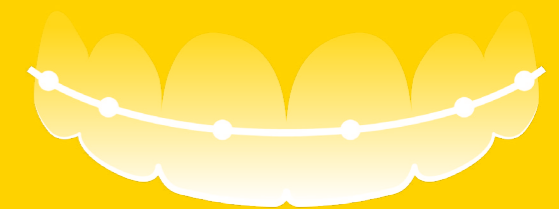


the a.b.c. concept

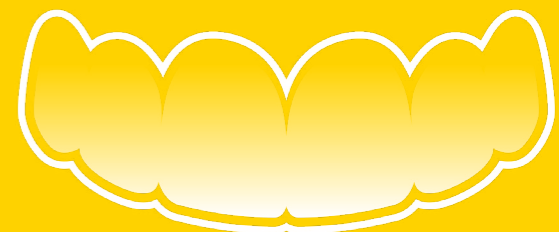
align

Using braces or aligners to provide efficient yet discrete orthodontics to straighten the foundation of your smile



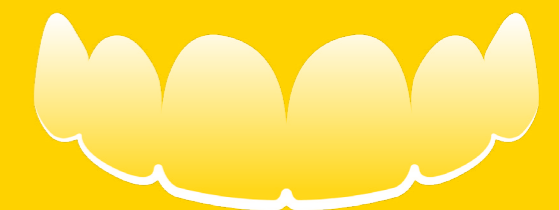
brighten

Prescription teeth whitening to elevate the colour of your teeth to their brightest



contour

Achieving perfection, balance and symmetry with composite resin or porcelain





align

Here at the a.b.c. smile, we use orthodontics to improve the alignment of anterior teeth without significantly changing the bite position of your back teeth. This approach is called a limited-objective treatment.

Our most common cases are designed to achieve the desired results within a time-frame of **4 to 10 months** depending on the severity of the teeth and will vary between individuals. At your consultation, we will provide an anticipated time-frame and keep you updated during your treatment.

The goal of this approach, compared to comprehensive orthodontics, is to address and correct the main cosmetic concerns that you have, and as an alternative to longer and more involved orthodontic treatment. In the cases where our recommendation requires comprehensive orthodontics, we will refer you to our Specialist Orthodontist colleagues for your consideration.

This treatment journey requires **cooperation and motivation** from you. There are requirements in your dental health that need to be satisfactory before, during and after the orthodontic treatment. If you're unable to fulfil these requirements, we reserve the right to postpone or terminate your treatment. These will be discussed in detail as part of your consultation and in the rest of this information pack.

How do teeth move?

By understanding the mechanics and biology behind teeth movement, you can feel more confident and motivated during treatment.

Mechanics:

Orthodontic appliances, such as braces or aligners, apply gentle, controlled forces on your teeth. These forces initiate a biological response in the surrounding tissues, causing the reshaping of bone and the repositioning of teeth over time. The process involves periods of pressure and tension, gradually guiding teeth into their desired positions.

Biology:

Teeth movement is primarily influenced by two main biological processes: bone remodelling and tissue response. When pressure is applied to a tooth, bone cells in the surrounding area are stimulated to resorb on the pressure side, allowing the tooth to move. Simultaneously, new bone forms on the tension side to support the tooth's new position. Periodontal ligaments, connecting the teeth to the bone, also play a crucial role in transmitting forces during tooth movement.

Throughout orthodontic treatment, regular adjustments are made to maintain the appropriate forces, ensuring steady and controlled movement.

clear fixed braces



The advantages of traditional braces have been combined with modern material science to create porcelain braces. This option offers both aesthetics and classic mechanics, making it unparalleled in terms of efficiency.

Each tooth is fitted with a uniquely designed porcelain bracket that perfectly matches its anatomy and is precisely bonded to the tooth's surface with the desired position in mind.

The porcelain brackets hold a hyperelastic titanium alloy arch-wire, which gradually moves the attached teeth into their planned positions. Thanks to the memory nature of this alloy, it flexes back to its original shape, exerting controlled pressure and facilitating the alignment process.

It works 24/7

Being bonded to teeth, they are working all day, everyday. Perfect for those who do not want the additional regiment of removing something to eat/drink throughout a day.

More comprehensive control

Complex movements require the underlying roots to be corrected which the traditional mechanics are more efficient at delivering.

