

Hoburne  
DentalPractice

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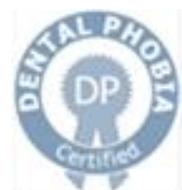
## About The Practice



Hoburne Dental Practice has been delivering private dental care for over 20 years at this location and has been established in Christchurch for over 60 years. We pride ourselves in delivering high quality, long - lasting dental care for all the family at affordable prices. As you would expect from a family practice, we offer a full range of dental treatments including dental implants, cosmetic dentistry and invisible orthodontics for adults. Hoburne is a small practice which allows us to create a caring environment tailored to your needs.

All of our staff pay particular attention to detail from the moment you contact us. We have a warm and friendly atmosphere which we believe will help to make your visit to Hoburne Dental Practice a pleasant and stress free experience. We are the only practice in Dorset that is an **Accredited Dental Anxiety and Phobia practice**.

We have good access for disabled patients and visitors and Type talk telephones and hearing induction loops to assist with those who need it. We are **Care Quality Commission (CQC) Registered** and have recently been inspected and are compliant to the highest standards. We are also a **British Dental Association Good Practice member for the past 12 years**.



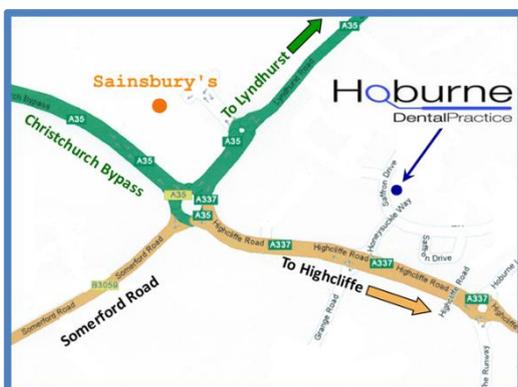
## The Surgeries

We continually invest in our equipment and materials to ensure that the patient experience is as good as it can be. The surgeries are modern, clean and well equipped to produce the highest levels of dentistry and we are constantly striving to improve our standards by continual professional training.



## Practice Details

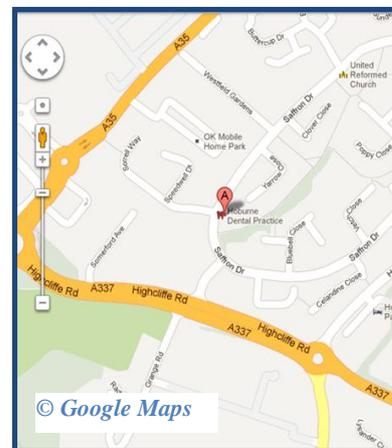
### Travelling By Road



We are situated at the eastern end of the A35 Christchurch bypass close to the Sainsbury's roundabout. From there take the A337 dual carriageway towards Highcliffe. The practice is signposted off this short stretch of dual carriageway. Turn left into Honeysuckle Way. At the next junction turn left onto Saffron Drive. There is parking at the rear of the practice or in the marked areas in front of the practice.

### Travelling by Bus

Take the Wilts and Dorset X1/X2 Service. There is a service every 30 minutes. The closest stop is Hoburne Lane (opposite the Hoburne Caravan Park). The Yellow Bus Service 1c terminates at the Sainsbury's Supermarket (every 15 minutes). The 111 service stops at Honeysuckle Way, but only runs 3 times daily.



### Travelling by Rail

The nearest stations are Hinton Admiral (2 miles) or Christchurch (4 miles).

### Opening Hours

Monday	08.30 – 16.30
Tuesday	08.30 – 16.30
Wednesday	08.30 – 16.30
Thursday	08.30 – 16.30
Friday	08.00 – 16.00

### Address

104 Saffron Drive  
Christchurch  
BH23 4TG  
Tel 01425 277245  
[www.hoburne-dental.co.uk](http://www.hoburne-dental.co.uk)  
Twitter: @hoburnedental  
Facebook: hoburnedental

## Dentists

**Mr Peter Willy BDS (Bristol) 1998, MFDS RCPS (Glasgow),  
Diploma in Implant Dentistry (UCL), FFGDP (UK) RCS (Eng)  
General Dental Council (Registration No. 74324)**



Peter delivers high quality long lasting dental treatment and has a friendly manner which helps put patients at ease. He is able to provide reconstruction of heavily worn and damaged teeth with a combination of cosmetic, restorative and implant options. Peter is a certified **Somnowell Practitioner** working with patients that snore, have sleep apnoea or suffer with TMJ or bruxism (grinding) problems.

After graduating from Bristol University in 1998, Peter spent five years working as a trainee Oral Surgeon in various hospitals in the South West of England including local specialist teams based at Poole General, Royal Bournemouth and Dorchester Hospitals. In 2003 he moved to general dental practice and joined Hoburne Dental Practice in 2005. Peter went on to advance his cosmetic, restorative and implant skills with seven years of study at the UCL Eastman Dental Institute. During this period he was taught directly by some of London's leading dental specialists. He has completed the Fellowship of the Faculty of General Dental Practitioners examination.

