

Hoburne
DentalPractice

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About The Practice

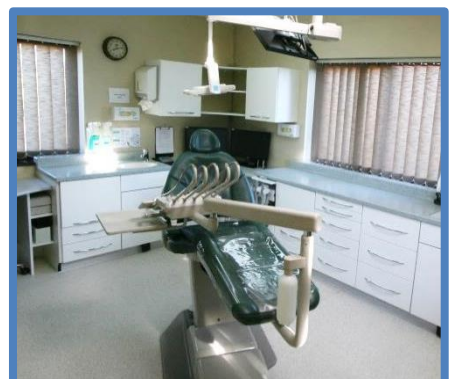


Hoburne Dental Practice has been delivering private dental care for over 20 years at this location and has been established in Christchurch for over 60 years. We pride ourselves in delivering high quality, long - lasting dental care for all the family at affordable prices. As you would expect from a 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**.

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.



Disabled Access

Our practice is completely based on the ground floor and has good disabled access. There are ramps into the practice, widened corridors and a disabled toilet. We have good access for disabled patients and visitors and Type talk telephones and hearing induction loops to assist with those who need it. There is a specific car parking space available for our disabled patients.

We endeavour to see all patients and our practice has been designed so patients with disabilities can access care.

If you do have any disability that you think we need to know about please give us a call before your appointment and we will do our best to put suitable arrangements in place to accommodate your needs.

Patient confidentiality

We take patient confidentiality extremely seriously at Hoburne Dental Practice and all personal information is treated in the strictest confidence. Only members of staff have access to patient information. All our patient records are securely stored at our practice to ensure that any patient information is only accessed as part of your treatment. No information will ever be released to a third party without your express permission or where required by law. We have a strict confidentiality policy. To see a copy of this policy or if you would like further information regarding your rights to view your patient records please contact please ask at reception.



Methods of payment

We accept the following methods of payment at the practice: cash, cheque (made payable to Hoburne Dental Practice) and all major credit and debit cards.

Other information

You can express a preference about which dentist you will see. We will make all reasonable efforts to ensure that the request is met, but this may not always be

possible. Should you wish to express a preference of practitioner, please state who you would like to be seen by when booking your appointment.

Complaints procedure

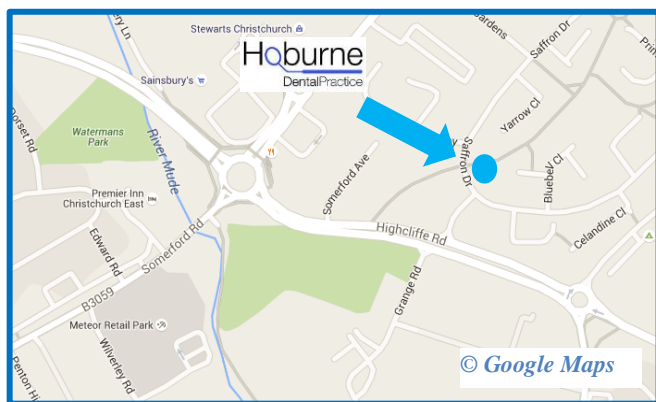
We aim to make your experience at the practice as pleasurable as possible.

However, should you have any complaints or comments, please contact the Practice Manager, Mr Michael Pilling in writing or by telephone number 01425 277245 *option 3* or via email; practicemanager@hoburne-dental.co.uk who will be able to deal with your complaint and talk you through our procedure. Alternatively, you can pick up a copy of the procedure from reception.

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 14 years**.

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 to the left along this short stretch of dual carriageway into Honeysuckle Way. At the next junction turn left onto Saffron Drive, the practice is just on the right after 50

yards. 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

Twitter: @hoburnedental

Facebook: hoburnedental

BDA Good Practice
Member



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)**



SOMNOWELL
A Lifetime of Good Sleep.



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.

**Mr Alistair Bunting BDS (Lond) 1999,
MSc (Restorative Dentistry) (UCL), MFGDP (UK)
General Dental Council (Registration No. 76476)**



Alistair graduated from Kings College London in 1999. Following which he joined the Royal Army Dental Corps where he enjoyed a varied career serving in Germany, Cyprus and throughout the UK with operational deployments to Iraq and the Balkans.