Low-profile porcelain brackets

Our choice of components, in particular the porcelain bracket used (the square on the tooth) is market leading in its low-profile design.

clear aligners



Clear aligners are one of the most discrete ways to straighten your teeth, utilising 3D modelling to create aligners that gradually move your teeth to their desired final position.

A series of custom-made clear aligners are designed for your teeth, each worn for 1-2 weeks before being replaced by the next in the series. This gradual progression allows for a step-by-step movement towards the projected final position.

Your total treatment time will be determined during the planning phase and previewed before the treatment begins.

The clear aligners are constructed from a strong yet hyper-elastic medical-grade polymer. Considerable investments of time and resources have been dedicated to developing these advanced polymers, and the way they flex over your teeth at each stage is what sets cutting-edge polymers apart from generic ones.

Smile throughout treatment

With less bulk and no archwire involved, the clear aligners are hard to notice during the day-to-day whilst delivering good control due to the most advanced hyperelastic polymers used.

More comfort

When wearing the aligners, the composite attachments used are smoothed over with the high-gloss polymer, providing an aesthetic and comfortable wearing experience.

Preview the end-result

Being a fully digital and 3D workflow, the plan and simulated end-result will be previewed. The clinical steps are planned from the outset of treatment.

risks & limitations

Changes to occlusion

Occlusion is the manner in which teeth bite together during function. Any minimal changes to the bite that may occur during treatment will settle within the first 12 months of completing treatment.

Interproximal reduction

In order to gain sufficient space to straighten teeth, we may need to carry out interproximal reduction (IPR). This is the removal of a very small amount of enamel (0.1 to 0.5mm) on the sides of a tooth with an abrasive strip or an ultra-fine bur. This polishing process creates space, improves the shape of teeth and the way in which teeth contact one other, **reducing black triangles**. It also enhances the stability of the end result. The procedure is painless and does not compromise the health of teeth when carried out appropriately.

Gum recession

Moving teeth can cause gum recession and exposure of the root surface of the teeth. Where there is a high risk of this occurring in specific areas, we will discuss this with you prior to treatment. If severe, this may affect the long-term health of a tooth and/or necessitate referral to a gum specialist (periodontist).

Root resorption

There is low risk that root resorption (shortening) can occur. In the majority of patients undergoing comprehensive orthodontics the amount is small (<1 mm) and does not affect the health of the teeth. This will be monitored and if severe, will be discussed with you and treatment may be terminated. In many cases, root resorption cannot be predicted and may occur as a result of genetic tendency or repeated orthodontics.

Black triangles & Uneven edges

Existing uneven or worn edges are more noticeable once the teeth are straightened. Small dark spaces (called 'black triangles') between the contact points of the teeth and the gums can also be more visible after treatment, due to the shape of the teeth or recession of the gums. We can improve this with our composite contouring treatment post-braces.



Retention

The **retainers must be worn as prescribed**. Teeth will move if retention regimes are not followed. It is **your responsibility** for any relapse that is related to the failure in compliance of using retainers.

Brightening & Contouring

In many circumstances, our teeth may require additional restorative dental work post-braces to achieve the smile of your expectations.

The most noticeable differences in the shape of our teeth are commonly the edges after they have been aligned. We excel in using composite resin to contour these edges and restore the shape of these teeth to achieve flawless results.

Scope of practice

In certain situations, this treatment may not be appropriate unless specified otherwise. These include but are not limited to:

- **Buccal Occlusion.** Changing the position of your back teeth as the primary objective of the treatment.
- **Overjet.** Changing large spaces between the upper and lower teeth in the horizontal plane.
- **Overbite.** Changing large differences between the upper and lower teeth in the vertical plane (changing deep or no overlaps).
- Correction of **dental mid-lines**.
- **Facial profile** corrections.
- Positioning of all the tooth roots in their ideal position for stability (known as tooth/root torque).
- Treatment of temporomandibular joint dysfunction (**TMJD**).

Full correction of the issues listed above may require treatment by a specialist orthodontist over a longer time-frame. We can help recommend a specialist colleague in these instances.

Should you be dissatisfied with the position of your teeth following limited objective orthodontic treatment and wish to be referred to an orthodontist, this will be a separate course of treatment at a separate fee.

stages



1. Consultation

We provide a **full dental examination** and do all the necessary orthodontic assessments to decide whether you are suitable for treatment with us. We will answer all the questions you may have to the best of our abilities.

