

SmileCare Dental Clinic – Dental Services Guide

This document provides general information about the dental services available at SmileCare Dental Clinic. The information is intended to help patients better understand each treatment before booking an appointment. Treatment recommendations are always made by a qualified dentist after a clinical examination.

General Dental Consultation

Description:

A general dental consultation is the first step in evaluating your oral health. During the appointment, the dentist examines your teeth, gums, bite, jaw, and overall oral condition to identify any existing or potential problems.

Recommended For:

- First-time patients
- Tooth pain
- Sensitive teeth
- Broken fillings
- Gum discomfort
- Regular dental checkups

Duration:

20–30 minutes

Preparation:

No preparation is required.

Recovery:

No recovery time is necessary.

Performed By:

Dr. Sarah Thompson

Frequently Asked Questions

Q: Does the consultation hurt?

A: No. A consultation is typically painless.

Q: Will I receive treatment during the consultation?

A: Depending on your condition, some minor treatments may be performed during the same visit, while more complex procedures may require another appointment.

Preventive Dental Checkup

Description:

Routine dental checkups help detect problems early before they become more serious. Regular examinations play an important role in maintaining long-term oral health.

Recommended For:

- Adults
- Children
- Returning patients
- Preventive care

Duration:

20–30 minutes

Preparation:

None.

Recovery:

Immediate.

Performed By:

Dr. Sarah Thompson

Professional Dental Cleaning

Description:

Professional dental cleaning removes plaque, tartar, and surface stains that cannot be removed through regular brushing and flossing.

Recommended For:

- Routine oral hygiene
- Bad breath
- Plaque buildup
- Gum health maintenance
- Preventive care

Duration:

30–45 minutes

Preparation:

No preparation required.

Recovery:

Patients can return to their normal activities immediately.

Aftercare:

Continue brushing twice daily and floss regularly. Some temporary tooth sensitivity may occur.

Performed By:

Dr. Teimur Aliyev

Frequently Asked Questions

Q: Does dental cleaning hurt?

A: Most patients experience little or no discomfort.

Q: How often should I have my teeth cleaned?

A: Most patients benefit from professional cleaning every six months.

Teeth Whitening

Description:

Professional teeth whitening uses dental-grade whitening products to safely brighten natural teeth under the supervision of a qualified dentist.

Recommended For:

- Tooth discoloration
- Yellow teeth
- Cosmetic smile improvement

Duration:

60–90 minutes

Preparation:

A consultation may be recommended before treatment.

Recovery:

No recovery period is required.

Aftercare:

Avoid coffee, tea, red wine, berries, curry, tomato sauce, soft drinks with artificial coloring, and smoking for the first 24–48 hours.

Performed By:

Dr. Teimur Aliyev

Frequently Asked Questions

Q: Is whitening safe?

A: Yes. Professional whitening is considered safe when performed by qualified dental professionals.

Q: Does whitening damage teeth?

A: No. It does not damage healthy teeth when performed correctly.

Q: How long do the results last?

A: Results vary but commonly last between one and three years depending on oral hygiene and lifestyle.

Dental Fillings

Description:

Dental fillings repair teeth damaged by cavities or small fractures, restoring their shape, strength, and function.

Recommended For:

- Tooth decay
- Small fractures
- Damaged fillings

Duration:

30–60 minutes

Preparation:

No preparation required.

Recovery:

Avoid chewing until the local anesthesia wears off.

Aftercare:

Temporary sensitivity to hot or cold foods is normal for a short period after treatment.

Performed By:

Dr. Sarah Thompson

Dental Crowns

Description:

A dental crown is a custom-made cap that completely covers a damaged tooth to restore its strength, appearance, and function.

Recommended For:

- Severely damaged teeth
- Large fillings
- Root canal treated teeth
- Cracked teeth

Duration:

Usually two appointments.

Preparation:

The affected tooth must be prepared before the crown is placed.

Recovery:

Minimal.

Aftercare:

Avoid chewing extremely hard objects with crowned teeth and maintain excellent oral hygiene.

Performed By:

Dr. Olivia Green

Dental Bridges

Description:

Dental bridges replace one or more missing teeth by using neighboring teeth or implants as support.

Recommended For:

- Missing teeth
- Restoring chewing ability
- Improving appearance

Duration:

Usually two appointments.

Preparation:

Dental examination and consultation are required.

Recovery:

Minimal.

Aftercare:

Brush and floss carefully around the bridge to maintain healthy supporting teeth.

Performed By:

Dr. Olivia Green

Dental Veneers

Description:

Dental veneers are thin ceramic shells permanently bonded to the front surface of teeth to improve their appearance.

Recommended For:

- Discolored teeth
- Chipped teeth
- Small gaps
- Uneven teeth
- Cosmetic smile enhancement

Duration:

Usually two appointments.

Preparation:

Consultation required.

Recovery:

No significant recovery period.

Aftercare:

Avoid using your teeth to bite hard objects or open packages.

Performed By:

Dr. Teimur Aliyev

Implant Consultation

Description:

An implant consultation determines whether dental implants are the right solution for replacing missing teeth. The dentist evaluates your oral health, bone condition, and treatment options.

Recommended For:

- Missing teeth
- Considering dental implants
- Long-term tooth replacement

Duration:

30-45 minutes

Preparation:

Previous dental records or X-rays may be helpful but are not required.

Recovery:

No recovery period.

Performed By:

Dr. Michael Brown

Frequently Asked Questions

Q: Will I receive implants during the consultation?

A: No. The consultation is used to evaluate your suitability and create a treatment plan.

Q: Do I need X-rays?

A: Your dentist may recommend digital X-rays or additional imaging if necessary.

