

# SmileMore

Dental Care



Family Care

Preventive care is at the heart of what we do, as we believe prevention is better than cure. Caring for your teeth and gums, providing you with peace of mind, and sorting out any problems that may arise quickly and effectively is all part of our commitment to your dental health.

Seeing you regularly for detailed dental examinations, appointments with our hygienists and advice on looking after your teeth at home, means we can significantly reduce the impact of tooth decay and prevent gum disease – the largest cause of tooth loss among adults in the UK.



Dr Paul Abrahams: “We are dedicated to providing the whole family the best of care in a comfortable and relaxing environment.”

### **Prevention and Continuing Care**

Our treatments include all areas of general dentistry, such as tooth-coloured fillings, crowns, implants and orthodontics (tooth straightening). Our dentist, Dr Paul Abrahams, will examine your mouth carefully, looking for problems ranging from tooth decay and erosion to more serious ailments like mouth cancer. By seeing the dentist as often as is recommended, any issues can be identified at an early and treatable stage.

We can also help if you are experiencing other common problems like jaw pain, or tooth-grinding. We are one of a very few practices in the UK to have an electronic scanning device (the T-Scan) to help evaluate the 'bite', which can help in the treatment of these types of problems.

We use the latest digital X-ray and intra-oral camera equipment and a state of the art laser to help with many of our procedures. When required, we work in conjunction with a highly skilled team of specialists who can assist with any treatment.

Our hygienists play a vital role in your oral healthcare. You need to see them once or twice a year to help ensure you can avoid problems, particularly those associated with gum disease, which can often go unnoticed in the early stages. They will help ensure your teeth are smooth, clean and free of staining. They also give advice on the best way of brushing, teach easy ways to clean between your teeth and help you to choose the right dental care products for your needs.

The shortest distance  
between people is a smile.

### **SmileMore Children's Care Programme**

Caring for children's teeth is extremely important. They should have regular examinations from as young as two and visit the hygienist from the age of four. We want to help children learn good oral healthcare habits, which will last for years to come. If there are problems, such as crooked teeth, we can advise on orthodontics.

At the first visit we aim to help children to get to know the dentist and feel safe and secure in the practice. Dr Paul Abrahams is a father of four himself and so is at ease with helping children familiarise themselves with visiting the dentist.

We undertake a full preliminary examination, helping to identify any potential problems. Our hygienists will help with dietary prevention advice and demonstrate brushing technique and the best ways to keep teeth clean and healthy.



## **SmileMore Children's Care Programme**

### **Age 2-5**

At this stage your children will be in primary dentition (no adult teeth) and we will try to establish their confidence in us and help get the right preventive regime in place. We would recommend one to two visits a year with Paul and one visit a year with the hygienist. We welcome the active involvement of mums and dads (and brothers and sisters!) to make these early visits as fun as possible.

### **Age 6-12**

Children are now entering the 'mixed dentition' phase. The first adult teeth normally come at about six years old. You can expect to begin to see lower front teeth, and at the back, the six year-old molar. We would recommend two visits a year with Paul and the hygienist. As they grow through this age range we will be encouraging them to take full responsibility for their own dental care. As a preventive measure we recommend the 'sealing' of all erupting adult molars. At this stage we will assess your children for any possible 'crowding' and refer to our orthodontist, Dr Kiarash Banai, as necessary.

### **Age 13-18**

In most children all the adult teeth will now be through. Many children will also still be wearing braces. Again we would recommend two visits a year with both Paul and the hygienist. As the children leave their teens we hope we can help to instil the best preventive regime possible so they can enjoy happy healthy teeth for life!

Occasionally some children will need special care to help them with their treatment. Dr Michael Atar is specialist paediatric dentist who has trained in Switzerland and London. Where necessary Dr Atar will be happy to help your children with any more challenging procedures.

Smile – sunshine is good for  
your teeth.

We are an independently owned dental practice offering dental care to both adult and young patients on a private only basis. We have been established in St John's Wood for more than 15 years.

### Our dentist

Dr Paul Abrahams BDS (London) 1989

### Opening hours

Monday	9.00am to 5.30pm
Tuesday	8.00am to 5.00pm
Wednesday	9.00am to 5.00pm
Thursday	10.30am to 7.00pm
Friday	8.00am to 5.00pm

### Appointments and emergency treatment

If possible, it is best to call us at the practice as early as possible, so we can see you on the same day.

For emergency help outside surgery hours, please telephone 07659 116699 or 020 7935 9905.

### How to find us

Our practice is conveniently located in the heart of St John's Wood, just round the corner from St John's Wood Underground Station.

**63 St John's Wood High Street  
London NW8 7NL**

**Telephone: 020 7586 1210**

### Parking

There is on-street metered car parking available nearby, plus an NCP car park in Kingsmill Terrace. Meter parking is by credit card payment only.

### More information

If there is anything that you would like to know about the practice please call us, or if you prefer, email any questions to Dr Paul Abrahams at:

[paul.abrahams@smilemoredentalcare.com](mailto:paul.abrahams@smilemoredentalcare.com)

Interest-free finance is available on all treatments, with tailor-made solutions to suit all individual needs.

