



PORTMORE  
DENTAL

What you should know about  
SMILE MAKEOVERS

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EXPERIENCE MEANS EVERYTHING

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## INTRODUCTION

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### CENTRE OF EXCELLENCE

Everything we do at Portmore is driving towards a better patient experience. We believe in relationships, which is how we deliver clinical excellence with exceptional service.

It's no different with complex restorations and cosmetic dentistry. If this area of clinical work is more intricate, it's delivered with the same commitment to customer service.

Smile makeovers are truly life changing. We have seen this with our patients so many times, and it begins with gentle encouragement and instilling trust.

### EXPERIENCE MEANS EVERYTHING

We think your experience matters just as much as the quality of the clinical work we do. We believe both aspects of dental care are too important to compromise on, and so we don't make compromises. Ever.

Your experience begins the first time you pick up the phone and our aim is to listen and stay attentive to your needs at every stage through to your after care support.

Our job isn't just to deliver clinical excellence, we want you to feel better, which is why we will be by your side every step of the way throughout your journey towards a more beautiful smile.

We believe we have created something special at Portmore, a service experience where all your needs are anticipated and the quality of the clinical work is unsurpassed. We really appreciate that you have placed your trust in us financially and clinically. We're always thinking about what you need to feel comfortable so that we can provide it before you need to ask.

### PHILOSOPHY

We understand that choosing a dentist is a very personal decision. After all, it can be a significant financial commitment as well as a relationship that can last for many years influencing your overall health and wellbeing.

Trust is the most important part of this relationship and we start to build this by listening.

We're here to meet your needs, to work with you, to understand precisely what it is you want and take the time to discuss all the options available. Then we promise to exceed your expectations.

The combination of first class service and clinical excellence delivered in calm, comfortable surroundings ensures that you will feel special and cared for.

When you are happy in your surroundings and feel well looked after, it helps you to enjoy the progression of your treatment and look forward to each appointment.

To achieve the highest standards we are constantly reassessing what we do and how we do it. There is always something more that can be done, and by keeping the lines of communication open between ourselves, our patients, our peers and colleagues we continue to grow and develop.

Our team have travelled the world to train so that they can provide you with the latest and most up to date dental care possible.

As for the equipment we have invested in and the materials we use for clinical treatment, only the very best will do. Our practice includes an on-site lab for quicker turnaround, as well as computer aided smile design software, 3D imaging, digital X-ray capability and treatment rooms at the cutting edge of healthcare.

DR EBEN VAN DER WALT  
BCHD (Stell) Cosmetic Dentist - GDC No. 77818

With more than 10 years experience in advanced cosmetic dentistry and many hundreds of smile transformations completed Eben has witnessed first hand, the extraordinary effects a beautiful, natural looking smile can have on an individuals self-esteem.

Eben qualified as a dentist in 2000 at Stellenbosch University, near Cape Town, before relocating his family to the UK. Continuing his training, he attended the Aesthetic Advantage Program at the University of New York, reaching Master's Level in Aesthetic Dentistry in 2007.

He was invited to the Aesthetic Alumni in Palm Beach, Florida and appointed as an instructor to Aesthetic Advantage students, attending courses at the Royal College of Surgeons and Guy's and St Thomas' Hospital in London. Eben acquired a Diploma in Advanced Aesthetic Restorative Dentistry from the ADAPT School of Knowledge in 2006.

Eben's artistic talent combined with his clinical skills has seen his reputation grow to an international level. His expertise and warm, welcoming personality have earned Eben the respect and trust of the Weybridge community and referring dentists from across the South East.



DR JOHN BRAZIER  
BDS, LDS, RCS (Eng) Cosmetic Dentist - GDC No. 50727

John is a general dentist who works closely with Johann and Eben in planning and delivering complex and comprehensive restorative cases.

He has expanded his post-graduate education massively in the past 15 years, a period that's been really good for him personally and in terms of his clinical development.

John qualified in 1977 at Guys Hospital, London and joined Portmore as a partner in 1984. One of his special interests throughout his career has been orthodontics, and he uses the latest cosmetic brace systems in conjunction with current cosmetic dentistry techniques in order to deliver exceptional standards of multi-disciplinary dentistry for our patients.