After leaving the Army in 2006, Alistair settled into private practice in Dorset. Alistair sets high professional standards and is fully committed to his professional development. In 2006 he was awarded the Membership of the Faculty of General Dental Practitioners by the Royal College of Surgeons of England. More recently he has undertaken a Master of Science degree in restorative dentistry based at the Eastman Dental Institute which he passed in 2011 with distinction.

Alistair has a keen interest in restorative dentistry, in particular management of the worn dentition with adhesive techniques. His patient focused approach involves patients fully in the decision making and with each step of their dental care. His use of contemporary but proven materials and techniques aims to provide a wide range of high quality, evidence based predictable dental treatment in a relaxed and informative manner.

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

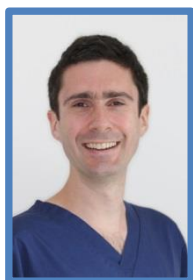


Qualifying in 2003 with a Distinction in Restorative Dentistry, Joanna comes from a family of dentists, following in the footsteps of her parents before her. She initially worked in her parents' private practice in Portsmouth before moving to Bournemouth and working as an Associate Dentist there.

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 and Zara, 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.

Mr Matthew Leadbitter BSc (Hons), PhD, BDS (Plymouth) 2015
General Dental Council (Registration No. 258285)



Matthew trained as a postgraduate dentist at the Peninsula Dental School in Plymouth, where he was one of the few students in his year to be awarded his degree with distinction (honours). Matthew relocated to Bournemouth a few years ago and is currently studying for a Masters in Restorative Dentistry at the UCL Eastman Dental Institute, London.

He has a keen interest in delivering high quality contemporary dentistry and takes pride in achieving the best for his patients. Matthew is very personable, has a relaxed and friendly approach and welcomes the opportunity to help those patients who usually find the dentist an anxious experience. **Matthew is the practice's anxiety accredited dentist.**

Matthew's career started as a biomedical research scientist at Cardiff University where he achieved a 1st Class degree in Cell Biology in 2004 and went to gain a PhD in Cancer genetics before retaining as a dentist.

Outside of work Matthew enjoys the outdoors with particular interests in hiking and skiing, and also enjoys cooking. He is a keen guitarist and has been known to play in bands when time allows. He is married to Suzie, also a dentist in Bournemouth, and has a baby son, Edward, who keeps them both very busy.

Mr Jonathan Gollings BDS (Bristol) 2005
Diploma in Implant Dentistry (UCL)
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.

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 also have an Air Flow polisher which can be used out by all Therapists and Hygienists for stain removal as an additional visit.

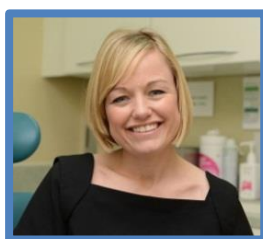
We have at least one Hygienist or Therapist working every day in the practice.



Leianne Spaulding
Therapist



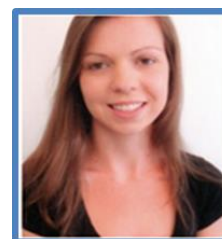
Wendy Rowley
Hygienist



Kelly Taylor
Hygienist



Nadia Bunting
Hygienist



Kayley Wells
Therapist

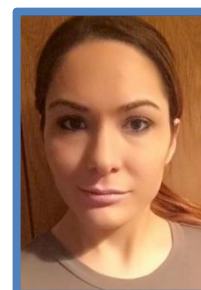
Reception Team

Our receptionist team consists of Lian and Kerrie 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.

We usually have two receptionist staff working every day and one member of the team over lunch.



Lian Scott-Douglas
Reception/ Dental Nurse



Kerrie Pearson
Reception

Clinical Team

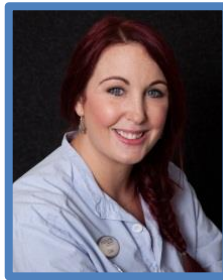
All our dental nurses are GDC Registered and appropriately trained to help put patients at ease and to create a pleasant and comfortable experience.

