

# THE EPSOM SMILE.

SPECIAL SPRING EDITION

## I GOT THE PERFECT SMILE FOR THE BIGGEST DAY OF MY LIFE

PAGE 11.

### RED LIPSTICK FOR MY SON'S WEDDING

*"now that I no longer feel conscious about my teeth,  
I'm going to feel really pleased with my smile"*

Having straight teeth was really  
important to me and I knew the huge  
impact it would have on my confidence

epsom   
DENTAL CENTRE





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# SAY HELLO

to your new smile.



**Dr Chig Amin**  
BDS (Cardiff) 2001 MFDS RCS Eng

**Gaps, overcrowding, missing and crooked teeth are common dental problems we see everyday. Each can affect your smile and reduce your confidence and self-esteem.**

I often speak with patients who tell me they hate their teeth, instinctively cover their mouth when they smile and avoid having their photo taken.

## **DO YOU FEEL THIS WAY ABOUT YOUR TEETH?**

If so, I think you'll be interested to discover what's inside this magazine.

Recent conversations with patients made me realise many of you aren't aware of the recent advancements in cosmetic dentistry.

Options have changed significantly from the unsightly metal train-tracks from your childhood, and modern treatments are more discrete and quicker than you probably imagine. In fact, it's now possible to have a perfect smile in as little as six months.

From a dental perspective there are a number of physical benefits for having your teeth straightened. For example, straight teeth can be easier to clean and often, there's less plaque retention. But I've found that the emotional benefits are often far greater – even life changing.

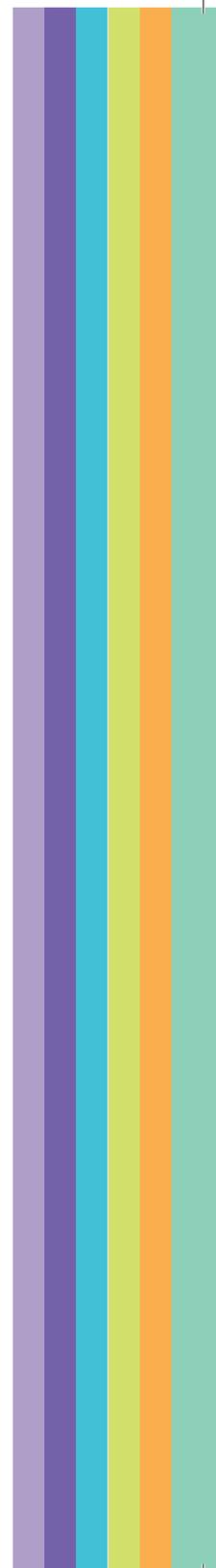
And that's why I've created this magazine...

Inside you can read about New Smile treatments we offer at Epsom Dental Centre along with real smile stories from some of our patients. I hope you enjoy this coffee break read and that it contains the information you need to help you have a smile that you love.

Thanks for reading.

*Chig*

Chig



# RED LIPSTICK FOR MY SON'S WEDDING

Housewife Joyce is married with two grown-up sons and three beautiful granddaughters.



Joyce chose to have Six Month Smiles to close the unwanted gap between her front bottom teeth that was causing her to lack confidence.

Joyce said, "Because I had a gap, I didn't want to smile. The gap was making me feel very unhappy. The final straw was my son's wedding later this year. I wanted to look good in the photos and knew corrective dental treatment was the right choice for me."

Joyce mentioned her decision to her son, who recommended she tried Epsom Dental Centre, where he himself is a patient.

*"I had a consultation and instantly felt the standards at the practice were really high. My dentist talked me through each stage of the treatment and explained what end results I could expect. I felt very reassured and relaxed about it all."*

Joyce had a fine brace fixed onto her bottom teeth. Because the brace was white, she found that people didn't even notice she was having treatment.

*"The brace wasn't uncomfortable and as I'm older, six months is not too long to fix something that I've been unhappy with for a long time."*

Now that Joyce's treatment is finished, she's really looking forward to her son's big day.