A strong proponent of Portmore's commitment to seeking excellence, John frequently attends national and international dental courses to develop his cosmetic and restorative skills.

John is the senior practice owner by default as he has been with the practice for nearly 35 years. He has a kind, gentle demeanour and is hugely popular with staff and patients alike.



## A LIFE CHANGING EXPERIENCE

WOULD YOU LIKE TO EXPERIENCE BEAUTIFUL, NATURAL COSMETIC DENTISTRY THAT NOT ONLY IMPROVES YOUR APPEARANCE BUT REIGNITES YOUR CONFIDENCE?

Smile makeovers are transformations that the whole team gets excited about because of the extraordinary effects they can have on our patients' self-esteem. It truly is a life changing experience for many people.

If you are worried about how your teeth look or your confidence has been knocked as the result of an imperfect smile, at Portmore we can provide a beautiful smile transformation to make you feel on top of the world.

We aim to be at the forefront of cosmetic dentistry and offer the very latest service and treatments. Advances in technology mean that we are able to restore your smile in many different ways to improve your appearance and increase your confidence.

Whatever aspect of your smile that you are unhappy with there is almost certainly a branch of cosmetic dentistry to suit you.

### IF YOU ARE CONCERNED ABOUT

- ◆ Crooked teeth
- ◆ Discoloured teeth
- ◆ Worn or broken down teeth
- ◆ Bad breath or gum health
- ◆ Unightly amalgam fillings

**We can certainly help you.**



## A SMILE AS PERFECT AS YOUR PERSONALITY

Our highly skilled team know that a perfect smile is more than just a beautiful set of teeth. Your smile should work in harmony with the physical characteristics of your face, as well as match your personality.

Restorative and cosmetic dentistry is constantly advancing and we are at the forefront of digital innovation within dentistry, delivering life changing patient experiences and clinical excellence everyday. Where we really excel is in recognising individual needs. No two patients and no two smiles are the same, so why should the results be? No treatment is a one size fits all solution, and very often smiles are tailored using a combination of techniques and approaches to ensure that the final result is truly unique and suits the individual requirements.

## SMILE MAKEOVERS

Smile makeovers are bespoke treatment packages designed for patients who are seeking a significant change in their smile, often after many years of suffering in silence. The decision might also arise because you're at a time in your life when change is due, a new start perhaps, a new job or an important event like a wedding, significant birthday or retirement. Smile makeovers require a multi-disciplinary approach, which is where you will benefit from the breadth of expertise among the clinical team here at Portmore.

Several different types of cosmetic dentistry may be used to achieve the smile you've always wanted. For example, we may use a combination of dental implants, veneers, teeth whitening and invisible aligners.

The bespoke combination of treatments means that smile makeovers require comprehensive and detailed planning including 2D x-rays, 3D scans and imaging, photographs and plaster models of your teeth to identify the optimal treatment plan and to deliver your vision. In assessing the photos and models, we will also be looking at the symmetry of your face, your facial tone and structure and the colour and shape of your existing teeth. Through this process we will spend time listening to you, asking about your lifestyle, the foods you enjoy, your health and your diet in general. This process is vital to get the right outcome for you, as it enables us to create a smile that will last.

## AT THE FOREFRONT OF DIGITAL INNOVATION IN DENTISTRY

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### DIGITAL SMILE DESIGN

See your new smile right away in digital format, hi-res, clear and close-up.

We work with the latest treatment systems and computer-aided smile design software, a fundamental part of successful treatment planning. Digital Smile Design is a state of the art patient consent tool that essentially lets you try on your new smile before you buy.

ASK US ABOUT A FREE SMILE DESIGN CONSULTATION  
WITH ONE OF OUR TREATMENT COORDINATORS

### PREVIEW YOUR NEW SMILE

We take photos, videos and impressions of you and prepare a 2D Photoshop mock up and then 3D printed mock up in resin to demonstrate what your ideal smile looks like.

