

THE DENTAL PRACTICE TEAM MEMBERS

STEPHEN CLIVE BULLOCK

Dental Surgeon

BDS (B'ham) 1976, DGDp (UK) 1992

MGDSRCPS (Glasgow) 1998

Joined the practice in 1990

KIRSTY JANE GARDAM

Dental Surgeon

BDS (B'ham) 1992

joined the practice in 1992

HAYLEY

Dental surgery nurse

Dental radiography 2005

2003

2003

Joined the practice in 2000

KELLY

Dental surgery nurse

Registered Dental nurse

Registered Dental Nurse

Joined the practice 2004

KRYSTLE

Dental surgery nurse

Joined the practice in 2005

2005

TERRI

Dental surgery nurse

Joined the practice in

CAROLE

Dental hygienist

Joined the practice 2003

2007

Rachel

Dental surgery nurse

Joined the practice in

**THE DENTAL TEAM IN WHOM YOU CAN HAVE
COMPLETE CONFIDENCE**

REGULAR DENTAL EXAMINATIONS: ARE THEY REALLY NECESSARY?

MANY DENTAL PROBLEMS DO NOT START WITH ANY SYMPTOMS.
SOME PEOPLE DO NOT REALISE THIS AND MAY SUFFER
UNNECESSARILY.

A FEW IMPORTANT EXAMPLES ARE:-

CHRONIC GUM DISEASE - can result in premature tooth loss

*DENTAL DECAY - can cause severe pain, abscesses and
tooth loss*

DENTAL CYSTS - can predispose to infection and jaw fracture

ORAL CANCER - can have a serious outcome if diagnosed late

REGULAR CHECK-UPS WILL ENSURE AN EARLY DIAGNOSIS AND
THEREFORE REDUCE YOUR RISK OF SUFFERING FROM SOME OF
THESE CONDITIONS.

A PREVENTATIVE APPROACH TO YOUR DENTAL HEALTH WILL
REDUCE YOUR NEED FOR TREATMENT AND CAN SAVE YOU TIME,
EXPENSE AND SUFFERING.

DENTAL EXAMINATIONS

EXAMINATION AND REPORT (NEW PATIENT) £84.00

Includes an assessment of all the soft tissues in the mouth, the regional lymph glands, the jaw joints, the facial muscles, all the surfaces of all of the teeth and the condition of the gums.

An assessment of the future risk of recurrent dental decay, gum disease and tooth wear will be made.

Protocols for reducing the relevant risks will be discussed and appropriate preventative measures recommended.

SIX MONTHLY CHECK UP £40.00

WHY DENTAL X-RAYS ARE RECOMMENDED

Not all of the tooth surfaces and their supporting structures are visible.

To complete a thorough dental examination it may be recommended that some radiographs be taken.

Dental radiographs are required:-

- To check around any large restorations and in between the teeth for any decay or infection.*
- To investigate the tissues which support the teeth for periodontal disease (chronic gum infection).*
- To detect other developing problems early.*

Early diagnosis will reduce the amount of treatment required.

X-RAYS & REPORTS

<i>SMALL X-RAYS (EACH)</i>	<i>£ 10.50</i>
<i>LARGE X-RAYS (EACH)</i>	<i>£21.00</i>
<i>CLINICAL COLOUR PHOTOGRATHS (EACH)</i>	<i>£10.50</i>

GINGIVITIS THE PROBLEM OF BLEEDING GUMS

WHY GUMS BLEED:

PLAQUE CAN BE DIFFICULT TO REMOVE FROM SOME TOOTH SURFACES.

PLAQUE CONTAINS BACTERIA WHICH CAUSES INFLAMMATION OF THE GUMS.

INFLAMED GUMS BLEED EASILY.

WHAT TO DO ABOUT IT:

ASK YOUR DENTIST TO RECOMMEND FOR YOU THE MOST APPROPRIATE CLEANING TECHNIQUES OR DENTAL TREATMENT.

WAYS TO PREVENT IT:

- CLEANING TWICE DAILY WITH A SOFT TOOTHBRUSH.
- USING A TOOTHPASTE CONTAINING AN ANTI-BACTERIAL AGENT
- USING INTER-DENTAL CLEANING AIDS EVERY DAY.
- REGULAR SCALING AND POLISHING.
- OTHER DENTAL TREATMENT.
- PROFESSIONAL MONITORING OF GUM CONDITION.

