

## Preventive dentistry & continuing care

### Prevention is better than cure

At Smile Dental, our aim is to help you keep your natural smile for life. There are highly effective preventive dentistry procedures we provide in the practice. And, we can show you how to better care for your dental health and hygiene between visits-to keep your teeth stain-free, your gums healthy, and your breath fresh.

There's much more to our mouths than just smiling, eating and chewing the fat. Your mouth is a window to your body, and a mirror for your general health and wellbeing. Poor oral health and hygiene can cause problems, or aggravate existing conditions, far beyond the teeth and gums. And many other health problems show early telltale signs in the mouth.

At Smile Dental, we have dedicated specialist dental hygienists who work with your dentist to thoroughly monitor your oral health, and ensure you know how best to care for your oral hygiene at home. While we can do amazing things to protect, enhance and restore your natural smile, what you do at home, between visits to Smile Dental, is just as important.

In this section, we provide a wealth of information on oral health and hygiene-for the whole family. And how we can work together to maintain your happy, healthy, natural smile for life.

In the menu on the left, you'll find everything from a personal dental hygiene plan to how to make the most of your smile by making the most of your lips.

See how new technology at Smile Dental is streamlining preventive dentistry procedures ...

- Laser dentistry