

WELCOME

A quality experience. That's our promise.

We want to make a difference, and we think that in dental care that means clinical excellence with exceptional service.

So we begin by listening. And we keep learning. Our entire team is committed to ongoing training and development. Our aim is to make every experience exceed your expectations.

We provide complete dentistry, which means you have the full range of treatments under one roof, and won't have to go anywhere else for advanced procedures like smile makeovers or implants.

The real benefit of complete dentistry is having the clinical range to give you the best treatment plan for your needs, which might be several treatments taken together.

In dentistry no two cases are the same, and every patient has different needs. Our team promises to make your experience far surpass anything you've had before.

We believe we have created something special here, a service experience where all your needs are anticipated and the quality of the clinical work is unsurpassed. We think you'll agree that experience means everything.

PHILOSOPHY

Coming to Portmore is different, and that's because of our philosophy. We think your experience matters just as much as the quality of the clinical work we do. We believe both aspects of dental care are too important to compromise on, and so we don't make compromises. Ever. Your experience begins the first time you pick up the phone and our aim is to listen and stay attentive to your needs at every stage through to our after care support.

We aim to consistently provide the very best patient experience and to do that we try to stay humble and keep learning. Some of the best learning we do is thanks to our patients, and we always welcome feedback so that we can continually improve. Our job isn't just to deliver clinical excellence; we want you to feel really confident about your smile and to improve your quality of life. If you can relax and talk to us, you're more likely to feel able to access our treatments. That's why everything we do here at Portmore is driving towards a better patient experience.

We believe in relationships so all team members invest time to ensure that we really understand your needs, from the initial phone-call, your first visit with the treatment coordinator right through to the first meeting with your dentist. It enables us to give you the best treatment options to suit you, it also means that your dentist can work efficiently, to ensure your treatment happens as quickly as possible.

I've had the most fabulous time here

"This has been a wonderful experience. I can now smile with confidence, because I've got lovely white straight teeth"

ELLIS



FIRST VISIT

Everything you see, hear and feel from the moment you become a part of our family is known as the patient journey. To us, experience means everything. Your first visit is where your beautiful smile begins and is your first opportunity to meet our team in a friendly relaxed environment. We really do want to get to know you because it helps us do our job better.

When you begin your patient journey, a treatment coordinator will start to build our relationship with you, by listening to you, understanding your needs and exactly what you wish to achieve. From there you will meet your dentist and when required a treatment plan will be prepared based on your individual needs and desired outcome. We feel it's important to take time to explain your treatment options in detail before you make a decision. We'll recommend the best option according to your budget and individual needs.

Patients will always receive an estimate or a detailed treatment plan depending on requirements and the complexity of the treatment. Your treatment coordinator will become your first point of contact and will be able to advise you on payment, schedule appointments and aftercare.



DENTAL ANXIETY

It is not uncommon for some patients to feel nervous and anxious when visiting the dentist. However, for some patients their fear may cause them to avoid the dentist for years, putting off dental treatment they desperately want or need.

For these extreme cases, special help is often needed. At Portmore we offer Dental Sedation which induces a state of deep relaxation that allows the patient to feel comfortable and confident enough to proceed with active treatment. In addition, the drugs used for conscious sedation produce either partial or full memory loss (amnesia) during the treatment session, as a result, time will appear to pass very quickly and you will not recall much of what happened. Many people remember nothing at all.

Dental sedation is extremely safe and carried out by qualified sedation practitioners alongside your treating dentist. It is not unusual for dental sedation to help patients overcome their fear of the dentist for good.

For patients with mild anxiety, a gag reflex or limited mouth opening, we can also offer Dental Acupuncture, which is very simple to administer with great results. Whatever your worries, please ask one of the team who will be happy to help.

His care is excellent

“I was always apprehensive with attending dental appointments elsewhere. Eben is always caring and reassuring, and I no longer dread dental visits”

ELSIE

IMPLANT DENTISTRY

Implant dentistry is truly life changing dentistry. We have seen this with our patients so many times, and it begins with gentle encouragement and instilling trust.

Implant technology allows us to restore teeth independently of each other which means that we don't need to cut healthy tooth tissues to fit supports for bridges.

An implant is a small, titanium cylinder that is placed in the jawbone to act as a replacement tooth root and serve as a base for your replacement teeth, whether that's a dental crown, fixed bridge or denture.

Our aim is to improve quality of life for all our patients, no matter how they come to us and what their concerns are. A single dental implant can make all the difference to the way you look and feel, and the impact of a full mouth rehabilitation with All On 4 Same Day Teeth is difficult to grasp until the moment you walk out of the practice.

You will begin your journey with one of our treatment coordinators at the outset of this significant treatment path, who will liaise with your dentist to create a treatment plan you are comfortable with and also become your first point of contact during the whole process. At every stage you will be briefed so that you understand what comes next and unnecessary anxiety is completely avoided.