This is then translated to our team of ceramists, dental technicians and dental team who can advise on all aspects as required and contribute to the blue-print of your smile.

## THE SMILE DESIGN PROCESS

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### ENHANCED DIGITAL PHOTOGRAPHY

When you laugh, do you cover your mouth with your hand to mask your teeth? Or have you perfected the 'guarded smile' look rather than beaming confidently?

Being confident enough to express yourself without feeling self-conscious is really important. Let us bring that confidence back.

Your smile makeover will begin with one of our experienced treatment coordinators taking photographs of your smile. This gives you the opportunity to show us what you don't like and help us give you advice on which treatments would best transform the aesthetics of your smile.

**I have a new found confidence to smile**

**“My only regret is not having the treatment sooner,  
and I cannot thank John, Katie and those at Portmore  
enough for giving me my smile back”**

ANDREW

## SMILE ASSESSMENT

This is your chance to tell us exactly what you want to achieve so we can begin to design your beautiful new smile with a clear understanding of your desired outcome. At Portmore we have a comprehensive checklist of factors we consider when designing your new smile:

- ◆ Smile symmetry
- ◆ Gum levels
- ◆ Reflection of light
- ◆ Shape of teeth
- ◆ Angle of teeth
- ◆ Lip posture
- ◆ Size of teeth
- ◆ Spaces between teeth
- ◆ Translucency

When all of these elements are taken into consideration, using our state of the art digital smile design technology our highly skilled dentists use their knowledge, skill and artistic ability to create a natural looking smile that you will be proud to show off at every opportunity.

### The team here were fantastic

“They gave me such good advice. I’d seen some great results and really wanted to improve the look of my teeth”

NICKY

## CREATE THE BLUEPRINT AND START TO MAKE YOUR DREAMS A REALITY

You can choose a combination of treatments including veneers, aesthetic bonding, ceramic crowns, teeth whitening, even braces or clear aligners – whatever you want to create your dream smile.

We spend a lot of time in your initial consultation assessing your facial form and features, taking x-rays, 3D scans, clinical photographs and studying models of your existing teeth. We then work closely with our laboratory technician in order to plan your new smile. It may be that you meet the senior lab technician who will be creating your smile in order for them to assess your facial features ‘in the flesh’ and get a feel for your personality and desired result.

## SMILE PREVIEW

Often, we will create a diagnostic wax-up, which means that we are able to show you the final result in wax before treatment begins. We find this is a crucial communication tool that enables us to be clear about your expectations and your desired result.

At this point you can decide on any final alterations regarding colour and tooth shape before the final restorations are completed in the laboratory.

## TREATMENT PREDICTABILITY

One of the advantages and a real asset we find is that you’ll already know what your smile is going to look like regardless of the complexities of the treatment involved. Not only does this help to put your mind at rest, it also means that dentist, patient and laboratory technician are on the same page and committed to achieving the same result.

## TREATMENTS

### SAME DAY WHITE TEETH

Using CEREC a revolutionary computer-aided design and manufacturing technique, which is transforming the nature of restorative dentistry. Ceramic restorations such as crowns and veneers can be measured, created and fitted during a single visit.

This process enables us to design, produce and place individual ceramic restorations in far less time than traditional methods.

Using an intraoral camera to capture images of the tooth to be restored we are able to custom-design and create a detailed digital model of the tooth restoration in real time. This is transmitted wirelessly to a milling machine, which manufactures the restoration from colour-matched ceramic material in as little as 60 minutes.

#### BENEFITS OF SAME DAY WHITE TEETH WITH CEREC

- ◆ **A single visit saves you time**
- ◆ **Digital impressions are faster and more comfortable than the traditional method, helpful for patients who find impressions difficult to tolerate due to a strong gag reflex**
- ◆ **Clinical studies show a 95.5% success rate after nine years**
- ◆ **Extremely accurate fit, normally requiring less follow up work than traditional restorative techniques**
- ◆ **Ceramic restorations have a natural looking appearance**

### VENEERS

Dental veneers are a mainstay of cosmetic dentistry because they can transform your confidence by creating a beautifully white and straight smile. They are fine slivers of porcelain that are bonded over your existing tooth to cover imperfections and to create the illusion of straighter teeth.