*"If I hadn't had this treatment, at my son's wedding I would have been conscious of the gap in my teeth and I wouldn't have smiled, just grinned. I love my red lipstick and now that I no longer feel conscious about my teeth, I'm going to feel really pleased with my smile."*

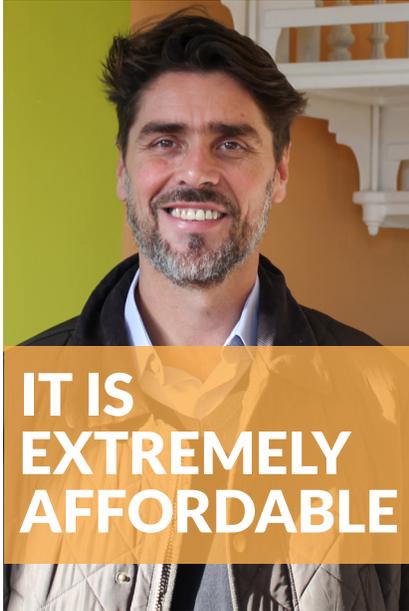
Joyce is very happy with her new smile and the standard of treatment that she received.

*"I find the staff at Epsom Dental Centre very welcoming and friendly especially Barbara and Catherine."*

*All the dental staff are nice and experienced and take great pride in the treatments. I was very happy that there was always time to answer my queries and questions, and my husband Terry always got a nice cup of coffee whilst he was waiting for me!"*

*" now that I no longer feel conscious about my teeth, I'm going to feel really pleased with my smile "*





**IT IS  
EXTREMELY  
AFFORDABLE**

**I've had a problem with my teeth in the lower jaw becoming increasingly crowded over the past 10 years.**

It always bothered me however the thought of having huge rail tracks at my age (in my early 40's) as well as the cost of implementation always put me off.

**THAT WAS UNTIL MY DENTIST EXPLAINED THE SIX MONTH SMILE PROCESS.**

Chig had previously done work for me and knew that although my teeth really bothered me I had reservations about having a brace. So, the Six Month Smile does exactly what it's called - it's all in the name.

It's a program that generally takes 6 months and sometimes as little as 4.

The actual brace is a lot less visible so you feel comfortable in public and it's easy to clean. Add to that the fact it is extremely affordable and you have all the boxes ticked.

*"I'll add one more ingredient to success and that's to include the team from the Epsom Dental Centre. Chig and his team are efficient, welcoming and most importantly, extremely competent."*

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**Six Month Smile patient, Vanessa is a part-time midwife, a mum of five grown-up children and the owner of a local pool and sports club in Epsom, called the River Club.**

Vanessa is a long-standing patient at Epsom Dental Centre and decided to have tooth-straightening treatment so she could finally feel confident about her smile and stop hiding from the camera.

But even though she knew corrective treatment was right for her, not everyone was convinced...

*"My friends and family didn't really understand my decision. In fact, they kept reassuring me there was nothing wrong with my teeth and told me I had nothing to worry about. But it didn't help. I still hated my smile.*

Quite often, people who are close to you don't understand how much a crooked smile can affect your confidence. But when you

## NOW I LOVE HAVING MY PHOTO TAKEN

really hate your smile, no amount of kind words will make you feel any better. Often the only permanent solution is to straighten your teeth.

*"having straight teeth was really important to me and I knew the huge impact it would have on my confidence."*

Vanessa chose a Six Month Smile because it offered good results in a short time period.



# WHAT IS SIX MONTH SMILES?

If you're fed up with your crowded, crooked or gappy teeth, you'll find Six Month Smiles is a quick way to get the smile you've always wanted.

**Six Month Smiles is a well-tested, rapid orthodontic treatment that re-aligns and straightens your teeth in as little as six months.**

During the course of your treatment, you'll wear specialised clear braces fixed to your teeth. But because the brackets are clear and the strong, nickel titanium wire is tooth coloured, hardly anyone will know you're wearing braces.