BENEFITS OF IMPLANTS

- ◆ They are the next best thing to your natural teeth
- ◆ You can eat, laugh and smile with confidence again
- ◆ They protect your surrounding teeth and bone
- ◆ They last for life when cared for properly



DR JOHANN STYGER BCHD (PRET), PDD (STELL), DUIOFF (LILLE)
Implantologist – GDC No. 69934

With more than 15 years experience in advanced cosmetic dentistry **Dr Johann Styger** has completed 1000's of implant cases and changed the lives of many patients by rebuilding their mouths after significant tooth loss.

An established authority in quality aesthetics, Johann has a degree in Implantology from Lille University, is an Associate Fellow of the American Academy of Implant Dentistry and a European Opinion Leader for the BTI Biotechnology Institute.

ADVANCED HEALING WITH PRGF

Plasma Rich in Growth Factors (PRGF) is a technology we have introduced at Portmore that is transforming the patient experience because it speeds up healing and transforms the way dentists carry out treatment.

Thinking about the recovery time following a procedure can deter patients from dental treatments they stand to benefit from for fear that they won't be able to eat or will be uncomfortable.

However, the PRGF system means that treatment can be undertaken with minimal disruption to your normal routine, and it offers greater comfort post-treatment.

PRGF works by taking a small amount of blood from the patient and placing it in a centrifuge-spinning device to isolate a type of protein from the sample. These proteins are used by our bodies in tissue healing, encouraging regeneration.

By applying this protein to the area of treatment or surgery, patients are able to accelerate their own natural healing process.

It's a procedure that helps the body in a non-chemical, non-invasive way and has already been used widely across Europe.

BENEFITS OF PRGF

- ◆ Decreased inflammation and pain
- ◆ Reduced recovery period
- ◆ A trusted and proven technique
- ◆ Totally safe and biocompatible
- ◆ The only treatment of its kind with European (CE) and American (FDA) approval

DIGITAL SMILE DESIGN

Another real asset at Portmore is our use of a technique called Digital Smile Design, a state of the art patient consent and education tool that essentially lets you try on your new smile before you buy.

HOW IT WORKS

We take photos and impressions of you and do a 2D Photoshop mock up and then a 3D printed mock up in resin to demonstrate what your ideal smile looks like. A mouthguard from that is filled to make a highly detailed reproduction to put in your mouth.

We take photos of you wearing your new smile and you can see yourself in a mirror while it's in. Then you get your before and after photos to take away. As they say, a picture paints a thousand words, and our patients are finding that pictures really help to communicate their desired results.



ADVANCED COSMETIC DENTISTRY

Smile makeovers are bespoke packages designed for patients who are seeking a significant change in their smile, often after many years of suffering in silence.

Smile makeovers require a multi-disciplinary approach, which is where you will benefit from the breadth of expertise among our clinical team.

Several different types of cosmetic dentistry may be used to achieve the smile you've always wanted. For example, we may use a combination of crowns, veneers, teeth whitening and orthodontics.

The combination of treatments means that smile makeovers require a lot of detailed planning, a phase that can take a couple of weeks, and usually involves x-rays, photographs and plaster models of your teeth. In some cases it is possible to show you the final result in wax before we begin treatment.

In assessing the photos and models, we will also be looking at the symmetry of your face, your facial tone and structure and the colour and shape of your existing teeth.

Through this process we will spend time listening to you, asking about your lifestyle, the foods you enjoy, your health and your diet in general. This process is vital to get the right outcome for you, as it enables us to create a smile that will last.

Smile makeovers are transformations that the whole team gets excited about because we get to see the extraordinary effects they can have on our patients' self-esteem. It's a life changing experience for many people.

Amazing treatment

"I am over the moon with my new smile"

JOANNE



DR EBEN VAN DER WALT BChD (Stell)
Cosmetic Dentist - GDC No. 77818

With more than 10 years experience in advanced cosmetic dentistry and hundreds of smile transformations completed **Dr Eben van der Walt** has witnessed first hand, the extraordinary effects a beautiful, natural looking smile can have on someone's self-esteem.

Reaching Master's Level in Aesthetic Dentistry at New York University and with a Diploma in Advanced Aesthetic Restorative Dentistry, Eben's special interest is cosmetic dentistry. His artistic talent combined with his clinical skills has seen his reputation grow to an international level.

TEETH STRAIGHTENING AND COSMETIC DENTISTRY

Orthodontics is the discipline in dentistry of straightening teeth to improve bite, function and appearance.

Straighter teeth can make a significant difference to long-term oral health because they are easier to keep clean and therefore less likely to suffer decay and gum disease, which is the biggest cause of tooth loss.