2. Baseline Records & Planning

After you have had some time to consider your options and decided this is the right direction for you, we can move forward and start treatment by taking scans of your teeth as well as photographs to document your smile pre-treatment. This is the point where your deposit is required for us to proceed.

3. Treatment Begins

The appointment will usually take 1 hour where your fixed braces or attachments are bonded on the teeth. **It is a painless procedure** but does require some patience from your part. The braces consent form will be signed at this appointment.

4. Reviews

We will see you every 4–8 weeks to provide adjustments to progress with your treatment. Fixed Braces will have elastic and arch wire changes when necessary. For Clear Aligners, the subsequent sets in the planned series will be provided.

5. Debond/Attachment Removal

This is the day everyone looks forward to and it is when the align phase is completed. Bonded retainers will be fixed onto the teeth at this appointment and the removable retainers will then be fabricated for you to pick up shortly after.

6. Brighten & Contour

What comes next really depends on what you would like and what your smile would benefit from.

This is when our **a.b.c. approach** comes into play, refining your smile with the Brighten and Contour phases.

fixed braces

The components of your clear fixed braces treatment comprises of the following:

1. **Porcelain bracket**
transfers the forces of the wire to the tooth
2. **Archwire**
flexes straight and moves teeth
3. **Rubber elastic modules**
holds the archwire tightly to each bracket
4. **Metal tube on the first molar tooth**
simply holds the ends of the wire



interdental brush

Please purchase a pack of **Yellow (0.7mm)** TePe interdental brushes to use to clean around each individual bracket after every meal and when brushing your teeth twice daily. You can find these at any pharmacy or supermarket.

Inadequate cleaning causes swollen gums (gingivitis) and if severe can cause irreversible damage and loss of tooth supporting tissues (periodontitis).



orthodontic wax

Initial soreness from the braces to your lips and cheeks is normal and can be resolved by placing wax over the irritating bracket. Just remember to remove the wax when eating!

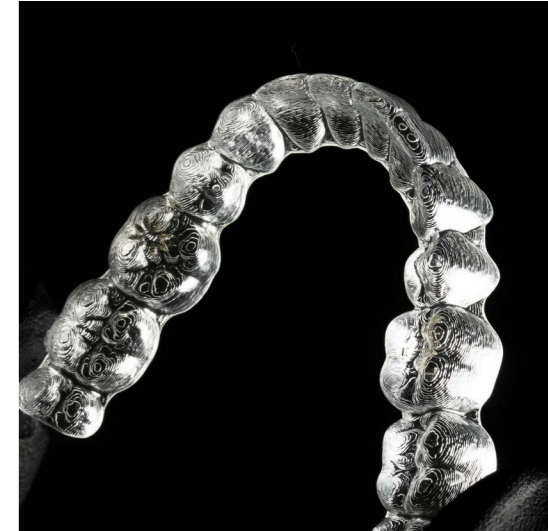
Our porcelain braces are market leading and after the first 7 days, they will feel much smoother and more comfortable. Most patients stop using the wax after the first week.



aligners

The components of your clear aligner treatment comprises of the following:

1. **Clear aligners (several stages)**
transfer incremental forces to the teeth
2. **Composite attachments**
increase surface for the aligners to work on
3. **Travel case**
to protect the aligners throughout treatment



sterilise

Ensure you clean your teeth after eating, before you put your aligners back in. You should thoroughly brush your aligner with a liquid soap each time you clean your teeth.

Never use hot water to clean your aligners and keep them away from other sources of heat as this can distort them. You should soak your aligner in a cleaning solution (e.g. RetainerBrite ~1 per week). An **Ultrasonic 'Pod'** is recommended for the best standard of hygiene. This will keep your appliance fresh, free from bacteria, stains and discolouration (e.g. the abc dental pod - £70)

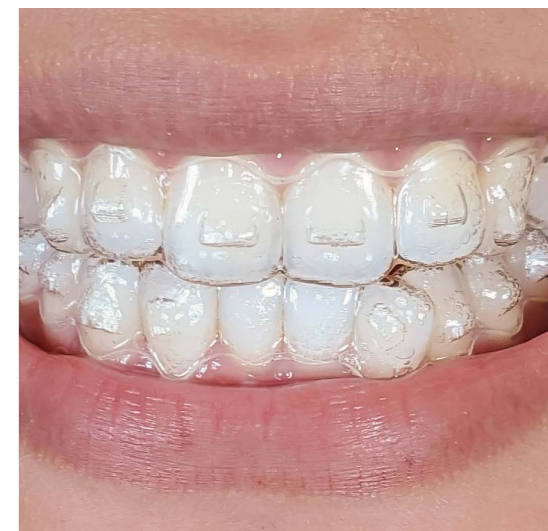


attachments

Attachments are tooth-coloured "buttons" that are bonded to one or more teeth during the course of treatment to facilitate tooth movement and/or aligner retention.