Each month, you'll visit your dentist to have the wire removed, replaced and adjusted. This process will continue until your teeth have reached the desired position (and you have a new smile that you'll love!)

Whilst this treatment is not suitable for moving the back teeth (which have larger root structures), you'll find it's highly effective at straightening the "social six" teeth people see when you smile.

## IS A SIX MONTH SMILES TREATMENT RIGHT FOR YOU?

If you hate your teeth, lack confidence when you smile and want straighter teeth - fast - Six Month Smiles could be right for you.

To find out, simply book a place on one of our **New Smile Discovery Days**, or arrange a consultation with your dentist. There's no obligation, and you'll get all the advice and information you need to make the decision that's right for you.

*"If I hadn't had this treatment, at my son's wedding I would have been conscious of the gap in my teeth and I wouldn't have smiled, just grinned. Now that I no longer feel conscious about my teeth, I'm going to feel really pleased with my smile."*

Joyce. Page 4.



**SIX MONTH SMILES®**

Cosmetic Braces System

Have a question? Simply call **01372 720650** or email [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk)

# I OVERCAME MY FEAR OF HAVING DENTAL TREATMENT

Joan is a mother of three and a fire health and safety officer, who lives in Epsom. She wanted a Six Month Smiles treatment to straighten her overcrowded teeth and correct her overbite.



*"I've always had overcrowded teeth, but because I HATED going to the dentist as a child, braces were never an option. I didn't like the idea of wearing silver braces, and couldn't bear the thought of having teeth out. As a result, my overcrowded teeth followed me into adulthood."*

Joan always felt really conscious of her teeth. So instead of smiling, she would grin to keep her teeth hidden from view.

*"Looking back, my smiles were actually quite serious! I remember that as a child, I would always put my hand over my mouth so no one could see how bad my teeth looked."*

Joan explained that one of the reasons she was able to have corrective treatment now, is because she feels differently about the dentist.

*"I think the dental centre is fantastic. My late mum would never believe the treatment I've had because I was so terrified of going to the dentist as a child. At Epsom, the dentists are so gentle. They really listen to you and are so patient, pleasant and friendly. They're also so professional and I totally trust them."*

Joan revealed that the turning point in her decision to have a Six Month Smiles was having a wisdom tooth removed.

*"I was so nervous about having my tooth removed. The last time I'd had this sort of work done was when I was 13. As it turned out, it was absolutely fine. What's more, because my dentist did such a good job, I had the confidence to agree to have further teeth removed to create space for my tooth-straightening treatment."*

Joan explained how the main attraction of the Six Month Smiles was the short timescale needed to correct her teeth. *"I was shown pictures of other patients who had received the same treatment as I was planning and I was really impressed with the discrete appearance of the braces. I thought they looked good, especially when I remember what was available when I was a teenager."*

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" I've always had crooked, overcrowded teeth, but as a child and teenager, this really didn't bother me. I was even offered braces when I was younger but turned them down. But after a few trips to the USA, where everyone seems to have the most perfect teeth, I became increasingly conscious about my own

"

# I NOTICED A BIG IMPROVEMENT

" I didn't feel confident about smiling as my teeth really overlapped and I had a gap next to my front tooth. I'm very excited with my current Invisalign treatment so far, with no metal braces.

I noticed a big improvement only a few months into my treatment so I can't wait till it's finished and I have a confident smile and a whole new look.

Definitely have it done if it's something your thinking about!

"



Have a question? Simply call **01372 720650** or email **info@epsomdental.co.uk**



# THE BEST MONEY I'VE EVER SPENT ON MYSELF

EPSOMDENTAL.CO.UK/OFFER 08/09

## Enza is married with two children and works part-time as an administrator.

### Enza explained how she stopped wearing lipstick and stopped smiling with an open mouth – especially in photographs.

*"Catherine (the receptionist) was aware I was unhappy with my teeth. So she suggested I had a chat with my dentist so I could at least find out what options were available."*

Enza knew she didn't want to wear anything that would draw attention to her teeth, and she was keen to avoid fixed braces. Therefore after an in-depth consultation with her dentist, she opted for Invisalign.