A stable and well-aligned bite, with teeth that properly fit together also protects muscles in the jaw and mouth and can prevent the onset of headaches and neck pain, which can result from a poor bite. Finally, straighter teeth prevent excessive wearing of tooth enamel, which is irreversible.

Proper alignment of your teeth and bite ensures that the pressure is balanced on all teeth when chewing, protecting the joints in the jaw and preventing TMJ disorder.

Very often, when assessing patients for cosmetic dentistry, we recommend orthodontic therapy as part of the overall treatment plan and so may combine minor teeth straightening with crowns and veneers. This is a multi-disciplinary approach to dentistry that requires the skills of an experienced team and clinician.

At Portmore, we use the latest cosmetic orthodontic systems using braces or aligners such as Six Month Smiles and Invisalign. For those patients with more complex needs, we are able to easily refer for specialist orthodontic treatment. Most importantly, we don't offer our patients a one size fits all solution.

Your dentist will carefully examine your teeth, and discuss your aims and priorities before helping you decide which type of orthodontic treatment is best for you.



DR JOHN BRAZIER BDS, LDS, RCS (ENG)

Cosmetic Dentist – GDC No. 50727

John is a general dentist who works closely with Johann and Eben in planning and delivering complex and comprehensive restorative cases. He has expanded his post-graduate education massively in the past 15 years, a period that's been really good for him personally and in terms of his clinical development.

John qualified in 1977 at Guys Hospital, London and joined Portmore as a partner in 1984. One of his special interests throughout his career has been orthodontics, and he uses the latest cosmetic brace systems in conjunction with current cosmetic dentistry techniques in order to deliver exceptional standards of multi-disciplinary dentistry for our patients. A strong proponent of Portmore's commitment to seeking excellence, John frequently attends national and international dental courses to develop his cosmetic and restorative skills.

John is the senior practice owner by default as he has been with the practice for nearly 35 years. He has a kind, gentle demeanour and is hugely popular with staff and patients alike.

DENTAL HYGIENE AND THERAPY

We believe that the foundation of an attractive, healthy smile is built on a preventative and holistic approach to long lasting oral health. The Portmore hygiene and therapy team are professionals with extensive training in preventive and clinical oral health care.

Whether you are seeking dental implants, orthodontics or cosmetic dentistry, it is likely that your treatment will begin with one of our skilled hygienists or therapists. We have created a range of bespoke treatments from the 'Regular Refresh' a 30-minute professional cleaning visit, to 'Diamond Shine Polish', a luxury treatment aimed to rid deep staining by using micro-crystals and a diamond polishing paste to create a really glossy smile.

Our hygiene and therapy team will also give you bespoke home-care guidance on the best way to look after your teeth and smile to ensure that you have a beautiful, healthy smile for life.

In addition, our Dental Therapists are also qualified to provide tooth coloured restorations for our patients. This means that if you need a white filling you will be referred to one of our Dental Therapists who dedicate their clinical time to providing this type of treatment, allowing our dentists to focus on patients with more complex needs.

FACIAL COSMETICS

At Portmore we only provide the highest quality treatments using a combination of wrinkle relaxation therapy and dermal fillers. Every person is unique, and without a doubt your treatment requirements will be too which is why we start every journey with a consultation to assess lines and wrinkles, discuss your desired outcome and advise you on the most suitable treatment options.

We believe that the key to providing successful facial cosmetics is to focus on enhancing natural beauty rather than changing facial appearance. This ethos leads to subtle and youthful results that give patients a fresh sense of confidence.

DENTAL ACUPUNCTURE

Acupuncture is a fantastic accompaniment to traditional dental treatment and is suitable for the majority of patients. It can help patients with pain management, dental anxiety and increase comfort during treatment. It has also proven to be effective at treating prominent gag reflex and symptoms associated with TMJ/TMD pain.

Studies have shown that acupuncture used in treating gag reflex can be incredibly effective and in some cases instant.

The acupuncture needles we use are as fine as hair. They are placed in specific points known to aid relief of many symptoms. Your therapist will take a detailed history of your symptoms and work alongside your dentist where needed to provide a treatment plan.

Acupuncture can be integrated into your dental treatment or used as stand alone treatment for anxiety where appropriate. We strive to provide a relaxing environment for you at every visit, and acupuncture can be used to reduce anxiety and stress. We combine this with a bespoke selection of essential oils to provide a unique dental experience.





EXPERIENCE MEANS EVERYTHING

The image features a full-page background of a repeating geometric pattern. It consists of numerous overlapping circles in a light beige or tan color, creating a tessellated effect. The circles are arranged in a grid-like fashion, with each circle overlapping its neighbors. In the center of the page, the phrase "EXPERIENCE MEANS EVERYTHING" is written in a bold, uppercase, sans-serif font. This text is framed by two thin, horizontal, dark brown lines, one positioned above and one below the text.