Peter is married to Susan and they have three young children. He enjoys keeping fit, exploring the local countryside and playing squash. He especially enjoys holidays in mountainous areas of the UK and abroad.

**Mrs Joanna Dorsett BDS (London) 2003  
General Dental Council (Registration No. 82474)**



Qualifying in 2003 with a Distinction in Restorative Dentistry, Joanna comes from a family of dentists, following in the footsteps of her parents before her. She initially worked in her parents' private practice in Portsmouth before moving to Bournemouth and working as an Associate Dentist there.

We are very fortunate to have found a warm and welcoming dentist with the skills which our patients request. Since arriving at Hoburne Dental Practice, Joanna has become an invaluable member of the team and there is a growing demand for her services.

She lives in Poole and is married to Richard. They have two children, Eddie (7) and Zara (4), plus dogs Ben and Harry to keep them busy. When she's not pulling out her children's milk teeth, she enjoys sailing, skiing and socialising with friends.

**Mrs Janine Johnson BDS (Otago) 1988**  
**General Dental Council (Registration No. 66832)**



Janine is an experienced dentist that has been working at Hoburne Dental Practice since June 2013. She is an extremely gentle and caring dentist who will provide the level of treatment that our patients demand in a comfortable and relaxed a manner as possible. **Janine is the practice's anxiety accredited dentist.**

Janine graduated in 1988 from Otago University, New Zealand. Since then she has practiced both in the UK and New Zealand and has gained valuable experience in all aspects of dentistry. In 1999 she completed a one year postgraduate course through Bristol University. Her career since 2005 has been exclusively based in Dorset. Her special interests include restorations, cosmetic dentistry and oral surgery. Since 2005 Janine has been working at a fully private practice in Dorset and has regularly attended courses to update and improve her knowledge.

Out of work, she has 3 teenage boys who keep her busy; she enjoys sewing and fabric design. She enjoys keeping fit, including downhill mountain biking, swimming, and travel.

**Mr Jonathan Gollings BDS (Bristol) 2005**  
**General Dental Council (Registration No. 85759)**



Jonathan graduated from Bristol University in 2005, where he was awarded the BDA medal for clinical dentistry and the Claudius Ash prize in restorative dentistry. Jonathan worked in general practice in Bristol, before moving to Queensland, Australia, where he worked in hospital and in private practice. Aside from working in practice Jonathan supports the dental charity 'Dentaid' in research projects; his work has taken him to Tanzania to assist the work of 'Bridge2Aid' in their dental clinic in Mwanza.

Jonathan started his Diploma in Implant Dentistry in October 2013 and is in his final year actively placing implants. His working days are Tuesdays and Wednesdays. In his spare time Jonathan is very active, doing anything that involves getting outside and expelling energy; mainly windsurfing, tennis, squash and running. He married Millie in the summer 2009 and they have a young family.

**Practice Manager**

**Mr Michael Pilling**  
**General Dental Council (Registration No.105853)**



Michael joined us in June 2012 as the Practice Manager. He initially qualified as a Dental Nurse in 1986 at the Royal Air Force Institute of Dental Health and Training. He spent 23 years in the RAF in a variety of dental environments.

Since leaving the Royal Air Force in December 2008 he worked as a Manager of a Dental Practice in Poole. He now spends the majority of his time dealing with the day to day running of the practice and ensuring compliance with current legislation.

Outside of work he enjoys time with his family, ballroom and Latin American dancing, keeping fit and travelling.

## Meet the team

### Meet the team

#### Preventative Team

The primary roles of our Therapists and Hygienists are to ensure your mouth remains healthy and free from tooth decay and gum disease. This is achieved by professionally deep-cleaning your teeth and gums and teaching you the best brushing and flossing techniques for improving your dental routine at home.

We have at least one Hygienist or Therapist working every day in the practice.



**Leianne Spaulding**  
Therapist



**Wendy Rowley**  
Hygienist



**Kelly Taylor**  
Hygienist



**Kim Harvey**  
Therapist

#### Reception Team

Our receptionist team consists of Lian and Sharon and Maisy who have a wealth of experience and qualifications to keep the practice running smoothly, helping **our** patients to feel welcome and relaxed. They are often assisted by other members of the team.



**Lian Scott-Douglas**  
Reception/ Dental Nurse



**Sharon Lewendon**  
Reception/ Anxiety Counsellor



**Maisy Shelley**  
Reception

## Clinical Team

All our dental nurses are GDC Registered and appropriately trained to help put patients at ease and to create a pleasant and comfortable experience.

They are responsible for maintaining strict cross-infection controls to ensure patients and the clinical team is suitably protected. They have many years of dental nursing experience and are very knowledgeable about all aspects of dentistry.

All Dental Nurses have to have Professional Indemnity, be DBS (CRB) checked and have to complete verifiable Continual Professional Development on an annual basis.