*"I chose Invisalign because the aligners were clear – almost invisible, and because I knew I could take them out if I really wanted to!"*

To start the treatment, models were made from Enza's teeth. These models were used to calculate expected treatment time and create Enza's custom-made aligners.

Based on the original position of Enza's teeth, she was offered eight months treatment. During this time, Enza needed to wear aligners for 22 hours each day – removing them only when she ate, drank or flossed.

*"At the end of eight months I was delighted with the result. But my dentist believed even further improvements could be made and I was offered an additional six months of aligners at no additional charge. I was pleased with the results after eight months, but I can see that my recalculated finishing position is going to be absolutely beautiful."*

Enza explained that because the aligners were made from plastic, they were very comfortable to wear.

*"The aligners took a little bit of getting used to at first. But now that I've worn them for so long, it actually feels incredibly strange when they're not in my mouth!"*

Enza has kept all her aligners (which are replaced every two weeks). *"When I look back at the first aligner and compare to how my teeth look now, I can't believe the difference. I can honestly say that Invisalign has been the best money I've EVER spent on myself."*





# I GOT THE PERFECT SMILE FOR THE BIGGEST DAY OF MY LIFE

**Bina Orr is a senior expense analyst who lives in Epsom Downs. She's been an Epsom Dental patient for many years and had tooth-straightening treatment in 2013.**

*"Ben and I decided to marry at the end of 2012. Like every bride, I wanted the day, and my memories of it, to be just perfect. I was really unhappy with my smile because my two front teeth overlapped. I was keen to get this fixed in time for the wedding - and the team at Epsom Dental Centre were just fantastic."*

Despite having metal braces as a teenager, Bina noticed that her teeth were overlapping again. *"It was clear to me that the crowding was only going to get worse, and I was concerned what my teeth would look like in ten years' time if I didn't have corrective treatment now."*

Surprisingly, this re-emergence of an old problem isn't uncommon. Lots of adults find they need corrective treatment again, despite having braces when they were younger, because teeth do move. Fortunately, the modern solutions that are now available are far more cosmetically sensitive than the metal "train tracks" patients remember as teenagers.

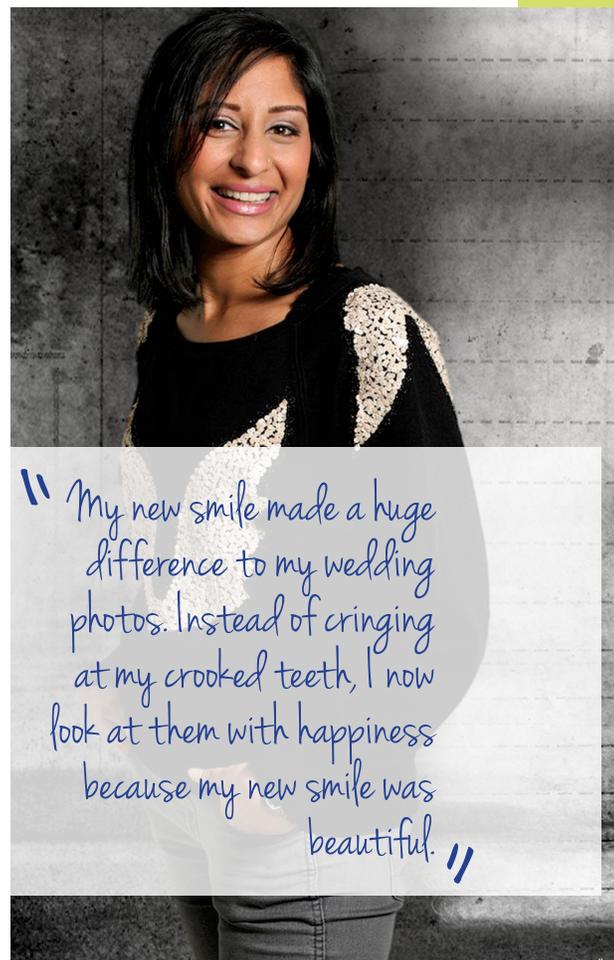
Bina said, *"Initially, I wanted Invisalign because that's what some of my friends had*

