



Welcome to Gunn Dental Care

IF YOU'RE LOOKING FOR EXCELLENT DENTAL CARE, FROM A CARING AND PROFESSIONAL TEAM, YOU'LL FIND GUNN DENTAL CARE ARE COMMITTED TO HELPING YOU ACHIEVE THE BEST, HEALTHIEST SMILE YOU CAN IMAGINE.

Our patients and their families appreciate our attention to helping them keep their mouths as strong and healthy as possible, so they reduce their risks of requiring future treatment, and let them know everything we are seeing, thinking and doing for them.

All patients should have regular dental health checks to assess health and catch anything going awry really early - most patients benefit from regular hygiene appointments to help them control the factors that cause dental problems.

Fantastic service, warm and friendly staff at ALL times. Comfortable and clean, very attentive and caring at ALL times too. ”

Our practice philosophy

We place emphasis on prevention and patient education, building close relationships with our patients. Patient care and goodwill are extremely important to us.

We work with you to achieve optimum dental health, we are dedicated to providing you with the very best quality in all aspects of dental care.



We're welcoming new patients

New patients are always welcome at the practice. In your first visit we will see how healthy your teeth and gums are, and come up with an action plan to keep them that way. If we find something that is not healthy, we will take great care in working out an action plan to get you healthy.

Meet the team caring for you



PRACTICE PRINCIPAL DR. ROSS GUNN

BDS (Lond) 2004
GDC Number: 83815

Ross moved to Yorkshire in 2013 after spending nine years in a successful practice in Norfolk. He has been placing implants for ten years and has recently completed the Practical Implant Dentistry course and he is a member of BACD. Ross and Roo are married and have two young sons Krishan and Narayan.



PRACTICE PRINCIPAL DR. ROOPIKA SOOD

BDS (Lond) 2004 MJDF (RCS Eng) PgCert Ed
GDC Number: 83897

In addition to working successfully in practice, Roo has trained as a Maxillofacial SHO in Peterborough District Hospital and has been a Foundation Dentist Trainer. She has an interest in orthodontics, providing clear and comfortable teeth straightening with Invisalign® and Quick Straight Teeth® for adults and children. She qualified from The London Dental Hospital in 2004 and is a member of the Royal College of Surgeons.



“ The whole team always do a great job and ALWAYS make you feel welcome. They put you at ease throughout your visit and provide a thoroughly professional service. ”

Practice services

GUNN DENTAL CARE PRIDE OURSELVES IN PROVIDING A WIDE RANGE OF HIGH QUALITY DENTAL TREATMENTS TO OUR PATIENTS.

Regular dental care programme - you will receive a thorough oral health examination and assessment utilising intra-oral cameras and low dose radiography with time to fully discuss your treatment options.

High quality general dentistry - we use the latest techniques and best dental materials available.

Regular dental hygiene visits - to help you achieve and maintain optimal dental health the hygienists provide thorough teeth cleaning, dental health education and oral hygiene advice.

Cosmetic dental treatments - fully understanding the importance of a healthy and attractive smile and how it may affect the way you feel, we offer a range of cosmetic procedures including:

- **Tooth whitening**
- **Crowns, bridges and veneers**
- **White fillings**
- **Ceramic fillings in one visit**
- **Adult orthodontics and virtually invisible braces.**

Implantology - missing teeth can be replaced using the latest dental implant techniques.

Hygienist - maintain healthy teeth and gums aswell as fresh breath with the help of our hygienist.

Payment methods

We accept cash, cheque, and most major credit and debit cards (Visa, Mastercard and Visa Debit).

We also provide payments plans, please ask a member of the team for further details.



Accident and emergency cover

Our surgery hours should cover most times that you need to see a dentist in an emergency situation. However, if you require urgent treatment or advice out of hours simply call the main practice number to obtain an emergency telephone number for the dentist on call. Please note, that if we do need to open the surgery out of hours, a charge will be made.

Achieve straighter teeth



Have you always wanted a perfectly straight smile, to close a gap between your teeth or correct protruding teeth without wearing metal braces?

There is now a revolutionary new way to straighten your teeth using Invisalign® virtually invisible braces. This orthodontic system uses a series of clear aligners that are custom-moulded to fit your teeth and gradually apply gentle pressure to your teeth to reposition them over time.