**Andrea Smith**  
Dental Nurse / Reception



**Leigh Davies**  
Dental Nurse / Reception



**Jo Dow**  
Dental Nurse / Reception



**Carly Lynch**  
Dental Nurse / Reception



**Laura Beard**  
Dental Nurse / Reception



**Jess Harding**  
Dental Nurse / Reception

# New Patient Dental Examination

We believe that our New Patient Dental Examination is what sets us apart from other dental practices. Our new patient examinations are methodical, thorough and carried out to the highest standards. All new patient clinical examinations include the following:

## In Reception

We carry out a check of personal details and relevant medical and dental information and a **smile questionnaire** to find out if there are any specific issues **you** would like to be addressed. We also take a complete check of medical issues, medication and lifestyle factors which can affect dental health problems. If requested we can also complete **Dental Anxiety questionnaire** and consultation.

## In the Surgery

### Check on any dental problems

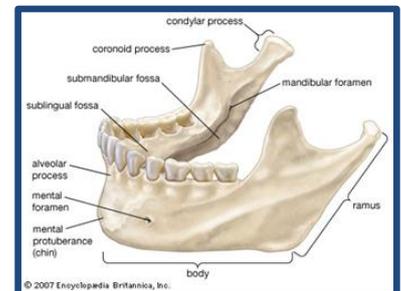


We carry out a comprehensive oral examination detailing the **current standard of all teeth**, restorations and any missing spaces and gaps. We also look at existing restorations, **checking their durability**; fillings, crowns, bridges and dentures.

We also check of any **erosion, abrasion & sensitivity** of your teeth and finally we check the Occlusion – check **how the teeth fit together**.

### Hard & Soft Tissues

We also check the Soft Tissues – check of lips, cheeks and tongue and **oral cancer screening**. We also check both the Upper and Lower jaws, looking at the main socket joint (TMJ) and the main facial muscles. Problems with the jaws can cause other problems including migraines and difficulties eating.



### Gum Health



We complete a **Basic Periodontal Examination** and **Oral health check**, looking at specific gum health, mobility and bleeding and we look at the amount of plaque and tartar deposits and the general cleanliness of the mouth.

### Bone level analysis

We look at the long term prognosis of the teeth and analyse the mobility of any teeth (whether the teeth are loose).

### Other

As part of a full examination will we take necessary cavity detection x-rays; all x-rays are viewed on a monitor together, so we can demonstrate why treatment is required.



Use any other diagnostic aids necessary to render a thorough examination, including photographs. Finally we will provide a full written estimate, with explanation of finance options.

# Dental Implants

## What are Dental Implants?

A Dental Implant is an artificial replacement for a tooth root, typically made from titanium. Once implants are placed they are then used to support a single tooth, multiple teeth or even **dentures**.

## What does the Treatment Involve?

The **first stage** is to attend the practice for a consultation to see if you are suitable for implant treatment. It may be necessary to have x-rays taken and plaster models of your teeth made to check whether an implant would be the right treatment for you. It may also be necessary with more complex cases to arrange for a **Cone Beam CT (CBBT)** Scan to be taken. The **second stage** of treatment involves the surgical placement of implant(s) which is then left for three months to integrate fully with the jaw bone. Subsequent appointments involve placing locators onto the implants and attaching the crown, bridge or denture onto the implant.

## Who can have implants?

Most people can have implant treatment. As the placement is a small surgical procedure, your medical details are important. Also the health and availability of the bone will need to be assessed.

## One missing tooth

A titanium implant effectively replaces the missing root. Once integrated with the jawbone a porcelain crown can be securely and permanently fixed onto the implant. This reduces the need for a denture or permanently cemented bridge.



## Multiple missing teeth



Where you are missing more than one tooth it is possible to provide an implant-based solution. In this example two implants are placed to replace three missing teeth. By placing 2 implants a bridge can be retained to stop it moving.

## No lower or upper teeth

Implants can provide a stable solution to an otherwise unacceptable situation for patients. Loose lower dentures are common, and patients suffer emotional and physical side-effects. By placing 2 implants it is possible to give these patients a set of teeth that are fixed, but can be removed for cleaning. It is by far one of the most beneficial advances in dentistry in the last 20 years.



## Why choose Hoburne?

Hoburne Dental Practice has two experienced and qualified implant dentists (each with a Diploma in Implant Dentistry) who will look after you from the initial consultation through the surgery and on to the after-care that is so important. We only use the prestigious Nobel Biocare<sup>®</sup> Implant system. Our dental technicians are specially selected to assist us to create the most aesthetically pleasing results.

## What is the price?

We offer an inclusive price for these surgical procedures which covers the treatment planning, any x-rays that are required (apart from CBCT scans), the surgery, titanium implants and healing caps, and finally the gold locator attachments that clip onto the implants. You will be given a detailed estimate, information pack and relevant consent forms prior to any treatment being carried out.

## Free Implant Consultation

If you are interested in finding out whether Dental Implants are the right choice for you, please ask the reception team about our free of charge Implant Consultation with a dentist. This is a 20 minute, no obligation appointment with a qualified dentist who will be able to answer any questions you may have. If implants are a possibility and you would like an estimate regarding treatment costs then it will be necessary to have suitable x-rays, scans or impressions taken. These will be chargeable items which may need an additional appointment to complete.

