

# Smiles Better!

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## MONEY MATTERS

**W**e only have to turn on the news and we are reminded of the recession, government cuts and rising unemployment. It makes us all look at where we can make savings and spend less, and we look at necessities and luxuries.

In Northern Ireland we are facing changes (currently out for tender) in NHS dentistry, which include limitations to treatment such as root canal treatment. Approval (permission to do treatment) is now being sought before we can do treatments over a certain cost, and a scale and polish will be limited to one per year.

From a dental point of view, some people may think that they can leave the dentist to save money and just pop in when they have pain. This sounds good and as a dentist of course I'm going to disagree with this. Dentists are fully aware that people are watching the pennies and that is why by coming to see us and discussing treatment options, we can give you the best treatment for you and your budget.

### AVOIDING THE DENTIST WILL NOT AVOID THE COST

By coming to see your dentist regularly you are ensuring that your teeth, gums and oral tissues are checked for decay and disease. Oral hygiene advice is given, new toothbrushes and interdental cleaning products will be demonstrated and samples of new oral health products may also be given.

This prevention advice will cost less than coming when your in pain and need treatment. We can keep an eye on teeth that may have a poor prognosis and plan future treatment and costs.



### PRACTICE PLANS SPREAD THE COST

Many practices offer practice membership plans. These are a great way to budget costs over the year. They normally offer dental health checks and hygienist visits, out of hours service and insurance for accidents for a reasonable monthly fee. Another great advantage is that if you need treatment you will receive a discount. We find that many of our patients really benefit from this discount when they want to change their NHS metal fillings to white restorations.

### DENTAL FINANCE

Interest free finance is another great way to spread the cost. For those patients who haven't been to see us in a few years they normally find they need a lot of treatment to restore their dentition and prefer to pay it off in installments over the year than over a few weeks. Also for patients who have always dreamed of that bright white smile, they take out finance and can be paying as little as £50 a month for their dazzling 'Zoom' smile.

There is a well known saying: 'your health is your wealth' so don't neglect your teeth because of the cost.

**For further information please contact us on 02827663808. Nuala**