Use of attachments may make it more noticeable that you are in treatment. These will be removed after treatment is completed.

These attachments may fall off and require replacement during the course of treatment.



some more tips!

all orthodontics

Good oral hygiene

The health of your teeth must be optimal before any orthodontic treatment can be considered. As a minimum requirement, hygiene scale & polish appointments are required prior to and at the end of any orthodontic treatment. Inadequate oral hygiene will cause swollen gums (gingivitis) and if severe, can cause cavities (caries) and loss of tooth-supporting tissues (periodontitis).

Clean braces and attachments

Some patients will also require a hygiene scale & polish mid-treatment if they are not maintaining a high standard of oral hygiene. This can be carried out by your regular hygienist/ dentist or if you wish, we can incorporate these into your visits with us (£120 with air-polish) to remove challenging stains that can accrue.

Discomfort

Some people may experience temporary discomfort or very minor speech difficulties at the beginning of treatment and usually persists for 3-7 days. This is normal and typically described as a feeling of pressure and tension. Thereafter, the discomfort reduces greatly and lasts a couple of days only after each review or new aligner. Orthodontic appliances may cause temporary increase in salivation and in rarer cases, mouth dryness (with certain medications can heighten this effect).

Take painkillers

We recommend you take paracetamol or ibuprofen up to 3 times/day for the first few days after treatment begins to ease the discomfort. **Taken 30 mins prior to mealtimes will make eating more comfortable too!** Discomfort and sensitivity is very normal and will greatly reduce as the treatment progresses.

Softer diet

Stick to soft breads, soups, pasta and rice dishes for the first 7 days. Eating will be uncomfortable at first but this will gradually become easier over the first week. Eating a soft diet is particularly important for those of you **who have temporary fillings** placed on your back teeth as part of treatment. These fillings are placed to prevent you biting into a bracket or attachment as you eat, however they are soft and will gradually wear down over the course of your treatment.

Mobile teeth

Some minor mobility of the teeth during orthodontic treatment is normal. This will be noticeable after the first month of treatment. If excessive mobility or pain occurs, please contact us for advice.

Appointments

We will review your treatment every 4–8 weeks and it is vital that you attend these review appointments. Unsupervised wearing of braces can damage teeth/gums and treatment will not progress as expected.

Fixed braces patients will receive new elastic modules every visit and new archwires when appropriate.

Clear aligners patients will receive the next series of aligners and minor adjustments to the teeth required for subsequent movements.

Failure to attend these appointments will delay treatment and missed or late cancelled (<48 hours notice) appointments will incur a charge of £50.

fixed braces

A loose porcelain bracket

If the bracket comes loose and detaches from the tooth (debonded), **it will stay stable** as it is still attached to the wire and can stay like this until your next appointment with us. Please do get in touch if the bracket is one of your front 6 teeth as we will get this fixed for you quickly to avoid any delay in treatment.

End of the wire feels loose

The wire may slip out of the last metal bracket as it is simply a tube, sheathing the archwire. This can happen if you eat something too hard or sticky and is **easily fixed**. Contact us for a link to a video tutorial. If you struggle to do this, please tuck the wire under the hook of the metal bracket or use the wax given to cover the end of the wire to prevent any discomfort.

Commitment

The aligners will be individually numbered and dispensed to you with specific instructions for use. Unless otherwise instructed, you should wear your aligners for ~20-22 hours per day, removing them only to eat, drink, brush and floss.

Failure to wear the appliances for the required number of hours per day, not using the device and as prescribed. Missing appointments will lengthen the treatment time and affect our ability to achieve the desired results.

Diet

Your aligners should be removed for eating. Plain water is the only permissible drink while you are wearing your aligners. Any other food/drink will cause decay, staining and permanent damage of the enamel of your teeth.

