

# The First Step in Comprehensive Dental Care

A visit to the dentist's isn't just about checking for cavities anymore – there have been incredible advancements in the field of dentistry, and we have responded by expanding our range of custom dental care services to suit your needs.

We are always at the forefront of the latest research in dentistry and use the most up-to-date methods and technology to help our patients' achieve their desired smiles.

Dr Malik's approach is holistic: he believes modern dentistry is key to improving people's self-image, both aesthetically and psychologically.



Our philosophy is not only to treat dental problems if they arise, but to prevent them in the first place. We work with each patient to help them develop the best regular regime for them, to keep their mouth healthy – and their smile attractive.

With state-of-the-art equipment and an expert multidisciplinary team dedicated to your dental health, we are in a unique position to offer the best dental care.

The first step is a comprehensive examination.

Assessing your periodontal health, decay and defective restorations, jaw joint and bite problems, and an oral cancer screening both internally and externally.

Using radiographs and intra oral cameras we can discuss with you what is happening in your mouth.

We can then begin to plan the steps to restore you back to dental health.

## Patient Amenities

Digital Radiographs

Digital CT scanner

I Pod with a selection of music

Hot Towels

Neck Rest

Blanket

Selection of DVDs

A selection of beverages

improve  
your smile

Woodford House  
Dental Practice

Creating beautiful smiles uniquely designed for you

# Comprehensive Care – Menu

A smile is one of your greatest personal assets. We can help you maintain a healthy and beautiful smile with advanced techniques and the highest quality care.

## Cerec

Using this pioneering technology, CEREC 3D allows us to offer natural-looking, high- quality ceramic “fillings” or restorations, completed and placed in a single visit.

The CEREC system has revolutionised the way in which teeth are restored.

- Less tooth structure is lost.
- Stronger and more durable than composite restorations
- Stain resistant and natural looking.
- All restorations completed in one visit.
- Practically invisible

## Porcelain Veneers

Veneers can improve your smile. A veneer is a thin shell of porcelain that is bonded to a tooth. Veneers are used for -

- Filling of unsightly spaces
- Making teeth even and uniform
- Covering severe dullness or discolouration
- Reduce or eliminate spaces between the teeth
- Repair broken and chipped teeth
- Whiten dark, yellow, discoloured teeth
- Correct misshapen or crooked teeth
- Protecting the surface of a damaged tooth

*Function and aesthetics combine helping us design and restore your smile so you can eat, drink and enjoy a healthy lifestyle!*

# Comprehensive Care – Menu

## Implants

When a severe dental problem calls for the removal of an entire tooth, it doesn't mean you'll be toothless! Dental implants ensure your smile stays natural and confident.

An implant helps stop the ongoing bone loss that occurs once a tooth has been lost

A missing tooth really changes a person's smile and confidence but a dental implant can replace missing teeth and restore a person's smile and confidence.

## Crowns & Bridges

State of the art, high strength metal free crowns can restore dark teeth and eliminate lines at the gum line to provide a natural looking appearance.

## Tooth Whitening

### *It's Safe, Effective and Fast*

You may be getting married soon and you want a brighter smile, maybe there is a special event coming up in your life. Whatever the reason, teeth whitening can restore stained or yellow teeth which have discoloured with age.

Using the latest whitening techniques we can help you achieve a whiter, brighter more youthful smile.



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## Invisible Braces

In the past, getting braces has meant years of painful adjustments and struggling with self-image – that has all changed.

*The Clearstep System is a way of achieving a beautiful smile invisibly.*

With Clearstep we can:

- Straighten malaligned teeth
- Close big spaces & gaps
- Twist rotated teeth
- Fix relapse after previous orthodontic treatment
- Prepare teeth for ideal veneer placement

## Facial Aesthetics

The Aesthetic Spa @ Woodford House Dental Practice:

Come and discuss your needs with a trained practitioner for instant results which are safe and painless. A complimentary consultation will help you decide the best way to restore and revitalise your looks.

If you have been wondering how to get rid of your wrinkles but aren't ready for surgery, Restylane, Perlane or a non surgical facelift with Botox the muscle relaxant, may be the answer.

## Mercury Free Restorations

For over 150 years, cavities were filled with a mixture of metals, including silver and mercury. It was perfectly normal to see dark grey areas in someone's mouth when they laughed.

But today, you can get your cavities, as well as any other smaller hollow areas in your teeth, filled with composite fillings. Composite fillings are made from resins that are matched to your tooth's colour - so they become invisible when applied.

# Prevention is better than cure

The condition of the mouth mirrors the condition of the body as a whole. Recent reports indicate a relationship between periodontal (gum) disease and stroke, heart disease.

Many diseases can be diagnosed in their early stages through an oral examination. These diseases may be characterized by swollen gums, mouth ulcers, dry mouth and/or excessive gum problems. Some of these diseases include diabetes, leukemia, cancer, heart disease and kidney disease. It is therefore absolutely vital that you look after your oral health and visit the dentist regularly.

