tobacco
- Betel Quid
- Infection with human papillomavirus

Don't become part of the statistics!

At The Perfect Smile Studios we want to offer you the chance of early detection and diagnosis of oral pathology (anything abnormal in your mouth). We use the latest oral cancer screening technology to facilitate our diagnosis.



*The VELscope VX
a specialist device
that allows us to
identify oral disease*

We are offering a FREE Oral Cancer Screening to help you

What is involved in the Cancer Screening?

The assessment itself is completely non-invasive which means there is no pain. The dentist will use the relevant examination method to facilitate diagnosis and detection of anything that could potentially be abnormal. The examination and screening takes only a few minutes. Also, the results of the screening are given immediately.

- **Visual Examination.** The dentists will use their professional knowledge to help detect anything that is not normal.
- **Advanced Fluorescence Technology.** At The Perfect Smile Studios we use a technology called VELscope VX. It is a special device that allows the dentist to identify oral disease whilst it is still easy to treat. It makes use of a blue light that stimulates a natural fluorescence in oral tissues. This highlights disease not visible with the naked eye.
- **Chemical Dye Detection.** We use an advanced disease detection dye called Vizilight Plus. This uses another type of technology for oral cancer screening.

Does the examination hurt?

The examination is completely non-invasive and so there is absolutely no pain involved. The dentist will simply visually examine the oral tissues with and/or without the technology.

What happens if the dentist observes something abnormal?

If anything is detected that the dentist deems abnormal, you will be referred for a biopsy. This involves removing a small sample of the lesion and sent to laboratories for testing. On receiving the results of the test the clinician will diagnose your condition. On most occasions it should be non-cancerous. However, it allows for you to get treatment earlier to get you back to health again.

Your clinician will provide advice according to your diagnosis.

How Oral Cancer Screening helps

Oral cancer screening and examination of your mouth allows for early detection. This means you are more likely to have a better and improved prognosis in the unlikely event of a cancer diagnosis.

We want to help prevent and fight cancer by detecting such pathology early. This will help to save lives.

Help us to help you and book in for your screening today.

How do I get my Free Mouth Cancer Screening?

Call The Perfect Smile Studios on **02031 312 547** and book in for your **FREE oral cancer examination**.

PLEASE NOTE. You do not need to be a patient of the practice to take advantage of the screening.

SMILES2SUITU

HOW WE CAN DESIGN THE PERFECT SMILE FOR YOU

One aspect of maintaining oral health is creating teeth that not only look good but that are also easier to clean. It has been well established that crooked or misaligned teeth tend to harbour more bacteria in the form of plaque and tartar. Due to their angulation in the mouth it is often difficult to access the tartar and thus it makes cleaning teeth difficult. If you are interested in straightening your teeth we have a number of solutions available to you, including short term adult orthodontics or six month smiles.

Unfortunately some of you may have already experienced tooth loss and may be unhappy with the gaps in your smile. Again, we have suitable choices of treatment that can help you such as a range of implant systems or cosmetic treatments to eliminate those gaps/spaces.

All these options for treatment will also enhance the cosmetic appeal of your teeth. We create beautiful customised smiles with our Smiles2SuitU concept giving you the control you need and eliminating uncertainty. We can give you the opportunity to create a predictable bespoke smile enhancement that is unique to you and at the same time eliminate your concerns such as crooked teeth or tooth loss.

We understand that when deciding to have cosmetic transformations people are often looking for a smile makeover that makes them look better, not different. Also, most people are seeking an individual look that sits in harmony with the rest of their face.

We are dedicated to creating an individual smile enhancement just for you. A personalised smile is very different from standard traditional veneer smiles. A Smiles2SuitU smile makeover requires detailed smile design work and it requires examination and assessment of all your associated features.

We look at many aspects influencing your ultimate smile makeover:

- Your facial shape
- Your skin colour and tone
- How your facial muscles work
- Your bite and how your teeth function
- The type of lips that form the stage for your smile
- How wide or narrow your smile is
- The condition and shape of your existing teeth
- The condition and visibility of your gums
- How your smile looks from different angles
- And many more considerations...

We create smiles using our Signature Complete Care Assessment program. This is an intensive, highly detailed assessment that can last up to 3 or 4 hours. It involves for the most part Dr. Doshi using various state-of-the-art diagnostics and understanding the details of your mouth. As a patient you will find it a very comfortable experience and our patient care team are on hand at all times to cater for your every need. You will also be able to enjoy our relaxation suite with refreshments during your breaks whilst Dr. Doshi does some very sophisticated treatment planning using innovative smile design technology.