Stained elastics

The **elastics will pick up stains** from food and drink so it is crucial that you avoid consuming heavily stained ingredients such as **turmeric**. Red wine, tea and coffee should also be consumed in moderation and a **sip of water** after is highly recommended.

Thorough use of **interdental brushes** and brushing the brackets with **baking soda** 1x weekly will help avoid stain build-up.

- **We will always change your elastic bands at every review appointment!** There is a fee of £50 to replace elastics in-between review appointments

Breakages

The aligners are made of a hyper-elastic thin polymer so **please handle them with care**. Never use your teeth to press the retainer into place, always use your fingers to seat them as demonstrated.

Ensure your aligners are stored in the rigid container provided when they're not in your mouth to prevent damage and loss.

A charge will be made for the replacement of lost or badly broken aligners at £150 each.

removable retainers



Our removable retainers are vacuum formed over 3D printed models from a digital 3D scan we take once your alignment has completed. **These are included** as part of your treatment.

3D scans are stored with us as part of your clinical records.

Additional/Replacement Retainers

£300 - both arches
£150 - single arch

bonded retainers



Our bonded fixed retainers are custom made by our dental technician from the 3D scan. They follow the natural anatomy of your teeth and are bonded in place with composite resin for comfort and strength.

Removable retainers are still necessary and will be designed to cover over the bonded wire.

These are included as part of your treatment.

Future replacement retainers

£400 - both arches
£200 - single arch

Clinical research advises the best retention is achieved with use of both bonded and removable retainers in combination

treatment fees



Clear Fixed Braces

both arches	£3450
single arch	£2450

all treatments include:
Porcelain brackets
Removable retainers
Bonded retainers
Prescription teeth whitening - 2 syringes
3D scans & digital models
All appointments, including orthodontic emergencies
*for single arch cases, bonded retainers for treated arch only



Clear Aligners

both arches	£3950
single arch	£2650

all treatments include:
Hyper-elastic prescription aligners
Removable retainers
Bonded retainers
Prescription teeth whitening - 2 syringes
3D scans & digital models
All appointments, including orthodontic emergencies
*for single arch cases, bonded retainers for treated arch only

An initial deposit towards treatment is required with the remaining sum spread over the duration of orthodontic treatment interest free

braces consent form

Patient:

Date of birth:

Treatment chosen: Clear Fixed Braces | Clear Aligners

Both Arches	Single Arch

Estimated duration of treatment:

Orthodontic treatment fee:

I agree that the proposed treatment has been explained to me by my dentist and that on occasion changes may be necessary.

I agree to follow all the instructions as explained and provided.

I understand the time and commitment required for treatment to be effective. I accept the risks and limitations as explained.

I understand that photographs or other records will be taken to aid treatment and these may be passed onto the orthodontic laboratory or uploaded on a secure website to help with planning my case. On occasion these dental records may be used for teaching/publication/marketing. Any identifiable images, such as facial views will not be used without my prior agreement and all personal data will be anonymised.

I have completed a medical history form to the best of my knowledge. I will inform my dentist of any changes in my medical history.

I have told the dentist about any other procedures I do not wish to be carried out without having the opportunity to consider them first.

Signature of Patient

Signature of Dentist

Date

Date

retainers consent form

keeping your teeth straight is just as important as getting them straight

A retainer is worn to hold your teeth in their straight position whilst the gums and bone settle after tooth movement which will take up to a year.

If you do not wear your retainers your teeth will move out of line

Wear your retainers:

- 1. First month – every day for ~20 hours
- 2. First year – every night
- 3. Second year – every other night
- 4. Indefinitely – twice a week

Discomfort

You can expect the removable retainer to feel tight in the first few days. If afterwards the retainer feels tight at any point it may indicate that you are not wearing it enough and your teeth are trying to move. In this case you must increase the hours of wear to ensure your teeth remain in position. If you have a bonded retainer it will take your tongue and bite just a few days to get used to it.

If either of your retainers is giving you severe prolonged discomfort, don't wait until your next routine appointment, get in touch sooner to arrange a visit – your retainers may need a small adjustment!

Diet

Your removable retainers should be removed for eating. Plain water is the only permissible drink while you are wearing your retainers. Any other food/drink will cause decay, staining and permanent damage to the enamel of your teeth. If you have a bonded retainer, avoid biting into hard, crunchy and sticky foods with your front teeth.

