

## Something to smile about

With summer upon us, there is no way to celebrate it more, than a big smile. For some of us a smile is something we are not all confident with, it may be tooth colour or those crooked teeth. If you are one of those people, here are a few cosmetic services that we provide at the Cassio Road Dental Practice.

### **Home Whitening:**

Which dentists provide this?

All dentists

How long does it take? The usual treatment period is 1-2 weeks and ends when the desired shade is achieved.

How many visits will I need?

3 Visits normally after an initial consultation and consent.

How does it work? Your dentist will take impressions of your teeth and have thin plastic trays made. The whitening gel comes in a syringe

and only a drop is put into each 'tooth' on the trays. You are then required to wear the tray containing the gel throughout the night or a minimum of 2 hours.

How much does it cost? £425 for upper and lower arch, this includes your trays, and 3 x syringes. Refill syringes can be bought from reception for £23.

### **Inline Aligner:**

Which dentists provide this?

Dr Abbas Dhalla

How long does it take? Each splint is worn for 4 to 6 weeks. The amount of splints needed will vary for each case.

How much does it cost? Starting from £1500.

How does it work? In-Line® is transparent and at the same time gently moves the teeth. In-Line® consists of a set of removable clear plastic braces, which means the teeth are corrected and repositioned without the need for metal braces.

### **Inman Aligner:**

Which dentists provide this? Dr Abbas Dhalla, Dr Ashish Gohil, Dr Shilpi Rattan

How long does it take? Most cases are completed within 6-18 weeks.

How much does it cost? Starting from £1800.

How does it work? The Inman Aligner has coil springs that gently oppose each other, guiding the teeth into their new position. The inner bow pushes forwards, while the outer bow pulls back on the front teeth.

**Please consult your dentist for further advice on which treatment is best suited for you.**

### ***Summer Promotion:***

25% off teeth whitening until 31<sup>st</sup> August 2013.

## Please Note

We say good luck to Dr Jyoti Chadha who has gone on maternity leave. She is due in June and intends on coming back to us in a year's time.

Welcome back Dr. Shilpi Rattan. Shilpi will be coming back part time to see her private patients.

Our hygienist Teresa Keown has started working on Saturdays from 9am till 4pm.

We will be starting redecorating some parts of the practice over the next 6 months.

We will be starting with the exterior of the building and then upgrade 4 of the older surgeries in the practice.

There will be notices up informing all of what cautions need to be taken over this period and thank you in advance for your patience.

We have installed the latest digital x-ray system. This enhances our ability to diagnose dental disease

at an almost negligible radiation dose to you.

We are proud to announce that we have been sponsoring one of Watford's beauties, Miss Gemma Fenlon.

She recently entered the Miss Hertfordshire 2013 finals and came in the top 7 out of 150 contestants. She also managed to raise over £300 for *Beauty with a Purpose* which is a charity that supports disadvantaged children. She also made herself an eco-dress from recycled shopping bags.

The UK's largest dedicated oral health campaign - **National Smile Month** - is taking place between **May 20 and June 20**. **Smile Month** is a great opportunity for all to learn more about oral health and find out just why it is so important for our overall well-being.

Cassio Road Dental Practice  
102 Cassio Road, Watford, Herts, WD18 0QL.  
Phone: 01923 231 803 / 831 758 / 223 219  
Email: [info@cassioroaddental.co.uk](mailto:info@cassioroaddental.co.uk)



*We now offer the choice of email or text appointment reminders, as well as on-line bookings. Please make sure you update your records with one of our reception staff.*