



## Your First Visit

The Smile Clinic

### WHAT WILL HAPPEN ON YOUR FIRST VISIT?

Your dentist needs to record an accurate history of your dental health as well as their current condition and any relevant health issues.

How will this be done?

Your dentist will ask you when you last visited a dentist; if you are having any problems; and the nature of your dental concerns

Will I have any treatment on my first visit?

After the initial conversation, the dentist will have a look inside your mouth to record the current status of your gums, teeth and mouth in general

You will have routine X-rays taken unless they are not clinically necessary. The X-rays are digital and provide the dentist with additional information which cannot be seen in the mouth. They are essential for a complete examination. After a full examination, your dentist will discuss a plan for your dental health. At this stage your dentist will discuss the feasibility of providing further treatment on that visit or if you need to rebook an appointment with the dentist.

Your treatment plan

Your dentist will provide you with a written treatment plan to take home. This is to provide you with a reminder of what is planned for your next visit.

How long will my treatment take?

Generally for fillings and basic oral hygiene improvements it will generally be completed within 2 - 3 visits.

Signs of active decay and the presence of periodontal disease are more complex. Your dentist is likely to phase your treatment to concentrate on stabilising your oral health first, before considering active treatment. To stabilise your dental health on average takes between 3-6 months but can be longer in more severe cases. Once you have been stabilised, your dentist will then discuss your restorative options to improve the health and cosmetics of your teeth.