## Aftercare

Implants can last a lifetime if they are maintained regularly. Patients will need a minimum of an annual review appointment to ensure that they are being maintained appropriately.

## Hoburne Dental Plan

Welcome to our dental plan. Being on a dental plan allows you to pay for all of your essential care by monthly direct debit. These essentials include examinations, hygiene appointments and all small x-rays. At your initial consultation your dentist will advise you of the most appropriate plan for your needs. There is **no joining fee**, and all our plans provide the following benefits:

### Summary of benefits

- **15% discount on routine dentistry.**
- **10% discount on all crowns, bridges and dentures** (and any other work requiring a dental technician).
- **Free emergency consultations at Hoburne Dental Practice** (a fee will be charged for any treatment that is subsequently needed)
- **Free dental prescriptions**
- **Free small in mouth X-rays**
- **Spread the cost of all essential maintenance** (examinations, hygienist and routine x-rays of back teeth).
- **UK 'out of hours' dental emergency call out cover.** (Any emergency call outs can be reimbursed subject to T&Cs)
- **Worldwide dental emergency cover** in case of a problem whilst away from home.
- **Trauma / accidental damage to teeth covered.** (The Practice pays for an insurance policy that covers you for dental trauma).
- **Plans are available for everyone.**
- **Further 10% discount on the monthly costs for a parent when a child under 18 joins (family plan).**

#### **Please note the following:**

*You will be eligible to join one of the Hoburne Dental Plans once you are made dentally fit after the completion of your first treatment plan.*

*Our plans are an 'essentials' scheme where patients will, in the long run, pay less for their dentistry by way of discounted fees. Patients are advised that our plans do not cover the cost of all necessary dental treatment (such as fillings, crowns etc).*

*Please ask a member of staff or see our website for further information.*

## Professional Fee Guide – Adults

New Patient Consultation	£68	
	<b>Hoburne Dental Plan</b>	<b>Private Patients</b>
<b>Routine Care</b>		
Examination	Included	£46
Hygienist Session	Included	£66
Small X-ray	Included	£16
Full mouth Panorol X-ray	£52	£62
<b>Emergencies</b>		
Emergency Consultation	Included	£48
Prescription	Included	£8
<b>Fillings</b>		
Small Fillings	£41 - £82	£48 - £96
Medium Fillings	£82 - £122	£96 - £144
Large Fillings	£122 - £163	£144 - £192
<b>Root Fillings</b>		
Root Fillings (Incisor /Canine)	£298	£350
Root Fillings (Premolar)	£357	£420
Root Fillings (Molar)	£451	£530
<b>Laboratory Work</b>		
Crowns	£558	£620
Crowns (Front teeth Cosmetic)	£626	£695
Porcelain Veneers	£626	£695
Bridges (from)	£558	£620
<b>Extractions</b>		
Front Tooth	£122	£144
Molars	£163	£192
Surgical Extractions	£204	£240
<b>Dentures</b>		
Acrylic (from)	£626	£695
Metal (from)	£1170	£1300
<b>Implants</b>		
Titanium Implant + Tooth (from)	£2232	£2350
<b>Tooth Whitening</b>		
Tray Whitening	£297	£330
Zoom <sup>®</sup> Whitening	£536	£595

*All new patients pay for their New Patient Consultation.  
Payment is by card, cheque or cash. Other treatments are available.  
Please ask a member of the team for details. Interest free credit available\**

*\*Subject to T&Cs*

## Professional Fee Guide – Young Adults aged 18 – 26 years

New Patient Consultation	£54	
	<b>Hoburne Dental Plan</b>	<b>Private Patients</b>
<b>Routine Care</b>		
Examination	Included	£37
Hygienist Session	Included	£53
Small X-ray	Included	£13
Large Panorax X-ray	£42	£49
<b>Fillings</b>		
Small Fillings (between)	£33 - £65	£38 - £77
Medium Fillings (between)	£65 - £98	£77 - £115
Large Fillings (between)	£98 - £131	£115 - £154
Fissure Sealants	£16	£19
<b>Root Fillings</b>		
Adult Teeth (from)	£238	£280
<b>Laboratory Work</b>		
Sports Mouth Guard (from)	£35	£39
Porcelain Crown	£446	£496
<b>Extractions</b>		
Routine (From)	£98	£115

## Professional Fee Guide – Children up to 18

New Patient Consultation Under 6	Free **	
New Patient Consultation 6 and over	£26	
	<b>Hoburne Dental Plan</b>	<b>Private Patients</b>
<b>Routine Care</b>		
Examination Under 6s		Free **
Examination 6 and Over	Included	£26
Hygienist Session	£33	£40
Small X-ray	Included	£10
Large Panoramic X-ray	£31	£37
<b>Fillings</b>		
Small Fillings (between)	£24 - £49	£29 - £58
Medium Fillings (between)	£49 - £73	£58 - £86
Large Fillings (between)	£73 - £98	£86 - £115
Fissure Sealants	£12	£14
<b>Root Fillings</b>		
Pulpotomy on deciduous Teeth	£33	£39
<b>Laboratory Work</b>		
Sports Mouth Guard	£26	£29
<b>Extractions</b>		
Routine (From)	£73	£86

\*\* A parent or guardian must be registered at the practice

## Nervous & Anxious Patients

Being nervous or anxious about visiting the dentist is a serious, but common condition that affects a large proportion of people. Many people are so fearful or anxious about visiting the dentist that they let their oral health suffer as a result.