*had. However, because my treatment needed to be finished within a fixed period of time (there was absolutely no way I could walk down the aisle in braces!) a sectional brace was recommended instead."*

Bina's sectional brace honed in on the problem area - her front teeth. A white brace was glued to eight of her top teeth, joined together by a clear wire. Over the coming six months, Bina attended surgery on a regular basis. At each visit, her dentist would assess the movement and tighten the brace appropriately by shortening the wire. This process continued until the desired tooth position had been achieved.

*"It felt strange when the braces were attached for the first time. They felt a little heavy on my teeth and took a bit of getting used to. However, the amazing results made the little bit of discomfort well worth putting up with."*

Finally, to maintain Bina's new smile, a thin retainer was fitted behind her top teeth. As a result, Bina doesn't need to worry about her teeth becoming crooked again in the future.



*"My new smile made a huge difference to my wedding photos. Instead of cringing at my crooked teeth, I now look at them with happiness because my new smile was beautiful."*

" I can't tell you the difference my new smile has made to my confidence. I really can't stop smiling and I'm over the moon with the results. Every time I look in the mirror I just smile. "



**Denise lives in Tadworth, is retired and loves gardening and walking. She chose to have Six Month Smiles treatment to correct her crooked teeth.**

**Denise had noticed that as time went by, the alignment of her teeth was causing more oral health problems.**

*"I've always had crooked teeth, especially on the bottom. But in recent years, I found it became trickier to keep them clean. I just couldn't get into all the gaps and my teeth became more stained."*

Interestingly, Denise wasn't aware of the options available and assumed any treatment would involve dental implants.

*"I didn't think about tooth-straightening solutions because I didn't know about adult braces, only the metal ones I remember friends wearing as teenagers. The Six Months Smiles brace was almost invisible and not at all painful. What's more, I was told that treatment would only take four to six months."*

Now that her treatment has finished, Denise has been amazed at the difference her new smile has made to her confidence.

*"People used to tell me that my teeth weren't that bad. And it's true that my top teeth weren't as crooked as the bottom. But looking back, I used to hide behind my smile. I used to be so shy and avoid conversations because I'd think people were looking at my crooked teeth instead of looking at me."*

*I can't tell you the difference my new smile has made to my confidence. I really can't stop smiling and I'm over the moon with the results. Every time I look in the mirror I just smile. Now, I'll happily talk to people when in the past I would have shied away. It's made such a difference to my life. I never expected the results to be so good and I didn't expect to feel so differently about myself!"*

Denise has received lots of lovely compliments from people.

*"I've had people tell me my teeth look amazing. And they're right because my teeth look so straight, I have a perfect smile"*

For Denise, whilst her straighter teeth are now easier to clean, the biggest benefit has been feeling better about herself.

*"I didn't think having a lovely smile could do all this for me. I just feel so good about myself and the only regret is I didn't do this years ago. I tell people if they're considering treatment to just go for it. It's not an expense, it's an investment and six months goes so quickly. I promise you won't regret it."*

**Have a question? Simply call 01372 720650 or email [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk)**

# I DIDN'T EXPECT A NEW SMILE TO MAKE SUCH A HUGE DIFFERENCE

EPSOMDENTAL.CO.UK/OFFER 12/13

“ I didn't think having a lovely smile could do all this for me. I just feel so good about myself and the only regret is I didn't do this years ago.

I tell people if they're considering treatment to just go for it. It's not an expense, it's an investment and six months goes so quickly.

I promise you won't regret it.