Over time, it is normal for your teeth to become discoloured, misshapen or to move or rotate slightly, especially if you have lost teeth. They can also get worn down, fractured and chipped due to everyday wear and tear. Using veneers we can close gaps, repair worn and chipped teeth and create the illusion of straight teeth where they were once crooked. For patients with deep enamel staining or bands of grey running through their teeth that cannot be removed, veneers offer the only route to whiter teeth. There are many elements that make up a beautiful, natural looking smile, such as symmetry, and the ideal shape and size of teeth. Our dentists and laboratory technicians will study your skin colour and pallor to help you choose a natural looking shade of white for you. The process to prepare and fit your new veneers can take as little as 10 days.



#### BENEFITS OF VENEERS

- ◆ **They can create the illusion of straight teeth without the need for braces**
- ◆ **They hide imperfections such as chips, stains and yellowing**
- ◆ **They are hard wearing and with the right care should last for 15 years**
- ◆ **They are stain resistant**
- ◆ **Results can be achieved in as little as 2 weeks**

## AESTHETIC BONDING

Sometimes, tooth whitening alone is not enough to restore a smile.

Dental bonding is often used to repair small chips or cracks and cover up troublesome stains. We apply a thin coat of acrylic resin to your teeth which is sculpted as it hardens so that it evenly covers and fills the damaged areas.

The acrylic or composite is meticulously matched to the natural shade of your teeth. The results will look so natural that even you may not be able to tell which teeth you've had work on.

### BENEFITS OF AESTHETIC BONDING

- ◆ Little to no removal of enamel; 'non-invasive' dentistry
- ◆ Retains the health and natural structure of your tooth
- ◆ Less extensive procedure than restorations like porcelain veneers or dental crowns
- ◆ Can usually be completed in one appointment



## TEETH WHITENING

Teeth whitening treatments are now amongst the most asked for cosmetic dental treatments and can transform the appearance of your teeth in a matter of hours giving you a glossy, healthy looking smile. At Portmore we have carefully selected what we consider to be the safest and best products available to offer you a comprehensive range of whitening treatments, guaranteeing incredible results. Including:

**Premium home whitening products.** Home whitening kits remain the treatment of choice for many patients wanting to whiten their teeth in the comfort of their own home. The home whitening brands we use provide consistent results with the added benefit that you can whiten your teeth anytime, anywhere when the inclination suits! Home tooth whitening can also be 'topped up' at regular intervals which makes it great value for money and see's long-lasting results.

**Zoom! Laser tooth whitening.** Zoom! is ideal if your time is limited, or you have an important event looming for which you need to look your best. It's been one of the most popular in-practice whitening procedures for many years and consistently delivers reliable results. Zoom! is carried out chair-side in practice in as little as 90 minutes.

### BENEFITS OF HOME WHITENING

- ◆ You can manage the desired result, choosing a shade that suits you
- ◆ Simply stop when you feel your teeth are white enough
- ◆ Whiten your teeth in comfort at a time that is convenient to you
- ◆ You can top up the treatment every few months or for a special occasion or holiday

### BENEFITS OF ZOOM!

- ◆ Instant results - we can whiten your teeth up to 12 shades lighter in just 90 minutes
- ◆ Trusted brand with consistent results
- ◆ Suitable for busy people who want instant results at short notice

For optimum results, we recommend a combination of in-house and at-home treatments.

## ORTHODONTICS

At Portmore, we use cosmetic orthodontic systems such as Invisalign and Six Month Smiles to move teeth in a shorter time than traditional orthodontics. These popular teeth straightening systems can be a good alternative to traditional metal braces because they use clear materials so are less noticeable in the mouth, which can appeal to people who want to look their best throughout treatment. Cosmetic brace systems are especially suited to adults who are concerned about the cosmetic issues that misaligned teeth may cause rather than functional issues; these systems tend to concentrate on aligning the upper and lower 6 teeth. For patients whose teeth or jaws have more complex functional issues surrounding misaligned or crowded teeth, we are able to refer them to an on-site specialist orthodontist for more comprehensive treatment.

