

Initial oral health review

Your initial oral health review will involve a thorough check of your teeth, gums, palate, cheeks and lips and will allow us time to evaluate the overall health of your mouth and to discuss any concerns you may have.

Our dentists, Sally and Simon all use special cameras (intra-oral) to take photographs of any areas of concern during this appointment to help them discuss the health of your mouth and any treatment you may need.

X-rays may also be advised in order to help diagnose problems that may not be visible through normal clinical examination.

If any treatment is required, all the options will be discussed with you so you are able to make an informed decision on which treatment is most suited to you.

After the appointment you will be given a detailed treatment plan and an estimate of costs. This initial appointment usually lasts about forty minutes, giving us plenty of time to discuss your needs and concerns.

Routine oral health review

Following your initial oral health review and any treatment you may need, Sally or Simon will advise whether you need six monthly or yearly routine examinations.

These future review appointments are to have an examination of your teeth, gums, palate, cheeks and lips and a chance to discuss any problems you are having.

It is very important to keep these regular review appointments as advised so that any problems can be picked up at an early stage which in turn means that treatment can be kept as minimal as possible.

If any treatment is needed we will discuss this with you and provide you with a treatment plan and estimate.

Emergency Appointments

There may be a time when some of our patients need us out of hours or at short notice. We will always endeavour to see you as quickly as possible.

During the emergency appointment we will assess the problem you are having and provide emergency treatment for you. It may be necessary for us to make further appointments to complete the treatment for you. This would be discussed with you at the time.

In any situation we will do our best to make you as comfortable as possible before you leave. Any trauma to the mouth or swelling should be seen as quickly as possible.

Hygienist Visits

Healthy gums are the key to a healthy mouth. Gums are like the foundations of a house - You cannot build a strong house on weak foundations.

Our hygienists will work with you and tailor make an oral hygiene programme that fits into your lifestyle to give you the very best option for optimal oral health.

Our aim is to provide practical prevention and to ensure you are given all the information you need to keep as healthy as possible.

Your oral hygiene is an important part of your overall health (gum disease is linked with heart disease, diabetes and strokes) so our goal is to provide you with all the tools you need to minimise the risks of both oral disease and general disease.

During your appointment we will measure your gum health, scale and polish your teeth, removing any calculus (tartar) and plaque as well as offer you hints and tips on how to keep your mouth as healthy as possible at home.

We will suggest a maintenance programme of appointments for the future - usually 6 months, 4 months or 3 months depending on your specific needs. We will always endeavour to make your appointments as comfortable and as informative as possible.

Fillings

Decayed or broken teeth can be restored with conventional fillings.

We offer a complete range of filling materials including the most up to date white filling materials for both front and back teeth.

For all our filling appointments we will, wherever possible, use a protective sheet called rubber dam. This helps us achieve the very best possible result when placing fillings

Crowns

A crown is an extremely precise laboratory-made restoration that covers your natural tooth. Crowns are used to either strengthen weakened or broken teeth or improve the appearance of discoloured or poorly positioned teeth.

If you need a crown your treatment will be divided into two appointments, the crown preparation and the crown fit. The tooth is protected by a temporary crown between visits which is usually a period of two weeks.

We send all our impressions and instructions to our laboratory technician, Peter, who Sally and Simon have known for many years. He produces beautiful crowns and is as passionate about his work as we are.

There a number of different types of crowns available and Sally or Simon will advise you of the options available for you.

Bridges

A dental bridge is usually used to replace smaller numbers of missing teeth. Bridges are custom-made in the laboratory with, usually two dental appointments, one to prepare the teeth and one to fit the bridge

There are a number of reasons why you should replace missing teeth.

Apart from improving your appearance bridges greatly reduce the strain put on the teeth either side of the missing tooth. Spaces that are left by missing teeth may result in drifting or tilting of adjacent teeth or over-eruption of opposing teeth. This can reduce the function of the teeth, increase food trapping as well as increase the risk of decay and deterioration in gum health.

The appointments for a bridge are similar to those of a crown but may be slightly longer depending on how many teeth the bridge is replacing.

Veneers

If your front teeth are stained, chipped, or crooked, veneers can give you a perfect appearance with minimal tooth adjustment.

Porcelain veneers make teeth look natural and healthy, and because they are very thin and are held in place by a special strong bond very little preparation of the tooth is required.

Porcelain veneers can improve the colour, shape and position of teeth and can also be used to close small gaps, when braces are not suitable.

Inlays

Like crowns, bridges and veneers, inlays are a laboratory-made restoration. They are used to restore teeth where a conventional filling would not be strong enough.

Inlays can either be constructed from gold or porcelain which can match the natural colour of your tooth. Your dentist will advise you if this is an option for you.

Tooth whitening

Teeth can become stained and tend to get darker by the foods and drinks we consume as well as lifestyle such as smoking. Some people simply have naturally yellowish teeth. Professional Tooth Whitening is a successful and simple method of lightening the colour of your teeth.

We use the Zoom technique here at Chagford. This involves an initial consultation with Sally or Simon when impressions are taken of the mouth for making bespoke trays. 2 weeks later you

will have an appointment with Jackie (one of our hygienists) for the in-surgery kick-start whitening procedure. This is a 2 hour appointment when whitening gel is applied to the teeth and the whitening process is accelerated with a powerful light. You will then follow this up at home by using your bespoke trays with a whitening solution (we provide) for half an hour twice a day for 3 days. You will also be given 'top-up' syringes of whitening gel that you can use as and when you like – most commonly 6-12 months after the initial Zoom appointment.

Have a chat with any of the team if you are interested in tooth whitening.

Dentures

Missing teeth can be replaced by wearing removable dentures. They can be used to replace a single tooth or complete sets of teeth. We provide both conventional acrylic dentures and metal-based cobalt chrome dentures which produce a more retentive and stable final result.

Our highly skilled technicians use the most current materials and work with our dentists to produce life like natural results.

Root canal treatment (RCT)

If a tooth has died either as result of trauma or deep decay it may be possible to save the tooth with root canal treatment (RCT).

RCT is very intricate work which involves carefully cleaning the internal root system using special instruments. RCT usually involves two appointments and may require X- rays to be taken. Once the roots have been sealed, the tooth will usually require a crown to restore its strength. We use rubber dam for all root canal treatment.

Implants

Dental implants offer a permanent solution for your missing teeth. A dental implant is essentially a substitute for a natural root which is usually screw or cylinder shaped.

Each implant is placed into a socket carefully prepared at the precise location of the intended tooth. Sometimes the implant can be placed at the same time as removal of the tooth all on the same day.

In order to support replacement teeth, dental implants normally have some form of internal screw thread or post space that allows a variety of components to be fitted. Once fitted, these components provide the foundation for long-term support of crowns bridges or dentures to restore a natural dentition.

We work with Dr William Beare who visits the practice specifically to carry out implants. Your dentist will refer you to him if implants are a possibility for you.

Facial rejuvenation

We offer a range of beauty treatments including dermal fillers and wrinkle treatments. Please call us to arrange a consultation appointment with Sally.

Migraine and tooth grinding treatments

Tooth grinding (bruxism) affects most people at some point usually due to stress in their lives.

In a lot of cases the effects can be minimal however in some situations it can lead to pain and difficulty in opening the mouth.

Grinding teeth can also cause significant damage to tooth structure as well as muscle spasms in the cheeks. In more extreme cases headaches and migraines may occur.

Symptoms can often be relieved by wearing a carefully designed splint which is made from a clear hard wearing acrylic. Splints are made to be worn on either the upper or lower jaw, usually whilst sleeping.