”



First steps to your new smile...

# COME TO A NEW SMILE DISCOVERY DAY OR BOOK A FREE ONE-TO-ONE NEW SMILE CONSULTATION

I hope you've been inspired by the New Smile stories you've discovered, in this special edition of The Epsom Smile. I'd like to thank all the patients who kindly agreed to share their experience and say such nice things about us!

If you're unhappy with your teeth and think cosmetic braces may be for you, you can find out for sure by attending a **New Smile Discovery Day** or by booking a **FREE, one-to-one New Smile consultation** with your dentist.

## GET EASY ACCESS TO THE INFORMATION AND ADVICE YOU NEED TO MAKE YOUR DECISION

Whether you opt for a one-to-one or a discovery session, you can use the time to ask your questions, learn more about the treatment options and get the information you need to make an informed decision.

You'll find the sessions relaxed and friendly, and feel free to bring along friends and family who also want to know more.

## VARIOUS DISCOVERY DAY AND CONSULTATION SLOTS ARE AVAILABLE

Afternoon and evening discovery sessions are available, and one-to-one consultations can be booked at a time that's convenient for you. Just speak with Barbara or Catherine if you have any questions.

Thursday 24th April 5.30 – 7.30pm  
Tuesday 29th April 12.00 – 2pm  
Wednesday 7th May 5.30 – 7.30pm

To get started, call Barbara or Catherine on **01372 720650**, send an email to [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk) or book online at [epsomdental.co.uk/offer/](https://epsomdental.co.uk/offer/)

Have a question? Simply call **01372 720650** or email [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk)

First steps to your new smile...



EPSOMDENTAL.CO.UK/OFFER 14/15

## SAVE 22% ON INVISALIGN OR SIX MONTHS SMILES TREATMENT DURING 2014

As a thank you for attending a Discovery Day or for booking a New Smile consultation by **Thursday 15th May 2014**, you'll also receive an **exclusive discount voucher**.

This voucher will entitle you to **22% off any Invisalign or Six Month Smiles treatment that starts during 2014**. It's an exclusive offer for Epsom Dental patients.

### IT'S EASY TO GET YOUR NEW SMILE

If you're ready to get a smile you love and want some one-to-one advice at a Discovery Day, or during a private consultation, confirm your place NOW. You can:

- Call Barbara or Catherine at the practice on 01372 720650
- Send an email to [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk)
- Reserve online at: [epsomdental.co.uk/offer](http://epsomdental.co.uk/offer)

### WHAT TO EXPECT AT A NEW SMILE DISCOVERY DAY

- Opportunity to speak informally to the team about the various treatments
- Get information on what the treatments involve, timescales and prices
- See before and after pictures along with demonstration models
- Watch a consultation presentation
- Get all your questions answered
- Enjoy drinks and nibbles

**Note:** To qualify for the 22% discount, simply attend a Discovery Day or book a FREE New Smile consultation by 15th May 2014. In addition, treatment must start before the end of 2014. Offer only available to existing patients, or to the friends and family that existing patients refer

Have a question? Simply call **01372 720650** or email [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk)

# SMILE.

Thanks to all the amazing Epsom Dental patients who've shared their New Smile stories. We hope you've enjoyed reading them. If you'd like a new smile (like the people inside this special edition of The Epsom Smile), and you want some one-to-one advice to help you make the right choice, we'd love to help.

To get started, simply call Barbara or Catherine on 01372 720650, send an email to [info@epsomdental.co.uk](mailto:info@epsomdental.co.uk) or book online at: [epsomdental.co.uk/offer](http://epsomdental.co.uk/offer)

And remember, if you attend a **New Smile Discovery Day** or book your FREE one-to-one **New Smile consultation** before 15th May, you'll receive your **exclusive 22% discount voucher**.

**HERE'S TO YOUR NEW SMILE.**

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Denise pg 12.



Joyce pg 4.



Francois pg 5.



Vanessa pg 7.



Bina pg 11.



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