SCALING, POLISHING AND GUM TREATMENTS

REMOVAL OF STAIN & POLISH FROM £20.00

SCALE & POLISH £52.50

*PROLONGED GUM TREATMENTS WILL BE DISCUSSED
WITH YOU BY DR BULLOCK OR DR GARDAM*

GUM DISEASE IN ADULTS

- *Gum disease in adults is caused by bacteria around the necks of the teeth. If the bacteria are not removed a condition called chronic periodontitis can develop.*
- *This is an inflammatory disease of the structures which support the teeth. These structures include the ligaments of the teeth, the gums and the bone of the tooth socket.*
- *As chronic periodontitis progresses the space between the gum and the tooth, called the pocket, gets deeper.*
- *As the pocket extends beyond 4mm cleaning with a normal toothbrush and dental floss does not remove all the bacteria, so the destruction continues.*
- *The disease may reach an advanced stage **without** causing any pain or symptoms, and therefore can **only** be detected by the dentist measuring the pocket depths and taking radiographs.*
- *If a diagnosis is made early most cases can be successfully treated. If left undiagnosed and untreated early tooth loss can occur.*

DENTAL HEALTH AND CORONARY HEART DISEASE

- *Poor dental health, especially the extent of periodontal disease (infection in the gums), appears to be a **significant** risk factor for coronary heart disease which can result in heart attacks.*
- *This association between oral health and coronary heart disease remains significant when other risk factors (e.g. smoking, diet, hypertension) are taken into account.*
- *No clear biological mechanism has been demonstrated that links the two diseases, but the presence of the inflammatory cells in the blood associated with gum disease, may predispose to the obstruction of the arteries supplying the heart muscle, by depositions of fatty substances.*
- *It is of particular importance for all adults who are at risk from coronary heart disease to have their gums assessed for periodontal disease and to follow the recommendations made by the dentist.*

Ref.: *British Dental Journal* January 1998

MERCURY AND AMALGAM FILLINGS

THE FACTS

- *Dental amalgam has been used for over 100 years with few problems.*
- *Amalgam fillings release extremely low levels of mercury vapour.*
- *Very few people are affected by such low levels of mercury vapour.*

EXPERT OPINIONS

- *The World Health Organisation says "There is no safe level of mercury vapour."*
- *The British Dental Association says "The present evidence would NOT appear to demonstrate that amalgam restorations are hazardous to health.....but further research is needed."*

POLICY OF DIANA ROAD DENTAL PRACTICE

- *All patients requiring new or replacement fillings will be given the choice of a mercury-free tooth coloured filling whenever clinically appropriate.*
- *We do not recommend the replacement of sound amalgam fillings unless there is a clinically sound indication.*
- *All patients should have the advantages and disadvantages of the available filling materials explained to them.*

SILVER FILLINGS

AMALGAM FILLINGS FROM £68.00

TOOTH COLOURED FILLINGS

TOOTH COLOURED FILLINGS (FRONT TEETH) FROM £68.00

TOOTH COLOURED FILLINGS (BACK TEETH) FROM £84.00

FISSURE SEALANTS: WHAT ARE THEY?

WHAT ARE THEY?

Tough plastic coatings painted onto the biting surfaces of back teeth.

WHY IS IT NECESSARY?

The grooves and fissures on our back teeth are vulnerable to decay because they act as a trap for food debris and bacteria. The plastic coating seals the tooth against decay.

WHAT DOES IT INVOLVE?

- 1. The dentist cleans the surfaces of the tooth,*
- 2. The dentist paints the liquid sealant into the grooves and fissures.*
- 3. The liquid sealant is then set with a beam of blue light.*

IS IT EFFECTIVE?

Clinical studies show that fissure sealants significantly reduce the risk of decay, but the procedure is not a total guarantee against decay. Over 80% of sealants are present 5 years after placement.

Regular check-ups are still essential.

PREVENTIVE FISSURE SEALANTS

FISSURE SEALANT per tooth £16.80

FOR ALL UNFILLED SURFACES UP TO £120.00

ROOT CANAL THERAPY.

What is it?

Root canal treatment is the procedure required when the blood and nerve supply in a tooth becomes infected through decay or injury.

What does it involve?

It involves the removal of all infection from the root canals.

The root canals are then thoroughly cleaned and prepared ready for filling

What if I do not have this treatment?

The alternative is to have the tooth extracted because once the nerve has been destroyed by infection it cannot heal. An abscess or a cyst may then develop.

Will the tooth be safe after treatment?

Yes. However, under some circumstances, a crown may be necessary to help protect the weakened tooth.