THE STAGES INVOLVED IN YOUR TREATMENT:

STAGE 1

Your free consultation

During your first visit, Dr Sood will address all your dental needs and concerns and assess your suitability for treatment with Invisalign®.

This initial consultation is free of charge. If you decide to go ahead with treatment, Dr Sood will take bite impressions of your teeth and photographs which she will send directly to Invisalign® along with your personalised smile plan.

STAGE 2

Your clear aligners are made by Invisalign®

Invisalign® technology uses advanced 3D computer imaging, to transform the bite impressions into a custom-made series of clear and removable aligners.

This is overseen by Dr Sood and adjusted by the specialist orthodontic team at Invisalign®. There may be as many as 48 in the series or as few as 12, depending on your individual treatment plan.



CONTINUED...

STAGE 3

You receive your new aligners

At your next visit to us, you will receive your first set of aligners. Each set of aligners should be worn for 1-2 weeks. We will usually give you a few additional sets for you to wear before you return for your progress visit.

STAGE 4

You wear your aligners

You'll wear each set of aligners day and night, removing them only to eat, drink, brush and floss. You will change your aligners every one to two weeks as your teeth gradually move.

Total treatment time averages 6-12 months, but will vary from case to case. We will require you to visit us every six weeks or so, to ensure that your treatment is progressing as planned.

STAGE 5

You've finished treatment!

Congratulations! When you've finished wearing each aligner in the series, your treatment will be complete and you will have the perfectly aligned, beautiful smile you've always wanted.

When compared to traditional fixed metal braces, Invisalign® has several advantages:

Convenient - it does not disrupt your lifestyle, you can remove your aligners to eat the food you want and clean your teeth.

Discrete - since the aligners are virtually invisible, most people won't even notice you're in treatment.

Comfortable - there are no metal wires or bands to irritate your mouth.

Predictable - as digital technology is used to plan and create your trays, you can be assured of the smile you want.

If you have crooked teeth, unwanted gaps or require teeth straightening treatment, then please call the practice today.

“ The Invisalign® aligners were the perfect solution for me. The clear plastic aligners are much less noticeable than metal braces and can be easily removed for eating. If you persist with the full term of the plan you will be happy with the results. ”

Dental Implants and IV sedation



Dental implants have proven to be the answer to many patients' dental problems both functional and aesthetic.

By replacing just one tooth to a full arch reconstruction, they enable the restoration of a natural smile, improving patient comfort and confidence.

WHAT ARE DENTAL IMPLANTS?

A dental implant is a titanium rod that is gently placed directly into the jawbone, to act as an anchor to support one or more crowns, bridges or a denture.

One major advantage of an implant is that it avoids the need to drill down the teeth either side of the 'gap', which would normally be necessary in preparation of a conventional bridge. The implant also stimulates the bone, reducing later shrinkage of the jaw.

Implants can also be used as anchors to improve the stability and retention of loose dentures. Patients find great improvement during speech and eating, increased comfort and renewed confidence.

WHO CAN HAVE IMPLANTS?

Dr Gunn will carry out a thorough examination, taking appropriate x-rays or a CT scan to see if your case is suitable. It can be dependent on the condition of the bone in the area of the planned implants. Occasionally there is not enough bone, or it is not healthy enough to proceed without additional treatment.

WHAT DOES THE TREATMENT INVOLVE?

Placing of the implants is carried out at the surgery. It involves a simple operation which is carried out under normal local anaesthetic. The after effects are similar to having a tooth extracted i.e. you may feel mild discomfort due to the normal healing process.

The implant must be allowed to bond (integrate) with the bone. This can take 3-6 months depending on the individual case. During this time it is possible to make a temporary replacement for your missing teeth.

Once healing and integration have occurred the permanent replacement is made and fitted.

IV Sedation

Sometimes we need a bit of extra relaxation in order to undertake the treatment we would like or require to restore our oral health.

Gunn Dental Care is now offering sedation for more complex treatments, including the placement of dental implants and removal of wisdom teeth. We have dedicated personnel who are trained to provide the best available care to help put anxious minds at ease.

If you wish to find out more information then please don't hesitate to ask any member of the team.

Teeth in a day



Dr Gunn has extensive experience in providing teeth in a day including single teeth to full arch implant supported teeth.

Often we can remove failing teeth and fit implants and provisional bridges in a single session often lasting only 90 minutes.

HOW SUCCESSFUL IS THE TREATMENT?