They are responsible for maintaining strict cross-infection controls to ensure patients and the 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



Carly Lynch
Dental Nurse / Reception



Jo Dow
Dental Nurse / Reception



Janette Young
Dental Nurse / Reception



Jill James
Dental Nurse / Reception



Jess Harding
Dental Nurse / Reception

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.

Testimonials

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

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"I was **very nervous** as I had not been back for a number of years. Janine and Carly immediately **put me at ease** with their kindness and understanding. I could not have wished for a better experience. Everyone inspired me with confidence. I cannot praise you all enough. Thank you. **Mr AR (Highcliffe 24 April 2017)**

"I have just completed treatment for a **front tooth implant and crown** from Peter Willy. The procedure was **explained** to me **in great detail**. I am very impressed and happy with the results, in particular with the toning and matching to my other teeth. Thank you to Peter, and the rest of the team for their professionalism and friendliness". **Mrs AN (Barton on Sea Ford 29 August 2017)**

"I was a **nervous patient** and after a bad experience at my previous dentist I needed some emergency treatment. Janine and Carly have been so supportive and caring. **Truly professional** in everyway!" **Mrs HS (Mudeford, 3 August 2017)**

"I am very happy with the work Mr Willy has done on my front teeth. They look **so much better now**. I can **smile with confidence** more." **Mrs HM (Christchurch 14 August 2017)**

"As an 86 years old and long time patient of this practice, just had my second front bridge fitted to maintain my open "smile" without the need for dentures etc. Jonathan Gollings is in my view a credit to his profession, with his eye for detail in the match and fit in carrying out this intricate work. Must also mention the caring and sensitive assistance from Jo his dedicated Dental Nurse who quickly has to hand the required materials and equipment etc.to ease and comfort my time in the "chair". **Mr DL (Bournemouth, 12 April 2017)**

"Professional relaxed atmosphere from all staff at Hoburne. Never a worry about any treatment I have had and always great results. I do recommend to anyone" **Mr RD (Chandler's Ford, 7 April 2017)**

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)**

"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)**

"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)**

"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, Jo, and Sharon". **Mrs SBM (Highcliffe, 21 May 2014)**

"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)**

"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 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)**

"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)**

Nervous & Anxious Patients

Being nervous or anxious about visiting the dentist is a common condition that affects a large proportion of people. Some patients are so fearful or anxious about visiting the dentist that their oral health suffers as a result.

We can help!

At Hoburne Dental Practice we have years of experience dealing with fearful and nervous patients and we will try and make your dental visit as comfortable as possible. Our practice is an **accredited Dental Phobia practice**, the only accredited practice in Dorset.

"I was a **nervous patient** and after a bad experience at my previous dentist I needed some emergency treatment. The dentist and Carly have been so supportive and caring. **Truly professional** in everyway!" **Mrs HS (Mudford, 3 August 2017)**

How we help you?

On your first visit to the practice we take a full record of your dental history, which will give us much information regarding your dental concerns. If you are very nervous and want to take things more slowly, we have found that for some people it has been helpful just to sit in the waiting room to get a feel for the practice before taking things any further, please ask us if you would like to do this.

On your first visit we will discuss with you why you feel so anxious about visiting the dentist. Should you wish, you will have the opportunity to meet one of our Dental Phobia and Anxious Patient Coordinators. They will be happy to discuss your concerns in greater depth at a separate appointment in the consultation room. We have a huge amount of experience in helping phobic patients overcome their dental fears by sampling discussing the treatment and helping patients overcome their fears by using various coping strategies. There is **no charge** for this service.

*"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)

By talking about your concerns and worries it is possible to make your future visits more pleasant. **Your well-being is important to us** and we will be able to work alongside you to overcome your fears. For some people sedation may be necessary and we will discuss this with you if required.

*"I was **very nervous** as I had not been back for a number of years. Janine and Carly immediately **put me at ease** with their kindness and understanding. I could not have wished for a better experience. Everyone inspired me with confidence. I cannot praise you all enough. Thank you. Mr AR (Highcliffe 24 April 2017)*

We have transformed the oral health of dozens of patients who have been unable to see a dentist, all of them will admit that they are now much more comfortable coming to the dentist than they were prior to their first visit to see us. Some have even said that coming to the dentist no longer bothers them now that they have trust in the service we provide.