ROOT FILLINGS

ROOT FILLING - SINGLE CANAL

OPEN & DRESS THE CANAL (1ST VISIT) £107.10

FILL & SEAL CANAL (2ND VISIT) £117.60

ROOT FILLING - 2 CANALS

OPEN & DRESS 2 CANALS (1ST VISIT) £128.10

FILL & SEAL 2 CANALS (2ND VISIT) £149.10

ROOT FILLING - 3 CANALS

OPEN & DRESS 3 CANALS (1ST VISIT) £159.60

FILL & SEAL 3 CANALS (2ND VISIT) £159.60

RECOMMENDATIONS FOR REDUCING THE RISK OF DENTAL DECAY.

- *Brush twice daily with a toothpaste containing fluoride and Triclosan, an anti-bacterial agent; for example: Colgate Total, Crest Complete, Macleans Ultra., Mentadent P.*
- *Use an inter-dental cleaning aid, dental tape or an inter space brush, to clean in-between your teeth where the tooth brush does not clean, every day.*
- *Reduce the frequency of your sugar intake.*
- *Use a daily fluoride supplement; for example: a fluoride mouthwash, a fluoride gel or a fluoride tablet as recommended by your dentist.*
- *Attend for regular dental check-ups at least every six months.*

Diana Road Dental Practice will assist you by:

- *Assessing your decay risk based on past and present decay.*
- *Treating your existing decay.*
- *Investigating your diet.*
- *Giving you dietary and cleaning advice.*
- *Applying topical fluorides where appropriate.*
- *Coating unfilled tooth surfaces with fissure sealants.*
- *Planning further check-ups and x-rays at intervals based on your decay risk.*

CROWNS

<i>PORCELAIN JACKET CROWN</i>	<i>£388.00</i>
<i>PORCELAIN BONDED TO METAL CROWN</i>	<i>£398.00</i>
<i>FULL VENEER GOLD CROWN</i>	<i>£398.00</i>
<i>CORE FOR A CROWN</i>	<i>£ 102.90</i>
<i>CAST GOLD POST FOR A CROWN</i>	<i>£ 98.70</i>
<i>¾ GOLD CROWN</i>	<i>£388.00</i>

SUPERIOR CROWNS

<i>SUPERIOR QUALITY CROWNS</i>	<i>FROM £432.00</i>
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** MULTIPLE CROWNS WILL REQUIRE A SEPARATE QUOTATION **

PORCELAIN VENEERS

<i>PORCELAIN VENEER</i>	<i>£398.00</i>
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BRIDGES

<i>PORCELAIN BONDED TO METAL BRIDGE RETAINER</i> <i>(PER TOOTH)</i>	<i>£130.20</i>
<i>PORCELAIN BONDED TO METAL REPLACEMENT TOOTH</i> <i>(PER TOOTH)</i>	<i>£ 398.00</i>

** EACH INDIVIDUAL BRIDGE WILL REQUIRE A SEPARATE QUOTATION**

PERICORONITIS

WHAT IS PERICORONITIS?

- *It is inflammation of the gum surrounding a tooth, most commonly an erupting lower wisdom tooth.*

THE CAUSES OF PERICORONITIS

- *Food debris and bacteria trapped beneath the gum covering the tooth.*
- *Trauma to the gum from the opposing tooth.*

THE MANAGEMENT RECOMMENDATIONS

- *Hot salt water mouth washes (one teaspoon of salt, dissolved in a cup of hot water at regular intervals.)*
- *Corsodyl mouthwash as directed by the dentist.*
- *Antibiotics or pain killers may be necessary .*
- *Extraction of the opposing tooth : if it is biting onto the swollen gum.*

EXTRACTIONS

<i>EXTRACTION OF ONE TOOTH</i>	<i>£58.80</i>
<i>EMERGENCY EXTRACTION</i>	<i>£65.10</i>

SURGICAL EXTRACTIONS

<i>SURGICAL EXTRACTION TOOTH</i>	<i>£148.00</i>
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SURGICAL EXTRACTIONS OF WISDOM TEETH

- *QUOTATION FOLLOWING ASSESSMENT **

BAD BREATH

What causes it?

- 90% of cases are caused by the activity of bacteria in the mouth. Highly flavoured foods and stomach upsets can also cause bad breath.

What you can do about it?

- See your dentist so that a thorough assessment can be made
- Have regular professional hygiene appointments.
- Control the activity of bacteria in the mouth following the dentist's recommendations.

Further advice

- If you have bad breath don't ignore it - do something about it by seeking professional advice.