### INVISALIGN

Invisalign is a well known removable aligner system that can fix mild to moderate cases of misalignment. Your Invisalign clear aligners are custom-made for you. The aligners are virtually invisible and fit snugly over your teeth. Each aligner shifts your teeth slightly, moving them horizontally and vertically and even rotating them when needed.

#### BENEFITS OF INVISALIGN

- ◆ No metal brackets or wires
- ◆ Discreet and easier to maintain than traditional braces
- ◆ Aligners are removable so you can enjoy all the foods and activities you love, and brush and floss easily

**They're so natural**

**"The difference in my teeth is amazing"**

JO

## SIX MONTH SMILES

Six Month Smiles is a cosmetic teeth straightening treatment that can give you the smile you've always wanted in an average time of six months, far quicker than traditional braces, which can take up to two years.

With clear brackets and tooth coloured wires based on proven orthodontic techniques, this option is also more discreet than traditional fixed metal braces.

As with any teeth straightening treatment, a retainer is necessary afterwards to maintain the position of your teeth. This will either be a fixed or removable retainer, depending on your case.



#### BENEFITS OF SIX MONTH SMILES

- ◆ Average treatment time of six months – ideal if you're looking to meet a deadline such as a forthcoming wedding
- ◆ They're discreet, with clear brackets and tooth coloured wire, so no one will notice you're wearing braces
- ◆ Gentle pressure and short overall treatment time means increased comfort, safety and oral hygiene

## FREQUENTLY ASKED QUESTIONS

### HOW LONG WILL A SMILE MAKEOVER TAKE?

Your smile makeover is a custom made plan just for you. Depending on what you want to change, your plan might involve a combination of dental implants, teeth whitening, veneers, orthodontics and cosmetic bonding. As there could be any number of treatments involved, each with their own expected time frame, it's difficult to say how long the process will take. However, no matter how long it takes you can be certain that your plan will leave you with the smile you have always wanted.

### AM I SUITABLE FOR A SMILE MAKEOVER?

Most people can benefit from a smile makeover, however if you are in poor oral health and suffer from issues such as tooth decay or gum disease it would be important to address these issues before beginning your smile makeover. We offer a free consultation service where your treatment coordinator and dentist will be able to assess your suitability and address any concerns you may have.

### HOW LONG WILL MY NEW SMILE LAST?

Many of the cosmetic materials used are more durable than your natural teeth, and with the correct aftercare and a good oral hygiene routine your new smile will last for many years. Your treatment coordinator will help you plan your aftercare and advise you on a continuing dental hygiene plan. As part of our complete dentistry ethos, all hygiene related treatments can be performed here at the practice. The Portmore hygiene and therapy team provide a wide range of services designed to improve and protect your oral health. They are professionals with extensive education and training in preventive and clinical oral health care.

### WHAT IS THE DIFFERENCE BETWEEN COSMETIC DENTISTRY AND RESTORATIVE DENTISTRY?

Restorative dentistry's focus is on replacing or repairing damaged teeth and correcting the function of your teeth. Whereas cosmetic dentistry focuses on the aesthetic qualities of your teeth and gums. Some procedures go hand in hand and offer both cosmetic and restorative aspects such as veneers, dental implants and crowns.

### HOW MUCH DOES A SMILE MAKEOVER COST?

As every smile makeover is designed specifically for the individual and can include any number of treatments there is no set cost. When planning your smile makeover we will discuss the cost with you. To help spread the cost of your new smile we offer a 0% finance facility, your treatment coordinator will be able to help you with your application which can be done in house and usually takes around 10 minutes to complete.

**LET US TRANSFORM YOUR SMILE. Design your own dream smile and make it happen right here at Portmore. If you can't wait to get started, call us to arrange a complimentary appointment.**

**This has been a wonderful experience**

**"I can now smile with confidence, because  
I've got lovely white straight teeth"**

**ELLIS**

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