



# Dental Studio



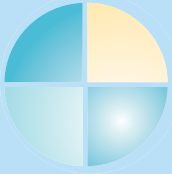
3b Little London · Chichester · West Sussex PO19 1PH

**telephone** 01243 532992

15 St. Georges Walk · Waterlooville · Hampshire PO7 7TU

**telephone** 02392 254234

**web site** [www.studiodental.co.uk](http://www.studiodental.co.uk)



Welcome to Dental Studio, and thank you for choosing us to help you and your family to have happy, healthy smiles.

We have two practices, one in Chichester and one in Waterlooville. Both of them are friendly, family practices, where we do our best to make you feel relaxed and comfortable. You will always

be sure of a warm welcome, and we like to get to know you as a person rather than just a patient – in fact, we are on first name terms with many of our patients.

We place a strong emphasis on helping you to care for your teeth so that you can avoid problems in the future. We have an oral health educator who is dedicated solely to helping you improve your daily at-home oral healthcare routine.

## Helping you to smile with confidence

Have you ever felt self conscious about your smile? Do you always smile with your mouth closed, or cover your mouth when you are talking? If you feel your teeth are less than perfect, we can help.

We offer a wide range of cosmetic dental treatments that can solve a range of problems such as stained or discoloured teeth, chips, cracks and gaps, and crooked teeth.



### *Tooth Whitening*

The demand for tooth whitening is increasing and proving to be quite popular. This can make a big difference to your smile, helping to erase staining caused by smoking and drinking red wine, tea or coffee, as well as lightening teeth that have naturally darkened with age.

We are one of just handful of practices on the South Coast to offer Zoom!, a state-of-the-art system which can lighten your teeth by up to eight shades in just 60 minutes. You may have seen this treatment used to great effect on the TV show "Extreme Makeover".



The procedure is simple and effective. It is quicker than virtually any other tooth whitening system, is gentler which means there is far less risk of tooth sensitivity afterwards, yet still gives outstanding results.

We offer the full range of general dentistry, as well as cosmetic dentistry, including Zoom! A brand-new state-of-the-art tooth whitening system which lightens your teeth by up to 8 shades in just 60 minutes.

We also offer smile-transforming veneers, dental implants to replace missing teeth, and Botox™ to help reduce some of those tell-tale signs of aging.

We want to provide you with a great dental experience, as well as helping you to have a confident, healthy smile that you can be proud of.

If you have any questions about our practice or services, please ask – we'll be happy to help.

The procedure begins with a short preparation to cover your lips and gums to protect them and leave only your teeth exposed. We then apply the Zoom! whitening gel which is activated by a special light. The gel and Zoom! light work together to gently penetrate your teeth, breaking up stains and discolouration, leaving you with a sparkling, whiter, brighter smile.

We are also able to provide you with take-home whitening kits which you wear like a mouth-guard, and of course will advise you how to use them.

## Other ways we can help enhance your smile

Whilst **tooth whitening** is a popular treatment, we are increasingly being asked about other ways in which we can enhance smiles. Common issues include cracks, chips and gaps, crooked teeth and missing teeth, and we can help with all of these.

**Bonding** is a relatively simple way of disguising cracks, chips and gaps. We use a tooth-coloured material, covering any small imperfections and sculpting the bonding material into a natural shape before hardening it.

For a number of imperfections, and a longer-lasting result, **veneers** work very well. They are very thin layers of porcelain which are bonded to the front of your teeth, and which can transform your smile. They can disguise crooked or misshapen teeth, chips, cracks and gaps and other problems such as old and stained tooth-coloured fillings.

Missing teeth used to mean having to have a bridge or dentures fitted, but modern technology means there is now a





far better option – **dental implants**. These are strong, permanent replacements for the tooth root. The implant itself is a small titanium post which is placed into your jaw bone. Over around 2-8 months the implant bonds naturally with the jaw bone, providing a firm support for a natural-looking crown to be placed on top. Implants can replace one or more teeth, and can also provide a much more stable base for dentures, making it easier for you to chew and talk.