- *Don't rely on mouthwashes alone - they can mask the problem.*

ACRYLIC DENTURES

<i>EXAMINATION OF SOFT TISSUES/SPECIAL TRAYS FULL UPPER AND LOWER DENTURES</i>	<i>£578.10</i>
<i>FULL UPPER DENTURE</i>	<i>£324.00</i>
<i>FULL LOWER DENTURE</i>	<i>£324.00</i>
<i>PARTIAL DENTURE - 1 TO 3 TEETH</i>	<i>£285.60</i>
<i>PARTIAL DENTURE - 4 TO 8 TEETH</i>	<i>£323.40</i>

CHROME-COBALT DENTURES

<i>FULL UPPER WITH CHROME PALATE</i>	<i>£449.00</i>
<i>CHROME PARTIAL - 1 TO 3 TEETH</i>	<i>£430.50</i>
<i>CHROME PARTIAL - 4 TO 8 TEETH</i>	<i>£453.60</i>
<i>SPECIAL TRAYS (each)</i>	<i>£ 29.40</i>

SENSITIVE TEETH

THE CAUSE:

- *The dentine, the layer of the tooth beneath the enamel, becomes exposed.*
- *Bacteria enter the pulp, the live part of the tooth.*
- *The pulp becomes inflamed, resulting in the tooth becoming sensitive.*

THE MANAGEMENT:

To seal the sensitive dentine with either:-

- *a filling.*
- *a dentine sealant.*
- *a concentrated fluoride varnish.*

PREVENTION OF TOOTH SENSITIVITY:

- *Effective cleaning to remove acidic plaque.*
- *Gentle use of a soft toothbrush to prevent wear.*
- *Use of a toothpaste containing fluoride.*
- ❖ *Reduction of acid in the diet e.g. fizzy drinks, citrus fruits, wine., vinegar, pickled foods, salad dressings and the like.*

MODIFICATIONS TO DENTURES

PERMANENT RELINE OF UPPER OR LOWER	£ 102.00
REPAIR OF FRACTURE	£ 72.00
ADDITION OR REPLACEMENT OF TOOTH	£ 86.00

TREATMENT OF JAW JOINT DISORDERS

DIAGNOSTIC OCCLUSAL APPLIANCE	£198.00
SOFT BITE GUARD	£ 82.00
EQUILIBRATION OF ALL TEETH	UP TO £ 140.00
* QUOTATION FOLLOWING ASSESSMENT*	

MISCELLANEOUS ITEMS OF TREATMENT

APPLICATION TO SENSITIVE DENTINE	£16.80
RE-SHAPING A TOOTH	£ 16.00
EMERGENCY CALL OUT TO OPEN SURGERY	£ 120.00

TOOTHBRUSH HYGIENE

- *Research has shown that toothbrushes are a major risk factor in the transmission of disease.*
- *Within 2 days toothbrushes are heavily infected with bacteria, viruses and fungi that can cause disease. These can include the agents of T.B., viral hepatitis and AIDS.*
- *Toothbrush rinsing helps to reduce the contamination but some organisms remain. Thus people reusing their toothbrushes are at risk of re-infecting themselves.*
- *Furthermore; cross infection between toothbrushes can occur when they are kept in close proximity. For example the cold sore virus can survive for more than 7 days on a moist toothbrush.*

Diana Road Dental Practice recommends:

- *Disinfecting your toothbrush in Corsodyl mouthwash and rinsing it in hot water prior to use.*
- *Replacing your toothbrush every two to three months.*

*DENTAL HEALTH PRODUCTS**TOOTHBRUSHES*

<i>COLGATE TOTAL</i>	<i>£2.35</i>
<i>ORAL B ADVANTAGE 9YRS +</i>	<i>£1.80</i>
<i>ORAL B ADVANTAGE 1-8YRS</i>	<i>£1.80</i>
<i>SONICARE TOOTHBRUSH</i>	<i>£89.99</i>
<i>SONICARE REFILL HEAD</i>	<i>£14.50</i>

INTERDENTAL AIDS

<i>GLIDE TAPE</i>	<i>£3.20</i>
<i>INTERSPACE BRUSHES</i>	<i>£2.80</i>
<i>SUPER FLOSS</i>	<i>£2.50</i>

MOUTHWASHES

<i>CHLOROHEX MOUTHWASH</i>	<i>£3.75</i>
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TOOTHPASTE

<i>COLGATE TOTAL</i>	<i>£1.50</i>
<i>CORSODYL GEL</i>	<i>£2.65</i>
<i>SENSODYNE F</i>	<i>£2.75</i>
<i>CHILDRENS DISNEY</i>	<i>£1.80</i>

OTHER PRODUCTS

<i>DURAPHAT 2800 TOOTHPASTE</i>	<i>£6.85</i>
<i>'DISCLOSING TABLETS</i>	<i>£2.00</i>

TOOTH WEAR

THE COMMON CAUSES OF TOOTH WEAR ARE:

- *acids in the mouth.*
- *wear from your toothbrush and toothpaste.*

THE COMMONEST ACID DRINKS THAT SOFTEN THE TOOTH SURFACE ARE:

- *fresh fruit juices*
- *all fizzy drinks.*
- *wine.*
- *foods containing vinegar for example pickles and salad dressings.*

THE FOLLOWING RECOMMENDATIONS WILL HELP REDUCE TOOTH WEAR:

DO

- *Use a small headed soft toothbrush.*
- *Clean gently in short or circular strokes.*
- *Use a gel toothpaste eg. Sensodyne Gel.*
- *Use a fluoride mouthwash after acid food or drink.*
- *Brush your teeth before eating anything acidic.*
- *Run your toothbrush under hot water before brushing.*
- *Drink acidic beverages through a straw.*
- *Try holding your brush in your weakest hand.*

DO NOT

- *Brush your teeth immediately after acidic foods or drink.*
- *Use a toothbrush with hard bristles.*
- *Scrub hard while brushing.*

THE BENEFITS OF PRIVATE DENTISTRY

- *No compromise on time*
- *No compromise on quality of materials*
- *No compromise on range of treatments offered*
- *No compromise on recommendations made and explanations given*
- *More emphasis on prevention following comprehensive risk assessment*
- *More convenient appointment times*
- *Less waiting time*
- *Reduced prescription charges*
- *Free information service*
- *Excellent value for money: quality dentistry lasts longer*
- *One year guarantee on all treatments, with an optional three year extension*

COMMENT

DIANA DENTAL PRACTICE PRICING POLICY

At Diana Road Dental Practice the fees charged for any item of service are determined by a number of factors which can be summarised as follows:

- 1. Our guiding principal has always been to treat our patients as we would like to be treated ourselves. In practical terms this means allowing ourselves the necessary time to do our job, on members of the public who have put their trust fully in us, to the best of our abilities. No treatment whatsoever is rushed.*
- 2. Treatment is explained fully and in detail and all our patients are kept fully informed of their treatment options and costs of the different options. This always takes a lot of valuable clinical time, but we feel it is time well spent and our patients agree with us.*
- 3. The standard and quality of all our dental team is of the highest calibre and I have nothing but great respect and admiration for all those who work at Diana Road Dental Practice. They all pull together as a dedicated team to give all our patients a service which is second to none.*
- 4. The team dedicates one hour per week to in- training to improve and update their knowledge to serve all our clients in the best way possible.*
- 5. Dr Gardam and myself attend more than 100 hours of professional training every year at a great personal and financial expense. Why do we do it? To regularly improve and update our knowledge of dentistry to help us to provide all our patients with the best evidence based up to date dentistry that we are capable of.*

6. *The facilities and equipment at this practice are updated and improved upon regularly which allow us to practise dentistry in the most professional, evidence based and up to date manner..*
7. *Dental science, dental materials and dental techniques are changing and improving at a very rapid pace and it is only because of our regular and continuous training that, at Diana Dental Practice, we can offer all our patients the benefits of all these improvements and advances all the time.*
8. *At this Dental practice only the very best dental materials and dental laboratories are used. When purchasing the dental products which we use in our patients' mouths we never decide on price alone. Our first consideration is whether the product does the job it is supposed to do properly. Price must be a secondary consideration. Cheaper products can cost more in the long term, not just financially but sometimes causing unnecessary problems for patients.*
9. *It is very obvious for any person visiting this Dental Practice, whether as a regular or as a new patient, that the level of investment in the services and facilities offered is second to none and patients often comment that there is always something new and improved here since their last visit.*

We always look at best value for money and never cost alone.

On all the above mentioned points there cannot be any compromise. These are some of the principles and attitudes and beliefs that made Diana Road Dental Practice as popular and successful as it is today.

This is also why the great majority of our patients are loyal to our Dental Practice and recommend us regularly to their relatives, friends and colleagues.

*As the principal of Diana Dental Practice I am personally very aware that dental treatment is only one of the many expenses and costs that patients have to budget for and spend money on. There are many other everyday costs in our lives. With this in mind I am totally of the opinion that **all the services provided at this Dental Practice are excellent value for money** and we shall always work very hard to keep them that way. It would be bad business sense if our services were not!*

Diana Dental Practice has never set out to compete on price alone, but constantly strives to offer the best service possible and excellent value for money.

Thank you for choosing Diana Dental Practice to assist you with your dental care.

Assuring you of our best attention at all times,

Clive Bullock.

CLIVE BULLOCK
BDS (B'ham), DGD (UK), MGDSRCPS (Glasgow)

DIANA DENTAL PRACTICE PRIVATE FEE SCALE

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