### We can help!

At Hoburne Dental Practice we have years of experience dealing with nervous patients and we are able to try and make your dental visit as comfortable as possible. Our practice is an **accredited Dental Phobia practice**, the only accredited practice in Dorset. This accreditation is gained annually by demonstrating the highest levels of care to nervous patients.

*"I just wanted to write this to say how grateful I am for all the support I received coming into the Hoburne Surgery for the 1st time in a long time last week. It has taken too long for me to take the step to get some help and I am very happy that I came to your surgery.*

*Thank you to Sharon for being welcoming and allowing me to reflect my concerns and fears and showing me around the surgery, and supporting me throughout my visit it was really appreciated.*

*Thank you to the dentist for actually taking the time to understand my fears and asking me before you did anything, that really meant a lot to me and made my whole visit much more relaxed than I thought it would be. I felt like you actually listened to me which is what I really needed a dentist to do.*

*Also thank you to the receptionists and dental nurses on the day, you were very warm and all smiles which made me feel at ease. The whole experience felt so friendly and to be honest it didn't feel like a dental surgery at all (Which is a good thing), even the waiting room was comfortable and relaxed and didn't make me nervous.*

*So just to say I feel really grateful that you made me feel normal and made my visit so easy.*

*Thank you." Mr LW, Bournemouth, 10 January 2016*

## **Before your first visit**

Before your first visit we take a full record of your dental history, which will give us some idea of your dental concerns. As part of this assessment we will ask you why you are anxious about visiting the dentist. If you wish, we will offer you a free appointment with **Sharon Lewendon**, our **Anxiety Awareness Coounsellor** to discuss these issues further.

By talking about your concerns and worries it is possible to address your requirements to make your future visits more pleasant. **Your well-being is important to us.**

*"Having had previous bad experience with dentistry I was **particularly nervous**. Frightened about visiting the dentist. However, a talk with Sharon before my first appointment really helped. My appointments with the dentist have been fantastic and painless and I would recommend Hoburne to anybody who is nervous like me".*

Mrs KB (Milford-on-Sea, 3 Aug 2015)

## **Common issues and solutions**

You may have previously had a **bad experience** that has put you off going to the dentist. Here at Hoburne we believe that our ability to take our time with patients will turn a negative experience into a positive one.

You also may be **embarrassed about your oral health** and the appearance of your teeth. You may have neglected your oral health over the years. However bad you feel your teeth are it is likely that your dentist will have seen this before. The important thing is that you're here and taking one step at a time in the right direction.

For patients who are **very anxious** we are able to offer sedation. Sedation can be used to put you in a relaxed, dream-like state of mind and is only carried out by a fully qualified, General Medical Council registered Anaesthetist.

*"My old teeth were given a face lift and a new lease of life and I couldn't be more pleased. Mrs Johnson is a very **kind, gentle and excellent dentist**. I cannot thank her enough for all the help and care she has given me."*

Mrs JH (Barton on Sea, 23rd June 2015)

## Dental Sedation

*"I have always been a nervous patient since childhood and let my dental treatment lapse and felt very uneasy about going to the dentist even for a check up. It was obvious I needed a lot of work done. The thought was awful but I discussed sedation with my dentist and he reassured me, giving me confidence to come along. On the day of my treatment I was still nervous but you and the doctor that had come to carry out the sedation, really put me at ease. I can't thank you enough for that, and although I must return to complete the treatment, I am no longer dreading it."*

Mrs FC, Boscombe

For very anxious patients we offer the additional service of **Dental Sedation**. Sedation is a technique used to reduce your anxiety and minimise any discomfort during your dental treatment, whilst remaining conscious at all times.

We work with a group of Consultant Anaesthetists called 3H Sedation, these work with some of the best practices in the UK, including specialist Harley Street practices. The sedation will be provided by an Anaesthetist who will have had a least 10 years specialist training in all forms of sedation and anaesthetic techniques. The Anaesthetist remains in the surgery whilst you have your dental treatment to ensure that you are being carefully monitored.

A small cannula is placed in the back of your hand and medicines are administered to control the amount of sedation. It may be necessary to administer a mild sedative tablet or to apply topical anaesthetic gel prior to this procedure.

Because this is not General Anaesthetic it is important that you have a small amount to eat and drink prior to your dental treatment. Once you are adequately sedated, the dental procedure will begin. Your anaesthetist will maintain an **adequate level** of sedation throughout your treatment. You may feel sleepy after your treatment and it is important that you have somebody with you to take you home afterwards.