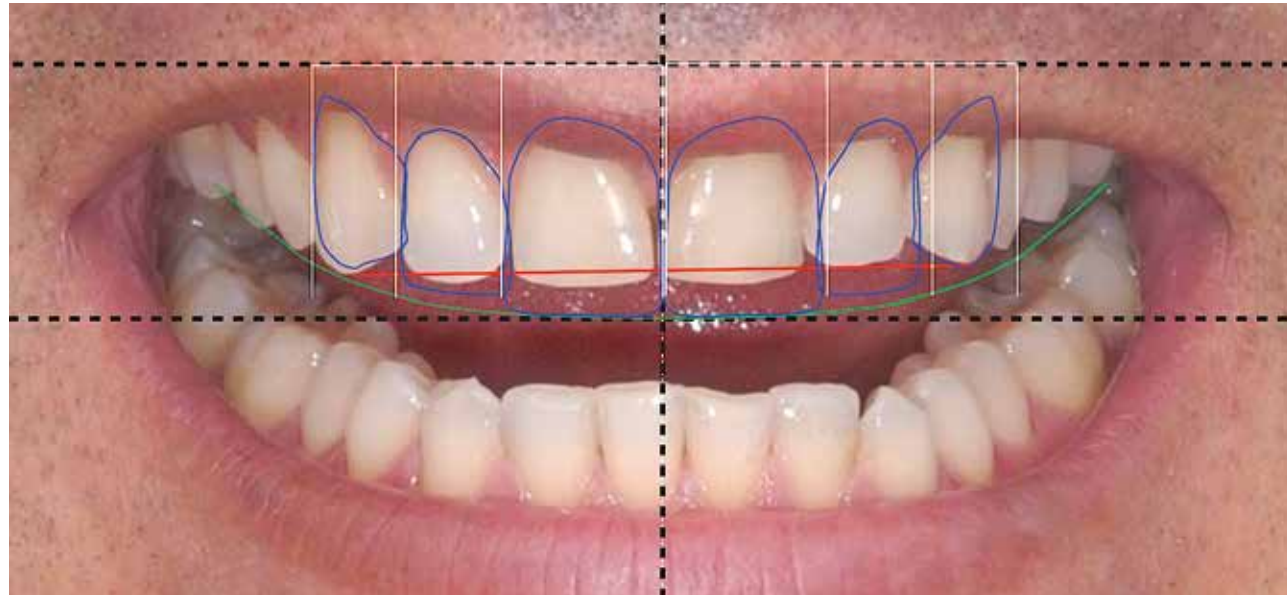


5 TECHNIQUES TO CHOOSE TO HELP DETERMINE YOUR CHOICE & FINAL RESULTS

- 1 PHOTOGRAPHIC SMILE ANALYSIS**
We take a series of complimentary digital photographs to help you understand all aspects of your smile. We can then show you similar cases from our extensive portfolio of before and after makeovers of applicable cases we have treated previously. This gives you the opportunity to see various possibilities that you can choose from.
- 2 SMILE IMAGING DESIGNS**
We provide complimentary Computerised Smile Imaging designs. This allows you to see your smile before you have anything done to understand which look suits you best.
- 3 MOCK-UP SMILE DESIGNS**
These are completely removable handcrafted artificial teeth that allow you to see the type of smile that could work for you before you commit to any treatment choice.
- 4 DIGITAL SMILE DESIGNING**
This is a digitally designed smile mock-up in your mouth to help preview a choice of smile makeover. This gives you greater control in facilitating your choices of smile design. It is completely reversible and non-permanent and only takes a few minutes to place.
- 5 TRIAL SMILE DESIGNING**
The trial smile is another opportunity for you to decide how you would like your new smile by letting you try it out for a time. You will be able to access your new look and smile in the comfort of your own home and ask opinions of your family and friends. Dr. Doshi is then able to make alterations in your smile according to your exact and precise requirements.

DIGITAL SMILE DESIGNING

THE DESIGNER SMILES OF THE FUTURE



At The Perfect Smile Studios we aim to create a cosmetic result in accordance with your wishes for your smile makeover. The newest addition to our techniques is the innovative Digital Smile Designing technique to help establish your exact protocols for the final aesthetic outcome.

Digital Smile Designing is the process of creating a precision mock-up that allows you to preview your choice of smile. It enables you to see the final result before any actual treatment is carried out.

It also helps to establish the exact treatment plan during assessment for more complex cases including adult orthodontics, implants or badly broken down teeth.

