

Smiles Better

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Putting Dentistry back in fashion!

The term “modern dentistry” is widely used. You may have heard friends and family talk about changes in modern dentistry and how much better dentistry has become, but what does the term “modern dentistry” mean?

Does it refer to cosmetic dentistry, where state of the art technologies such as Cerec, implants, veneers and tooth whitening are used to give the perfect smile? Is it preventive dentistry, educating ourselves on how best to care for our teeth and gums and how to limit sugar in our diet to prevent decay? Or is it the increase in private practices and private treatment options and the move away from NHS dentistry?

For me, the term “modern dentistry” is much more. Modern dentistry is the journey a patient experiences when they attend the

dentist and receives the treatment they deserve. For example, a new patient to the practice will start with the first point of contact - a telephone call, email or letter followed by an introductory appointment. When patients visit the practice for the first time, they should be greeted by a smiling receptionist and be able to sit in a relaxed waiting area with pleasant background music, fresh tea or coffee and daily newspapers or magazines.

The patient should be introduced to both dentist and nurse. It goes without saying that the surgery should be clutter free, clean and modern (and not smell too much like a dentist!) The patient should have a chance to explain why they have come, perhaps talk about concerns and what they would like to achieve from treatment. A full mouth oral health assessment is carried out,

this involves an examination firstly outside the mouth, followed by an examination of the soft tissues inside the mouth. The teeth are checked for decay, wear or erosion, and the gums for any sign of gum disease. X-rays may be taken and a diagnosis is usually made, from this a treatment plan is discussed. In modern dentistry this is a key area because we want to give patients choice. We do this by enhancing their dental knowledge so that together an informed decision can be made as to the best treatment options for them. It's about listening to their concerns and anxieties and working together to overcome these. Discussing money and costs and adapting the treatment plan to allow a payment schedule which is affordable and manageable for the patient.

A visit to the dentist may be

dreaded by some! It may be that some only attend when they really have to! Modern dentistry is about encouraging people to attend for regular oral health assessments to prevent disease and to encourage them to care for their teeth. It's about spending time with children and discussing which toothpaste is best, referring patients to the hygienist for full mouth cleaning, gum charting and oral hygiene advice. Modern dentistry is about whiter, straighter teeth and healthy mouths.

Modern dentistry is about you the patient! We don't want you to dread your appointment, we want to make things comfortable and relaxing for you. We want to give you a choice and be able to offer you high quality treatment that best suits you and your dental needs!