This sedation treatment is for patients who have **moderate to severe** dental anxiety and need the highest level of sedation which cannot be met by a mild sedative tablet. There is a hourly charge for this service which will be added to your dental estimate.

Using sedation techniques it is possible to complete a large amount of treatment in one visit and this be more cost effective than lots of shorter appointments. Sedation is only available to adults above 18 years of age and on young adults between 16 - 18 after consultation.

If you wish to enquire about this service please ask at reception or speak to your dentist.

# Invisible Braces

Hoburne Dental Practice is able to provide two types of near-invisible braces for cases of crooked, twisted or mis-aligned teeth. All treatment is assessed on a case-by-case basis.

## Inman Aligner

An Inman Aligner is a simple removable appliance used to align front teeth quickly and safely. It's ideal as a standalone treatment or to align teeth prior to further cosmetic options.



### How does it work?

The Inman Aligner has Nickel Titanium coil springs that power two aligner bows that gently oppose each other, guiding the teeth into their new position. These gentle forces are active over a very large range of movement, which is why the Inman Aligner works so quickly.



The image (left) shows the squeeze effect of the two aligner bows on the front teeth. The inner bow pushes forwards, while the outer bow pulls back on the front teeth.

### How long is the treatment with the Inman Aligner?

Most cases are completed within 6 - 18 weeks. Your Inman Aligner dentist will give you a realistic guide of what to expect.



**Lower Crowding**



**6 weeks later**



**Upper Crowding**



**9 weeks later**

## Clear Aligners

By wearing a series of specially designed clear aligners the front teeth will be gradually be moved to a perfect alignment. The technicians will design a system which will move the teeth in the most effective way possible.

Clear aligners are almost invisible and are comfortable to wear for most patients, although some slight pressure may be felt during the first day of wearing.



It is important that these aligners are worn at all times except during meal or when drinking hot liquids.

Clear aligners and Inman Aligners are not suitable for all patients and a consultation is recommended to see if it will be suitable for you.

## What's involved in Invisible brace treatment?

Book an appointment to speak to one of our certified dentists who will determine if the treatment is suitable for you.

Impressions are needed so that the lab can fabricate your custom made Aligner.

Initial fitting of the Aligner.

Wear the Aligner 16-20 hours a day

Regular checks every 2-3 weeks.

As with other orthodontic treatment, after treatment is completed with the Inman Aligner, retention is recommended for life to prevent relapse.

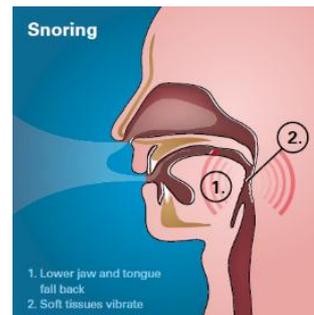


**Jonathan Gollings** and **Peter Willy** are Inman Aligner Certified Users.

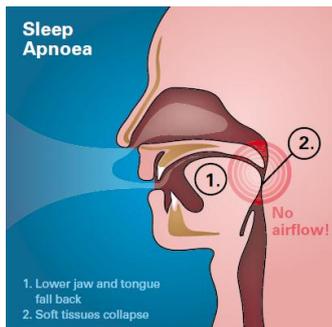
## Snoring & sleep apnoea

### Does snoring affect you?

Studies indicate that at least 30% of adults snore. Snoring can be a major factor in sleep disturbance and the resulting stress, leading to lack of energy, poor concentration, mood swings, and irritability. In the long term, snoring can also lead to high blood pressure and heart problems.



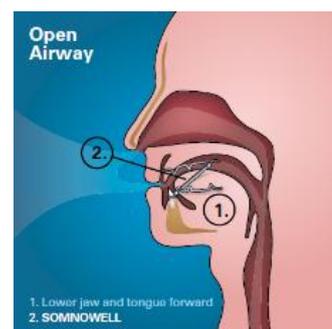
### What is Sleep Apnoea?



With Obstructive Sleep Apnoea (OSA) an increase in weight or a reduction in muscle tone can trigger the change from a partially blocked airway (snoring) to a completely blocked airway. It is common for the sufferer to be completely unaware of the disorder, and remain undiagnosed for several years. OSA has been linked to an increased risk of stroke and cardiovascular disease.

### We may have the solution!

A custom-made device which moves the lower jaw and tongue may give you or your partner a better night's sleep and in some cases stop snoring completely. The **Somnowell** custom-made appliance which is designed to gently hold the lower jaw and tongue in the 'recovery position' while you sleep, keeping the airway open.



Peter Willy is an Accredited **Somnowell** Practitioner.

### How do these appliances work?

The airway between the mouth/nose and the lungs can be considered as a tube. As the air passes over the soft tissues, these vibrate and cause snoring. Obstruction or constriction of the airway gives rise to obstructive sleep apnoea (a more serious condition). The appliance is inserted in the mouth just before sleeping. The appliance works by posturing the lower jaw forward. As the jaw comes forward so the tongue follows the inner surface of the lower teeth drawing the tongue forward. The muscles and soft tissues below the jaw are also stretched. This jaw and tongue advancement places the patient in the 'recovery position' and gives a widened airway at the back of the throat. Since the muscles are stretched and the jaw is forward, it is almost impossible to snore. The appliances only work when they are worn! Try making yourself snore with your lips together and your jaw held forward.