Dental Check-Ups

You should attend regular dental check-ups as instructed by your dentist. If you have a bonded retainer it is recommended that you see a hygienist every 6 months to remove visible calculus, keeping your teeth and gums healthy. Please note, if you have a further dental treatment that alters the shape of teeth in any way, you will require a new removable retainer that fits perfectly.

Cleaning

You should brush your teeth twice a day. It is very important to clean your teeth before and after wearing the retainers. You should thoroughly brush your retainer with liquid soap each time you clean your teeth. Never use hot water to clean your retainer and keep them away from other sources of heat as this can distort them. You should soak your retainer in a cleaning solution (e.g. RetainerBrite ~1 per week). An Ultrasonic 'Pod' is recommended for the best standard of hygiene. This will keep your appliance fresh, free from bacteria, stains and discolouration (e.g. the abc dental pod - £70)

If you have a bonded retainer, you should ensure you clean well around the retainer with your toothbrush. Super Floss or an Interdental Brush needs to be used as an alternative to normal floss to clean in between your teeth where the retainer has been placed.

Breakages

The retainers are made of a thin polymer so please handle them with care. Never use your teeth to press the retainer into place, always use your fingers to seat them as demonstrated. Wearing down of retainers is normal, especially if you grind your teeth at night. Most patients require a new removable retainer every 1-2 years. Ensure your retainers are stored in the rigid container provided to avoid damage or loss of retainers.

The resin bonding the fixed retainers to your teeth can wear thin over time so regular maintenance is important. If your bonded retainer feels sharp or has come loose in a corner, do not panic, simply wear your clear plastic retainer over your bonded retainer and contact us. Please do not pull off the entire wire as it will need to be replaced entirely at its own cost.

- 1. I am happy with the final position of my teeth and to finish with the braces treatment
- 2. I understand and will follow the instructions regarding the retainers
- 3. I understand that retention is a lifelong commitment and that my teeth will move unless I follow this advice carefully

Signature of Patient

Date

brighten

Teeth whitening is a relatively quick, easy and pain-free way to brighten your smile. The amount of whitening required varies between individuals, however we are confident that your natural teeth will brighten to their lightest natural shade using this guide.

Please note that all dental work (fillings, veneers, crowns etc.) do not whiten as the gels are only effective on natural teeth.

What is inside the prescription

- 10% Carbamide Peroxide
- 16% Carbamide Peroxide

Please store <25°C and keep out of reach of children. Storing them in warm environments such as the bathroom may render them ineffective before their expiry date (see side of syringe)

You should apply the gels to the trays and **wear every 2-3 days** until you reach the desired brightness over a period of 4-6 weeks.

During the whitening process, you may notice some teeth sensitivity, which is a common short-term side effect, usually lasting <4 days to cold stimulus. Our gels contain de-sensitizing agents (Potassium Nitrate) which will help minimize the sensitivity.

In the event of severe sensitivity, stop whitening for 48-72 hours and place sensitive toothpaste (such as **Sensodyne Rapid Relief** or **GC Tooth Mousse**) in the trays overnight to help settle down the teeth faster. Please use the Sensodyne as your daily toothpaste during this whitening treatment.

In rare cases, if too much gel is applied, you may notice some temporary inflammation of the gums, lips or mouth. This should only last for a short duration (24-48 hours).

After this course of teeth whitening, the warmer tones of your natural teeth will gradually return due to the normal staining process of daily eating and drinking. The time-frame of this will depend on your consumption of tea, coffee and other staining food/drink.

For long term-maintenance, top-up whitening gels can be prescribed and purchased (£60 per prescription syringe), so do expect a top up night of whitening ~2-4 weeks to maintain your brightest shade.