Dental Implants

Description:

Dental implants are artificial tooth roots placed into the jawbone to permanently replace missing teeth. They provide a stable foundation for crowns and closely resemble natural teeth in appearance and function.

Recommended For:

- Missing teeth
- Long-term tooth replacement
- Improved chewing function
- Improved smile aesthetics

Duration:

Treatment is completed in several stages over multiple months.

Preparation:

A consultation and diagnostic imaging are required before treatment.

Recovery:

Healing time varies depending on the individual patient.

Aftercare:

Maintain excellent oral hygiene and attend all follow-up appointments.

Performed By:

Dr. Michael Brown

Frequently Asked Questions

Q: Do implants hurt?

A: Implant placement is performed under local anesthesia, and most patients experience only mild discomfort afterward.

Q: How long do implants last?

A: With proper care, dental implants can last for many years or even decades.

Root Canal Treatment**Description:**

Root canal treatment removes infected tissue inside the tooth while preserving the natural tooth whenever possible.

Recommended For:

- Severe tooth pain
- Deep cavities
- Tooth infection
- Damaged tooth nerve

Duration:

60–90 minutes.

Preparation:

No preparation is required.

Recovery:

Most patients return to their normal activities the same day.

Aftercare:

Avoid chewing with the treated tooth until permanent restoration has been completed.

Performed By:

Dr. David Wilson

Tooth Extraction**Description:**

Tooth extraction removes a tooth that cannot be repaired due to severe damage, decay, infection, or overcrowding.

Recommended For:

- Severely damaged teeth
- Advanced tooth decay
- Overcrowding
- Non-restorable teeth

Duration:

20–45 minutes.

Preparation:

Dental examination required.

Recovery:

Initial healing usually takes several days.

Aftercare:

Avoid smoking, alcohol, drinking through a straw, hot drinks, and heavy physical exercise during the first 24 hours.

Performed By:

Dr. Sophia Walker

Wisdom Tooth Removal

Description:

Wisdom teeth are removed when they become impacted, painful, infected, or cause crowding.

Recommended For:

- Impacted wisdom teeth
- Pain
- Swelling
- Infection
- Crowding

Duration:

30-60 minutes depending on complexity.

Preparation:

Consultation and X-rays may be required.

Recovery:

Recovery usually takes several days.

Aftercare:

Follow all instructions provided by your oral surgeon and avoid disturbing the extraction site.

Performed By:

Dr. Sophia Walker

Braces

Description:

Traditional braces gradually move teeth into proper alignment using brackets and wires.

Recommended For:

- Crooked teeth
- Bite problems
- Misaligned teeth
- Crowded teeth

Duration:

Treatment commonly lasts between 12 and 24 months.

Preparation:

Orthodontic consultation required.

Recovery:

No recovery period.

Aftercare:

Brush carefully around brackets and attend regular adjustment appointments.

Performed By:

Dr. James Carter

Invisalign

Description:

Invisalign uses a series of clear removable aligners to gradually straighten teeth with minimal impact on appearance.

Recommended For:

- Mild to moderate alignment problems
- Adults
- Teenagers

Duration:

Typically 6–24 months depending on the case.

Preparation:

Orthodontic consultation required.

Recovery:

No recovery period.

Aftercare:

Wear aligners for the recommended number of hours each day and remove them only for eating, drinking, and cleaning.

Performed By:

Dr. James Carter

Gum Treatment

Description:

Gum treatment focuses on preventing and treating gum disease to improve long-term oral health.

Recommended For:

- Bleeding gums
- Swollen gums
- Gum recession
- Periodontal disease

Duration:

Depends on the treatment required.

Preparation:

Dental examination required.

Recovery:

Varies depending on the procedure performed.

Aftercare:

Brush and floss regularly and follow your dentist's recommendations.

Performed By:

Dr. Emily Roberts

Pediatric Dentistry

Description:

Pediatric dentistry provides preventive and restorative dental care specifically designed for infants, children, and teenagers.

Recommended For:

- Children of all ages.

Duration:

20–40 minutes.

Preparation:

Parents are encouraged to accompany young children during appointments.

Recovery:

Routine visits require no recovery time.

Performed By:

Dr. Anna Müller

Emergency Dental Care

Description:

Emergency dental care is available for urgent dental conditions requiring prompt professional attention.

Examples:

- Severe tooth pain
- Broken tooth
- Knocked-out tooth
- Facial swelling
- Lost filling
- Lost crown
- Dental trauma

Availability:

Emergency appointments are offered during clinic working hours whenever possible.

Performed By:

The most appropriate available dentist based on the patient's condition.

Digital Dental X-Ray

Description:

Digital dental X-rays help dentists identify problems that cannot always be seen during a visual examination.

Recommended For:

- General diagnosis
- Treatment planning
- Implant planning
- Root canal treatment
- Monitoring oral health

Duration:

5–10 minutes.

Preparation:

No preparation is usually required.

Recovery:

No recovery time.

Performed By:

The treating dentist whenever clinically necessary.

Smile Makeover Consultation

Description:

A Smile Makeover Consultation evaluates your smile and discusses cosmetic treatment options that may improve the appearance of your teeth.

May Include:

- Teeth Whitening
- Dental Veneers
- Invisalign
- Crowns
- Cosmetic Bonding
- Smile Design

Duration:

30-45 minutes.

Preparation:

No preparation is required, although previous dental records may be helpful.

Recovery:

No recovery period.

Performed By:

Dr. Teimur Aliyev

Frequently Asked Questions

Q: Will treatment be performed during this visit?

A: No. The consultation is used to evaluate your smile, discuss your goals, and recommend suitable treatment options.

Q: Can multiple cosmetic treatments be combined?

A: Yes. Depending on your goals, your dentist may recommend combining several cosmetic procedures as part of a personalized smile makeover plan.