Digital Smile Designing is part of the process by which we create stunning Smiles2SuitU and is proving to be a huge success and extremely popular with our patients. Using these techniques we can create whichever choice of smile you prefer, whether natural, Hollywood, younger or simply full of character. The choice is yours.

Digital Smile Designing is an excellent choice:

- If you are looking for a special design of smile
- If you have specific requirements
- If your smile is very important to you
- If you want to be involved in the designing, production and final results of your smile makeover
- If you want to look before you buy

Benefits of Digital Smile Designing:

- Patients are able to see how the smile actually looks in their face frame before they commit to any treatment.
- It only takes a few minutes.
- It eliminates uncertainty and removes ambiguity of the type of smile required.
- It offers more choice and flexibility in the treatment options.
- It reassures our patients of exactly what type of smile they will be receiving.
- It enables better and more precise communication of a patient's needs and expectations.
- Better inter-team communication, allowing our Digital Smile Designing Team to work more efficiently to produce the results you want.
- Improved designing process which allows a unique, bespoke smile to be created, fitting in with our Smiles2SuitU concept.

This process is completely comfortable for the patient. The majority of the time is in the analysis and treatment planning done by the dentist outside of the mouth. The actual digital mock-up placement inside your mouth will only take a few minutes.

Digital Smile Designing is an excellent tool for enhanced treatment planning and more precise communication. It strengthens dental diagnostic vision and establishes an enhanced predictable final outcome. Thus establishing a great suitable final smile makeover for the patient.

For more information on Digital Smile Designing or to book in for a complimentary consultation in our Smile Clinic, please call us on **01992 552115**

7 STEPS IN THE DIGITAL SMILE DESIGNING PROCESS:

- 1 Comprehensive patient assessment and examination using our highly detailed Signature Complete Care Assessment. This is a very comfortable and non-invasive examination.
- 2 Collection of other information and diagnostics:
 - Smile Analysis
 - Joint Analysis
 - Bite Analysis
 - Full series of photographs
 - Relevant radiographs (X-Rays)
 - Video recordings of requirements
- 3 Creation of a slide presentation that enables:
 - Further digital smile analysis and designing
 - Interdisciplinary team communication
 - Increased awareness of the exact patient requirements
 - Digital treatment planning
- 4 Consultation with patient to show how the final teeth will look.
- 5 Development of an exact digital replica Smile Matrix Guide of the final established result.
- 6 A reversible non-permanent Mock-up Smile is then created in the patient's mouth using the digitally created Smile Matrix Guide. This is a completely painless and comfortable process and takes only a few minutes to do.
- 7 Patient review to establish satisfaction.



PRIVILEGE PLAN MEMBERSHIP

As a valued patient of The Perfect Smile Studios, we would like to introduce you to Privilege Plan – providing additional benefits for you and your family and making your regular appointments and any general dental treatment or cosmetic dentistry that may be required, more affordable.

Why join the Privilege Plan?

You will have access to exclusive benefits within the practice as well as reductions in the cost of dental treatment and facial aesthetics. There is clear evidence within our practice that patients on the Privilege Plan attend routine examinations more regularly which results in less treatment in the future. This means that we can help you maintain your oral and dental health more effectively.

Take a look at some of the benefits included in the Privilege Plan membership:

- **Regular dental examinations.** We can help to stabilise your mouth and detect deterioration early to prevent future problems.
- **Free Consultations.** We are happy to discuss any concerns you may have and advise you on any aspect of your dental health. This enables you to get the best out of dentistry and safeguards your health.
- **Regular dental hygiene treatments.** Routine appointments are essential to maintain a healthy mouth and keep dental infections at bay. We can also provide you with a personalised home oral hygiene program.

- **Routine small radiographs (X-rays).** Sometimes dental decay can infect a tooth but the tooth may appear as healthy. In these instances radiographs help to “see” infections deep in or around the tooth. Routine radiographs help with early detection.
- **Reductions in fees for general dental treatment.** If you find that you are in need of more advanced dental treatment, the Privilege Plan membership can help to make the treatment costs more affordable.
- **Worldwide Dental Accident and Emergency Insurance.** You can feel confident and reassured if you were to experience dental problems whilst away from home or on holiday. This insurance also provides oral cancer cover.

Further information

There are a variety of plans that you can choose from depending on your dental requirements. The Perfect Smile managers and treatment co-ordinators have been trained to help you choose the best plan for you and your family and will be pleased to discuss the Privilege Plan membership in more detail. However, if you would prefer to speak to a dentist our staff will be happy to arrange a consultation.

Please call our award winning studios on
01992 552115



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