We also offer facial rejuvenation treatments such as Botox™ which is well-known for its ability to help erase wrinkles and lines, especially frown lines.

For more information about how we can help to enhance your smile, please book a free-of-charge consultation with us.



## Prevention is better than cure

Research has proven beyond doubt that when it comes to caring for your teeth and gums, preventive dentistry is the best way of avoiding any potential problems.

Our hygienist plays a key role in helping you to maintain a healthy mouth. Seeing the hygienist regularly helps you to take the best possible care of your teeth and gums so that you can avoid problems, and the associated costs, caused by decay and gum disease.

Gum disease usually goes unnoticed by sufferers until the later stages, but it is the biggest cause of tooth loss in adults.



During your visit our hygienist will spend 30 minutes with you, cleaning your teeth professionally to remove tartar and plaque (a sticky film of bacteria which causes gum disease). Your teeth will then be polished, helping them to look and feel fresh and clean.

For patients who are suffering from the more advanced form of gum disease, periodontitis, we offer specialist hygiene treatments including root planning and administering local antibiotics.

The dental health of our younger patients is very important to us, and so we have our own oral health educator. They talk with children about brushing their teeth properly and following a healthy diet, and give them a goodie bag to help them. The oral health educators also help adult patients to brush effectively and clean between teeth and underneath the gum lines.

It is also important to visit our dentists regularly for a thorough examination so we can pinpoint any potential problems and nip them in the bud, saving you unnecessary time and expense. During this examination we will also carry out an oral cancer screening.



# Dental Studio

We are an independently-owned dental practice offering dental care to private patients.

## 3b Little London · Chichester

West Sussex PO19 1PH

telephone 01243 532992

### Consulting Practitioners

Dr Philip Morris (BDS) London

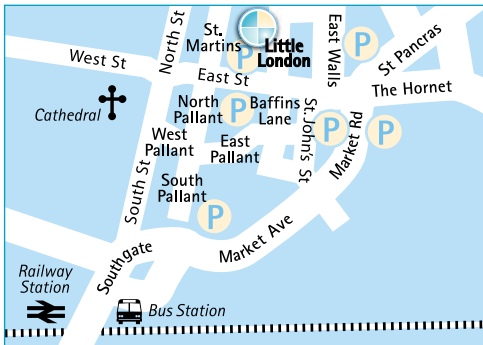
Dr Nick French (BDS) Perth

Dr Usha Ramjas (BSc, BDS) Rand.

### Opening Hours

Monday to Friday: 8.30am – 5.30pm

Practice is closed for lunch: 1pm – 2pm



The practice is situated in the City Centre behind Marks & Spencer Food Hall. There is a car park nearby and access to buses in Market Avenue which is a 3 minute walk away. Access to trains is a 10 minute walk down South Street.

## 15 St. Georges Walk · Waterlooville

Hampshire PO7 7TU

telephone 02392 254234

### Consulting Practitioners

Dr Neresh Behari (BDS) Rand. - member of the British Academy of Cosmetic Dentistry

Dr Usha Ramjas (BSc, BDS) Rand.

Dr Peter Lillegaard (BDS) Norway

Dr Kati Raitila (BDS) Sweden

### Opening Hours

Monday to Friday 8.00am – 5.30pm

Lunchtime appointments:

1pm – 2pm available on request



Our practice is on the main bus route with a bus stop in St Georges Walk. The nearest train stations are Havant and Cosham.

## Appointments & Emergency Treatment

We ensure that all patients with genuine dental emergencies are seen within 24 hours of contacting us.

If possible, it is best to call us before 10.00am so we can see you on the same day.

Registered patients also benefit from a weekend emergency service.

### Parking

Parking is available close by at both practices.

### Disabled Access

If you have any specific needs please contact us before your appointment to ensure that we can accommodate you and make alternative arrangements if necessary.