Nervous & Anxious Patient Accreditation

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

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.

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.

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

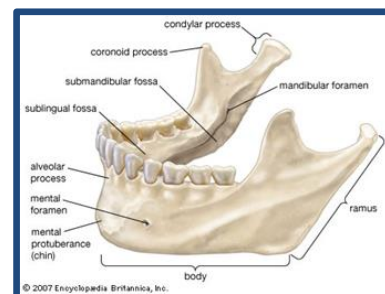


We carry out a comprehensive oral examination detailing **the current standard of all teeth**, restorations and any missing spaces and gaps. We also look at existing restorations, **checking their durability**; fillings, crowns, bridges and dentures.

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 (CBCT)** 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® 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.

Invisalign® & Invisible Braces

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

Invisalign®

World leading Invisible brace system has come to Hoburne. Join one of the 4.5 million that have gained the confidence to smile again.

What is Invisalign®?

Invisalign is the virtually invisible way to straighten your teeth and achieve the smile you've always dreamed of.

A treatment plan is devised using 3D computer-imaging technology. You will be shown a simulation depicting the planned tooth movements from the starting position through to the desired result. A series of clear aligners are custom-made for your teeth to move them little by little. Each aligner is worn for about two weeks before being replaced by the next in the series, gradually moving towards the projected final position.

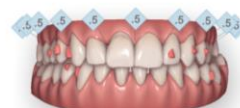


ClinCheck® Software
This video is a simulation and treatment results may vary.
The actual treatment plan is determined by your doctor.

Stage 0 of 23



Starting position



ClinCheck® Software
This video is a simulation and treatment results may vary.
The actual treatment plan is determined by your doctor.

Stage 23 of 23



Projected final position

Your Invisalign treatment time will be determined based on your specific needs.

What are the benefits of Invisalign?



Invisalign aligners are nearly invisible. No one may notice that you're wearing these virtually invisible aligners, making Invisalign a seamless fit with your lifestyle and day-to-day interactions with others.

Invisalign aligners are removable giving you the flexibility to eat and drink what you want during treatment. This also allows you to brush and floss as you normally would for fresh breath and to maintain good oral hygiene.

Unlike traditional fixed braces, there are no metal brackets or wires. This means that in most cases less time is spent in your practice for adjustments. Previous patients have highlighted the benefit of being able to view the final result and treatment plan before you begin treatment so you can see how your teeth are expected to look when your treatment is complete.

Is this a new way to straighten teeth?

Dentists and Orthodontists have successfully used removable appliances for years. But with the application of 3D computer technology the Invisalign System can be used to treat a wide range of patients who want straighter teeth. The unique ClinCheck® software allows patients to see their treatment plan from beginning to end even before the start of treatment. The use of the advanced 3D computer-imaging technology allows the Invisalign system to be used on a wider range of patients who want straighter teeth.

What types of cases can Invisalign® help with?

Invisalign can be used for many types orthodontic problems and is an alternative for fixed braces. Invisalign moves not only the teeth, but the roots as well.

How long will the treatment take?

Treatment can be relatively short for cases where there is a relapse following conventional orthodontic treatment for example 3-6 months. Most treatment will take 6-18 months, which is slightly less than normal fixed braces.

How many appointments will I need?

This depends on the complexity of the treatment required. The beauty of Invisalign® is that once treatment commences you will receive a series of slightly different aligners, reducing the number of appointments needed.

What happens next if I want to know more?

Please make an appointment with Peter for a no-obligation consultation free of charge. He will be able to assess your requirements and provide you with more information.

Payment Options

A full estimate of treatment costs will be provided following analysis by the laboratory. Treatment costs can be spread using Interest-free finance (subject to T & Cs), if you would like further information about treatment or finance please call the practice.



Peter Willy is the **Certified Invisalign Provider** at Hoburne Dental Practice. Book a consultation at Hoburne Dental Practice today and start your new smile journey.

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.