### What will I need?

A well cared for mouth preferably with teeth in both jaws. It is advisable to have an exam with your dentist before treatment is commenced and to continue regular maintenance once the

appliances are fitted. Scrupulous attention to mouth care is essential to maintain the teeth, as these support the appliances. Changes in tooth anatomy following dental treatment may cause the appliance not to fit and require a remake of the appliance. You must always take the Somnowell Appliance to any dental visit.

### **What will the appliances feel like?**

The appliances are like mouth jewellery. The Somnowell appliance is hidden within the mouth resting on the teeth. In the lower jaw, the left and right sides are connected via a bar running inside the lower lip, leaving space for the tongue to come forward. The upper appliance rests on the teeth with a thin plate resting on the palate. When worn the jaw is held forward, and the muscles and soft tissues below the jaw are also stretched. The jaw can be opened and moved from side to side but cannot drop backward. The lips can usually be closed. The Somnowell will feel tight against the teeth at the start. It takes 2 – 3 nights of consistent wear to get used to the appliance. In the morning the teeth may feel a little different to begin with and the jaw joints may also feel stretched. Occasionally the bite will feel altered but usually settles within minutes of the appliance removal.

### **How quickly do they work?**

Usually a change will be noticed as soon as the appliance is worn. In some patients a gradual jaw advancement or slight altering of the jaw balance is required. Patient compliance and tolerance of the Somnowell is critical for successful treatment.

### **What is the success rate?**

The reported success rate for all jaw-adjusting appliances in snoring is around 90%, providing the appliance is worn, especially if accompanied by other measures, e.g. weight loss and regular exercise. For the Somnowell appliance the success rate is currently **96%**.

### **What are the advantages of this treatment method?**

The treatment is non-invasive, reversible, and delivered as an outpatient. No surgery is involved. The appliances are inconspicuous when in the mouth and can complement other treatments.

### **What are the disadvantages?**

The appliances only work when worn. The effectiveness may reduce with time requiring small adjustments. Dental work may prevent the appliance fitting, so remember to take it with you to the Dentist. In some patients regular wearing of a Somnowell Appliance may cause permanent changes in jaw and bite positions. Different degrees of effectiveness may be expected as these conditions are multi-factorial in cause. MAA's do not work for all patients.

### **How do I find out more?**

The **first stage** is to attend the practice for a free-consultation with Peter to see if you are suitable for a Somnowell Appliance. If you wish to discuss this issue further in private we can discuss any issues regarding treatment in our private Consultation Room.

## Testimonials

**We love to hear feedback regarding the treatment and service our patients have received. Here are some of our most recent comments.**

"How lucky I was to stumble upon this fabulous practice. A **highly skilled and well trained team** have put me back together again - a special thanks to Peter and Andrea for the amazing job they have done - crowns, implants, composites, a complete rebuild! I unreservedly recommend....." **Mrs MH (Tiptoe, Lymington, 2nd November 2015)**

"Having had previous bad experience with dentistry I was **particularly nervous**. Frightened about visiting the dentist. However, a talk with **Sharon** before my first appointment really helped. My appointments with Chris have been fantastic and painless and I would recommend Hoburne to anybody who is nervous like me". **Mrs KB (Milford-on-Sea, 3 Aug 2015)**

"My son, aged over 25! had not been to the dentist for some time and came initially as an emergency patient. Due to past experiences he was a nervous patient, and the prospect of 4 wisdom teeth out was quite a challenge. Several months, and 5 appointments later, he is a very relieved and happy young man. The outcome exceeded all my and his expectations. Professionalism, care, attention, understanding, and THANK YOU!!" **Mrs SD (Bournemouth, 29 Jun 2015)**

"My old teeth were given a face lift and a new lease of life and I couldn't be more pleased. Mrs Johnson is a very **kind, gentle and excellent dentist**. I cannot thank her enough for all the help and care she has given me." **Mrs JH (Barton on Sea, 23rd June 2015)**

"I had all my teeth removed in London about 15 years ago due to gum disease. When I Moved to Dorset I saw Peter Willy and he inserted 2 dental implants in my lower jaw, and refitted lower dentures, which I had not been wearing, due to ill fitting. I can now eat nuts, crusty bread etc. **It has been life changing**, improving my speech and looks!" **Mrs TCD (Highcliffe, 6 Jun 2014)**

"I was somewhat (not exceptionally) nervous; the **pleasant atmosphere in the clinic** contributed in no small way to my feeling of confidence. The treatment was **sensitive and caring** and made me feel relaxed and confident. Thank you Jonathan, Lilli, and Sharon". **Mrs SBM (Highcliffe, 21 May 2014)**

"Following many years of visiting the practice, the Receptionist, Hygienists, Dentists and Nurses are **always friendly, helpful and put you at ease**". **Mr MG (Bournemouth, 29 April 2014)**