Here at Woodford House Dental Practice we have developed a full preventive programme against Periodontal disease.

Our aim is to prevent the onset and progress of Periodontal disease through education.

Some factors increase the risk of developing periodontal disease:

- Tobacco smoking or chewing
- Systemic diseases such as diabetes
- Some types of medication such as steroids, some types of anti-epilepsy drugs, cancer therapy drugs, some calcium channel blockers and oral contraceptives
- Bridges that no longer fit properly
- Crooked teeth
- Fillings that have become defective
- Pregnancy or use of oral contraceptives

Several warning signs that can signal a problem:

- Gums that bleed easily
- Red, swollen, tender gums
- Persistent bad breath or bad taste
- Permanent teeth that are loose or separating
- Any change in the way your teeth fit together when you bite
- Any change in the fit of partial dentures

It is possible to have periodontal disease and not be aware of it!

So, what are our 8 top tips to help you enjoy better oral health?

1. Visit us regularly for hygiene appointments.
2. Brush your teeth carefully twice a day with a fluoride toothpaste. (Children under 7 should only use a pea-sized amount of a low fluoride toothpaste).
3. Floss everyday. Ask us how to if you are not sure - don't worry - a lot of people don't know how to do it properly until they are shown!
4. Stop smoking. As well as the well known problems in relation to lung cancer and heart disease, smoking is a major contributory factor to oral cancer. It can also cause gum inflammation and leads to gum recession in which increases plaque build up and tooth loss.
5. Enjoy alcohol in moderation. Alcohol is another contributory factor to oral cancer especially if combined with smoking.
6. Avoid fizzy drinks and sugary snacks. These can lead to a massive increase in plaque which will increase tooth decay, gum disease and enamel erosion causing sensitivity.
7. Try and restrict food intake to mealtimes. Oral bacteria benefit from the constant nourishment that snacking can provide. If you must snack, then try and choose foods like fresh fruit or cheese which are better for your teeth. But remember; fresh fruit can also damage your teeth through acid erosion so try and eat sparingly.
8. Eat a well balanced diet rich in vitamins and minerals. This will lead to healthier gums and therefore healthier teeth.

Why not arrange an appointment with us to find out what state your oral health is in and how we can help you improve it?

# Patient Information

## Woodford House Dental Practice

162 High Road  
Woodford Green  
Essex  
IG8 9EF

020 8504 2704

info@improveyoursmile.co.uk  
www.improveyoursmile.co.uk

## Practice Hours

Monday 9am-7.30pm

Tuesday 9am-6.00pm

Wednesday 9.30am – 7.30pm

Thursday 9.00am – 6.00pm

Friday 8.30am – 2.00pm

Saturday – By invitation only



## Missed appointments or Cancellations

If you have to cancel or move hygiene /dental appointment please let us know at least 48hours before so that we may offer the appointment to someone else.

As hygienists see their patients on time and do not see extra patients, all missed and late cancelled appointments are charged for to cover the cost of the wasted appointment time.

As a courtesy to our patients we send a text message reminder of all appointments. It is the responsibility of our patients to make note of any appointments and keep them!

# Emergency

If you are in pain during practice hours, please telephone and every effort will be made to see you as soon as possible. We have an emergency service for our patients on Sundays and bank holidays, please call 07757 130160 and a member of our team will help you.

## Keep us Informed

We may ask you about any drugs/medicines you are taking. Make a note of their names and tell us about them when you attend.

If you change address or telephone number including any mobile telephone numbers please let us know as soon as possible. This helps keep our records up to date and recall system more efficient.

It is our policy for the whole family to see one dentist on a continuing basis. However, if this is not possible for any reason, suitable arrangements will be made for you to see someone else within the practice.

## Protection

As a caring practice we take all necessary precautions to safeguard both patients and our team against blood-borne infections such as Aids and Hepatitis. We follow the British Dental Association recommended current guidelines with regards to the use of disposable items and use an autoclave to sterilise all our instruments.

## Patient Relations

We provide a high standard of treatment and care in a friendly and helpful manner, we are always seeking ways of improving the practice service to the patients. Please feel free to offer any suggestions which you may think help us achieve this.

If through lack of communication you find yourself unhappy with any aspect of your treatment or care please do not hesitate to telephone or write to us and we will endeavour to resolve any difficulties as quickly as possible.



Creating beautiful smiles uniquely designed for you

# Investment Options

We consider your dental health and smile are an investment. We also realise that with so many calls on the family finances, your smile can sometimes come some way down the list

That is why we offer the following range of payment options to cover the cost of your care:

## Pay as you go

You can cover the cost of each treatment every time you visit Woodford House \Dental Practice.

## 0% Finance & Low Interest

Affordable monthly repayments for large courses of treatment such as Implants, Smile Makeovers etc.

Payment Plans to promote responsible borrowing but not having to compromise your oral health.

## In advance

We offer a courtesy discount of 4% for treatment plans over £5000.00

## Woodford House Dental Practice Payment plan – by invitation only

To thank our long term patients we have a payment plan which is in house and interest free.



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