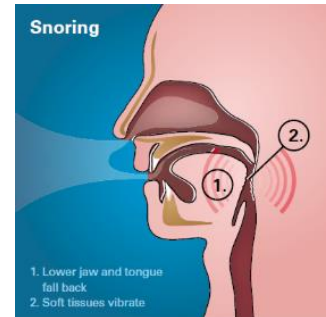


Jonathan Gollings and **Peter Willy** are Inman Aligner Certified Users.

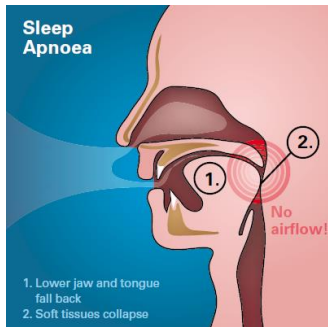
Snoring & sleep apnoea

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.



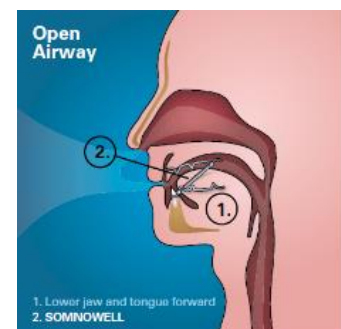
What is Sleep Apnoea?



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 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.

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.

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

- **10% discount on routine dentistry.**
- **5% discount on all dental implant and orthodontic treatments.**
- **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	
	Hoburne Dental Plan	Private Patients
Routine Care		
Examination	Included	£47
Hygienist Session	Included	£68
Small X-ray	Included	£17
Full mouth Panorax-ray	£61	£68
Emergencies		
Emergency Consultation	Included	£50
Prescription	Included	£9
Fillings		
Small Fillings	£45- £89	£50 - £99
Medium Fillings	£89 - £134	£99 - £149
Large Fillings	£134 - £179	£149 - £199
Root Fillings		
Root Fillings (Incisor /Canine)	£324	£360
Root Fillings (Premolar)	£387	£430
Root Fillings (Molar)	£486	£540
Laboratory Work		
Crowns	£576	£640
Crowns (Front teeth Cosmetic)	£626	£695
Porcelain Veneers	£639	£710
Bridges (from)	£576	£640
Extractions		
Front Tooth	£134	£149
Molars	£179	£199
Surgical Extractions	£223	£248
Dentures		
Acrylic (from)	£612	£680
Metal (from)	£1125	£1250
Implants		
Titanium Implant + Tooth (from)	£2304	£2425
Tooth Whitening		
Tray Whitening	£315	£350
Zoom® Whitening	£549	£610

*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 between 18 – 26 years

New Patient Consultation	£54	
	Hoburne Dental Plan	Private Patients
Routine Care		
Examination	Included	£38
Hygienist Session	Included	£54
Small X-ray	Included	£14
Large Panorol X-ray	£49	£52
Fillings		
Small Fillings (between)	£36 - £71	£40 - £79
Medium Fillings (between)	£71 - £107	£79 - £119
Large Fillings (between)	£107 - £143	£119 - £159
Fissure Sealants	£19	£21
Root Fillings		
Adult Teeth (from)	£259	£288
Laboratory Work		
Sports Mouth Guard (from)	£35	£39
Porcelain Crown	£500	£556
Extractions		
Routine (From)	£107	£119

Professional Fee Guide – Children up to 18

New Patient Consultation Under 6	Free **	
New Patient Consultation 6 and over	£28	
Hoburne Dental PlanPrivate Patients		
Routine Care		
Examination Under 6s		Free **
Examination 6 and Over	Included	£28
Hygienist Session	£37	£41
Small X-ray	Included	£10
Large Panorol X-ray	£37	£41
Fillings		
Small Fillings (between)	£27 - £53	£30 - £59
Medium Fillings (between)	£53 - £80	£59 - £89
Large Fillings (between)	£80 - £107	£89 - £119
Fissure Sealants	£14	£16
Root Fillings		
Pulpotomy on deciduous Teeth	£53	£59
Laboratory Work		
Sports Mouth Guard	£26	£29
Extractions		
Routine (From)	£80	£89

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

Hoburne Dental Practice

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