"Having had a very bad experience at another practice I cannot praise **enough the care and understanding that I have received** since attending Hoburne. I am no longer a nervous patient thanks to Sharon, Michael and Pete's care". **Mrs JC (Milford on Sea, 15 Feb 2014)**

"There is always a welcoming **atmosphere** on arrival at the surgery; everything is very informal and friendly. I received **excellent dental treatment** for a condition not resolved by a previous

dentist at another practice. I received professional **care** during my treatment” **Mrs PF (Brockenhurst, 22 Feb 2014)**

“My Mum is 91 and lives in a care home. Visiting the dentist is quite a challenge as she is not very mobile. However, she has always received excellent **care and attention** and sailed through root canal work. At her age this level of care is very important and vital. I am glad we have found it .At Hoburne” **Mrs EH, (Christchurch, 5 Apr 2013)**

“I am so grateful to Chris for setting me on the right track and I much appreciate the way you continued to take over my treatment. You both carry out your work in a very professional, but relaxed way which helped me through what could have been a stressful time. I am so pleased with the results that I cannot stop smiling. I would also like to compliment the reception staff who positively add to the **pleasant and cheerful atmosphere** which runs through your practice” **Mrs MM (Salisbury, 5 Apr 2013)**

“I have always been a nervous **patient** since childhood and let my dental treatment lapse. I felt very uneasy about going to the dentist even for a check up. It was very obvious I needed a lot of work done. The thought was awful, but I discussed sedation with my dentist Chris and he reassured me, giving me confidence to come along. On the day of my treatment I was still nervous, but Chris and the anaesthetist that had come to carry out the sedation, really put me at ease. I can't thank Chris enough for that, and although I must return to complete the treatment, I am no longer dreading it”. **Mrs FC (Boscombe, 31st Jan 15)**

“I have just visited your practice as a new patient and would like to say what a fantastic **experience** it was (actually looking forward to my next visit). I have never been offered Tea /Coffee in a dental practice nor met such lovely staff. **For the first time ever a trip to the dentist has been enjoyable...Thank you” . Mrs JS (Burton, 19th Sep 14)**

“I was a very nervous patient and hadn't visited a dentist for many years. Chris Gollings and Dental Nurses Leigh & Lilly were wonderful **and the treatment was pain-free**. Everyone, from reception to clinical staff, is caring, warm & friendly. I have recommended the practice to friends and relatives”. **Dr LB (Highcliffe, 20 Jul 14)**

“The treatment I received from Sharon on the reception desk and from Janine and her nurse in the surgery was excellent. **I could not have been treated any better” . Mrs KL (Christchurch, 1 Jun 2014)**

“**Reception** - Always friendly, cheerful and very helpful. **Hygienist** - Friendly, extremely efficient and informative. **My Dentist** - Janine Johnson is always helpful, efficient and very caring. **A brilliant dentist**, who always puts you at ease and completes any procedure with the utmost professionalism. I include her Dental Nurse, Andrea in all of these comments - Brilliant! I would certainly recommend this practice to anyone - in fact most of my friend and family, daughter and Grandchildren have become patients on my recommendation”. **Mr CH, (Christchurch, 14 April 2014)**

“A clear explanation of the treatment proposed was followed by exceptionally skilfully implementation in all respects”. Mr **TB (Christchurch, 5 Mar 2013)**

“I moved here aged 62, uneven teeth, did not like to smile. I saw your advert. That was the beginning of my long relationship with Hoburne Dental Practice. They changed my bite (it is never too late) so that my teeth could be capped. My upper and lower dentures were replaced by bridges, so no more mouth ulcers. Then the most marvellous thing of all, when a vital tooth, supporting a bridge had to go. I was offered implants and what an amazing success they are. Thank you one and all”. Mrs **IB (Christchurch, 5 Dec 2013)**

“I was very impressed with my treatment from start to finish. All the staff were very friendly and helpful. **Special thanks to Sharon for her help.** Great job”. Mr **CB, (Barton-on-Sea, 5 Mar 2013)**

“At my previous dentist I was only given the option of getting an implant for my missing front tooth. This was not the option for me due to the expense. At Hoburne, however, I was **offered painless far more inexpensive solution.** Very pleased with the overall experience”. Mr **KC, (Bransgore, 18 Mar 2013)**

“I was in a very bad place; I was physically unwell and needed a lot of dental treatment. Without the help of the reception staff I would not have even got as far as seeing the dentist, such was my nervousness and distress. **The dentist and all the staff were exceptional.** My treatment is well underway and has made a difference to my daily life”. Ms **SM, (Burton, 18 Apr 2013)**

“I have attended Hoburne practice for many years and have always received the most friendly and professional care. **The staff are like friends.** I would recommend this practice without any reservation”. Mr **TJ, (Bournemouth, 18 Apr 2013)**

“I have found the treatment and **caring attitude of Peter has exceeded my expectations.** Every step of my treatment has been delivered with utmost skill and professionalism. I love my new smile!” Mrs **NM, (Surrey, 31 May 2013)**

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