

LHDP Smilecare

Treatment Testimony by David Herbert

Consultation

My first appointment with LHDP Smilecare was on the 12/09/2016 following a referral by my NHS dentist in response to an enquiry about a dental implant.

At the time I was concerned about my capacity to chew food due to the combined effect of a recent right side, lower molar extraction and 'shooting-pains' from a left side, lower molar if I indulged in ice cold drinks or applied pressure to its centre. My NHS dentist had given this tooth a poor prognosis, which led to my enquiry about an implant and the above mentioned referral.

During the first appointment a general examination was carried out by Dr Stokes with x-rays, study models and photographs taken along with an assessment of my bite function. This revealed the following:

A fracture in the offending molar. This tooth had been root filled and crowned in the past but was given a good prognosis by Dr Stokes.

Abscesses associated with two of my upper front teeth. Both had been previously root filled and one had a poor prognosis. Neither was giving discomfort at the time, other than a feeling of light pressure at the front of my top gum line, which to me had become the norm.

An uneven bite. Assessment revealed that when I bit together, the first teeth to contact were on the left side. In addition, it was noted that due to broken down teeth, I no longer had support to the bite from my back teeth. Whilst not being conscious of this fault, I do recall occasional pain to the side of my face which I had assumed to be a short term neuralgia.

After the initial consultation I received a multi-page report from Dr Stokes covering the following aspects of the examination, each in considerable detail:-

- Current Status
- Investigation and Diagnosis
- Periodontal Condition
- Radiographic Examination
- Occlusal Examination
- Aesthetic Examination
- Bone Quality Examination
- Treatment Proposals.

Treatment Proposals comprised an **Initial Treatment Phase** followed by one of two options comprising an **Implant Treatment Option** or a **Partial Denture Treatment Option**, along with detailed costings.

The report initiated a further consultation with Dr Stokes in which we jointly reviewed the report in order to determine the most appropriate treatment programme for my set of circumstances. After considerable discussion, the preferred treatment programme for me was to be the **Initial Treatment Phase**, followed by the **Partial Denture Treatment Option**.

The chosen option was largely due to my familiarity with partial dentures. I have worn one since the age of 15 years, (I'm currently 74), due to the loss of two front teeth when playing football. I was therefore very comfortable with the prospect of wearing the proposed new partial denture. Another key aspect of this choice was Dr Stokes' prognosis that the offending left side, lower molar, (tooth 36), could be restored despite the poor prognosis expressed by my NHS dentist. Elimination of the two abscesses and reorganisation of my whole biting scheme, whilst unexpected, were an added bonus.

Treatment

Treatment was spread over 18 appointments commencing 16/01/2017 and finishing 03/10/2017. During the Initial Treatment Phase I experienced further x-rays of teeth 21, 22 and 32, two hygienist care visits, restoration of teeth 36, 35, 46, 22 and 13, root canal treatment to tooth 24, addition of tooth 25 to my original denture and extraction of tooth 25. During the Partial Denture Treatment, I experienced crown restorations to teeth 17,16,15,24 and 26, development of a new partial denture and a soft bite guard.

Memories

- The approach to Reception via a short walk through the pleasant and well maintained garden.
- A Reception group always smiling, friendly and helpful, the comfortable waiting area and treatment rooms with a welcoming and cheerful atmosphere.
- The hygienist who stated in no uncertain terms what she considered to be the best type of tooth brush, when comparing electric with manual. In discussion I rather foolishly showed a preference for my old manual brush? Rest assured I have now reinstated my electric brush and use it every day!
- The time taken by dental surgeons to explain each stage of process during treatments. No unpleasant surprises!
- The skilful way the dental surgeons administered pain relief injections. Initially with minimal discomfort and resulting zero pain effect during treatments. No painful surprises!
- The dental nurse who recommended I take Ibuprofen, (for its anti-inflammatory properties), instead of Paracetamol, when discussing the merits of post extraction pain relief tablets. I recall sleeping like a baby the night after my one extraction.
- An impressive consistency in the high standard achieved of working relationship between dental surgeon and nurse throughout my treatment programme. Always efficient, never a cross word.
- I'm not saying I became totally relaxed and anxiety free during my treatment programme but, I will admit to falling asleep in the comfort of a chair in the waiting area prior to one of my appointments.

Conclusion

I experienced what to me was an extraordinarily detailed investigation and diagnosis, quickly followed by constructive and logical advice on the best treatment programme for me. This was followed by the development of an appointment programme based on the sequence of initial treatments and preferred treatment option. The full treatment programme was then carried out with minimal discomfort and change. I genuinely feel that I have experienced what good dental surgery is all about in this 21st century.

I now look forward to my treatment review appointment set for April 2018.

David Herbert

October 2017