

Siobain White, Dent Hyg(RCS), Dent Therapy(RCS), is our Hygienist and works closely with our dentists to offer the following services:

#### Cosmetic cleaning

We are now able to offer cosmetic teeth cleaning as an elective private procedure. Unfortunately the NHS does not fund cosmetic procedures, including cosmetic cleaning of the teeth.

Your NHS examination appointment with the Dentist will usually last for 15 or 20 minutes. If the Dentist needs to plan further treatment for you, a second appointment will usually be booked. The NHS covers any necessary cleaning of your teeth and this will usually include removal of any hard scale deposits on your teeth if these are causing gum problems.

If you are concerned about the cosmetic appearance of your teeth, or are in the habit of seeing a hygienist regularly, you may wish to also book a longer private appointment with our hygienist, Siobain.

A half-hour private hygienist appointment at Studental will cost £33 and includes thorough hand and mechanical cleaning of the teeth and the removal of surface staining (eg from smoking or tea/coffee) by polishing. Siobain works with us on Wednesdays, and evening appointments are available for this service.

- If your check-up is due, or you are a new patient, then you may wish to book linked appointments with the Dentist and the Hygienist. The total cost of a NHS check-up followed by a private Hygienist appointment will be £49.50 (prices correct until April 2010)

#### Periodontal treatment

Your dentist will conduct a thorough check of your gums at your examination appointment. For those patients who have areas of their mouth persistently or extensively affected by gum disease, it may be appropriate for the dentist to refer you to have a follow-up appointment with the hygienist.

Where necessary, this appointment will include detailed measurement and mapping of the gums in the affected areas, instruction in oral hygiene techniques, removal of plaque retention factors (scale and rough edges on fillings) and some scaling below the gum line. By far the most important element of this treatment is patient motivation and instruction in oral hygiene techniques. Great emphasis will be placed on this and without excellent patient compliance any periodontal treatment will fail.

You will be offered a review examination with the Dentist in three-months time to assess improvement. It may be necessary to see the Hygienist regularly on a three-monthly basis for continued periodontal treatment.



#### Therapy treatment

We are very lucky that Siobain is doubly qualified as a Dental Therapist. Dental Therapists are able to provide many of the services that a dentist can provide, and work closely with the dentist to complete prescribed treatment on referral. Therapists have had advanced training in the prevention of oral disease and will give specific targeted advice regarding any of your dental concerns or problems. They are able to provide the following services:

- Fillings using amalgam, composite, or any other direct filling material; for adults or for children
- Scaling, polishing and Periodontal treatment
- Extraction of deciduous teeth in children
- Applying fluoride treatments to the teeth
- Local anaesthetic injections
- Dental impressions
- Taking radiographs
- Refixing loose crowns or bridges
- Teeth whitening

Therapists are especially useful for those patients with high levels of oral disease or who are especially nervous. Your Dentist will advise you if your next appointment will be with Siobain.