For patients moving onto the contouring phase of treatment, please stop whitening one week prior your appointment to allow the dissipation of oxygen from the teeth. It influences the translucency of the enamel and its bonding properties to Composite Resin.

step-by-step

1. Brush and floss your teeth.
2. Twist and pull off the plastic cap from the end of the syringe which is used as a lid to re-seal the syringe.
3. Please load a **small amount of gel** in each tooth of the tray to avoid irritation or a chemical burn of the gums.
4. Dry your teeth and place the loaded tray over your teeth. You may see 'bubbling' within the trays whilst wearing them, this is part of the whitening process (oxidation).
5. Wear your trays **overnight** or for at least **2 hours during the day**.
If you experience pain in one area, it may be that you have loaded too much gel. In this case, wipe off the excess gel with a cotton pad and the gums will return to normal shortly. If your teeth become sensitive after a short time, you can stop the whitening for the day. It's fine to whiten for a shorter time; it just means the whitening process will take longer.
6. After whitening, remove the trays and rinse them with water. If necessary, use a toothbrush to remove residual gel. **Rinse and brush your teeth with lukewarm water.**
7. Dry the trays and place them in a storage case until your next session of whitening.





before composite contouring

after composite contouring

contour

The evolution in the science of Composite Resins ('white filling') has introduced entirely new possibilities for your smile. Our respect for what nature has given you leads to our dedication to provide life-changing smiles that preserve your natural teeth when possible. This is at the core of our a.b.c. concept.

Using our clinical artistry and skill, contouring allows us to refine your teeth by bonding composite resin directly to your healthy enamel. Each surface of your teeth can therefore be reshaped; improving proportions, introducing symmetry and restoring chipped and worn surfaces.

We believe this contouring phase of our a.b.c. concept is where we can truly elevate your smile. Through delicate and intricate refinements of all aspects of your teeth, we can meet your expectations and perfect your individual smile.

Material Science

Composite Resin is a restorative material that is full of ceramic and glass beads held in a resin matrix. The material has evolved from just restoring cavities, to now, additive surfacing of the teeth to contour and create new aesthetics.

Artistry

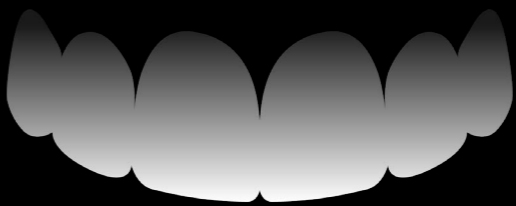
This material is like paint to an artist, clay to a ceramist; composite to a dentist. It can be sculpted and layered to mimic natural structures or taken further and provide entire smile makeovers.

Maintenance

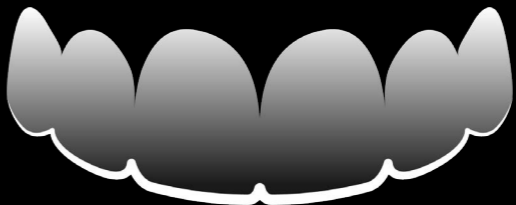
There is no limitation to day-to-day food and drink. Well-polished and precisely bonded Composite Resin can withstand all normal dietary consumption. Heavily staining food and drink, as well as smoking, will more readily stain the outer surface of the material and require more regular polishing with us.

At least once a year as part of your Check-Up and Hygiene Scale & Polish, we will polish the Composite Resin surfaces to maintain the high lustre as it can gradually fade if not maintained.

The lifespan of Composite Resin on the anterior teeth is ~7 years. As a standalone material, it can exceed this time-frame as seen when used to restore cavities, however the aesthetics will show signs of aging. At this point, it is recommended for the resin to be re-contoured with a new layer or consider the use of Porcelain in more extensive cases.



Align & Brighten



Contour to create symmetry & proportion in the silhouette



Control surface reflections and contours

location

69 Mortimer Street
Fitzrovia
London
W1W 7SF

Opening Hours

Monday	11am - 7pm
Tuesday	11am - 7pm
Thursday	11am - 7pm
Friday	11am - 7pm
Saturday	12pm - 4pm

contact

Email
enquire@abc.dental

For emergencies
email + message
07921 844 948

appointment

The quickest way to arrange your appointment is through our online diary, updated live throughout the day.

www.abc.dental

fee list

the a.b.c. smile

Clear Fixed Braces	from £3450
Clear Aligners	from £3950
Teeth Whitening	£550
Composite Contouring	from £350
Porcelain Veneer	from £950

essentials

Patient Examination	£70
Hygiene Scale & Polish	£120

White Fillings	from £250
Root Canal Treatment	from £450
Extraction	from £250
Periodontal Treatment	from £300

Emergency Appointment*	£150
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*excludes cost of treatments required

restorative

Porcelain Onlay	from £950
Bridge	from £1900
Denture	from £1700