Implantology is a tried and tested treatment and 98% of modern implants last for 15-20 years. On a rare occasion where integration does not occur and the implant is loosening, it can be easily removed and the site allowed to heal with placement of an implant at a later stage.

Being implanted into the bone, as with your natural teeth, implants require thorough cleaning. If this is not carried out, you may experience problems similar to that of gum disease with infection around the implant resulting in bone loss, loosening and failure.

Cleaning around the implants is no more difficult than cleaning your natural teeth and we will strongly advise all patients to visit the dental hygienist on a regular basis. This will help to maintain the healthy status of the implant and the rest of the teeth and gums.

If you have any questions regarding implants, please do not hesitate to contact us at Gunn Dental Care to make an appointment for a consultation. We will assess your suitability and explain fully your treatment options, the stages of treatment and estimated costs.

“ I thought about getting dental implants for a long time and I was very cautious as I needed more than one. Having implants is a commitment and a journey and it is vital you have the best possible expertise and care from the outset.

Ross and the whole team at Gunn Dental Care were excellent from start to finish. The attention to detail, skill and overall care was superb, I could not have asked for more.

Four implants later, I can now smile with confidence. I have already recommended Gunn Dental Care to colleagues, friends and family and I highly recommend them to anyone considering implants. ”

Maintain healthy teeth and gums



Hygienist services

Preventing dental disease is a fundamental part of our work here at Gunn Dental Care. Our aim is to help you achieve and maintain optimal dental health through regular hygienist visits.

UNDERSTANDING GUM DISEASE

GINGIVITIS

The main cause of gum disease is poor hygiene. When brushing and flossing techniques are not carried out effectively, this allows plaque to build up along the gum line.

Plaque contains harmful bacteria resulting in the infection and inflammation of your gingivae or 'gums'. This condition is known as gingivitis and nearly all adults suffer from this to some degree. Bleeding when brushing or flossing your teeth is one of the earliest signs of gingivitis.

Plaque left for any length of time will start to harden and form calculus or 'tartar' on your teeth. This cannot be removed by tooth brushing alone, it requires specialist scaling and polishing by your hygienist or dentist. At this early stage, gum disease is reversible.

Regular visits to the hygienist will help you return to maintain gingival health.

PERIODONTAL DISEASE

Left untreated, gum disease may progress to a more severe condition known as periodontitis. This is the primary cause of tooth loss in adults. Here the bacterial infection progresses to the deeper supporting tissues of the teeth known as the periodontal tissues, which includes inside the bone. As the disease progresses, the bone supporting the teeth is lost. The teeth become loosened, abscesses can form and teeth may eventually be lost.

SMOKING AND ORAL HEALTH

Patients who smoke are far more likely to suffer with more severe gum problems. Smoking reduces the blood supply to the gums. This has an adverse effect on the healing process, so infections in the gums are slow to heal. Our hygienist will be happy to discuss the various methods now available to help patients give up smoking.

WHAT CAN A DENTAL HYGIENIST DO TO HELP YOU?

Our hygienists work closely with the dentists.

They will:

- Thoroughly clean your teeth removing plaque, tartar and stains, creating an environment for your gums to return to optimal health.
- Teach oral hygiene techniques, individually tailored to your particular needs, helping maintain this environment and prevent gum disease and tooth decay.
- Educate children as to the importance of good brushing and diet, giving them the very best chance of staying decay free.
- Give dietary advice to prevent decay.

The result:

- Clean teeth and fresher breath
- With care and cooperation on your part, we help you attain optimal dental health.

Achieve the smile you desire



Cosmetic dental treatments

At Gunn Dental Care, we fully appreciate the importance of a healthy and attractive smile. We understand how the appearance of your teeth can greatly affect the way you feel about yourself. We will listen sympathetically to your concerns and advise you on the best way to achieve your desired result.

We are able to offer a wide range of cosmetic treatments using the latest in dental technology including:



TOOTH WHITENING

The teeth can be restored to their natural colour by tooth whitening. This can be achieved at home using a mild bleaching gel placed in custom-made trays that are worn at night or in surgery power whitening. The technique produces an improvement in the brightness of the teeth with only minimal treatment.



COMPOSITE FILLINGS

Even though we are taking better care of our teeth than ever before, only the lucky few of us will avoid the need for a filling at some point in our lives.

A filling may be required for various reasons including decay, damage or wear to the surface of the tooth.

For aesthetic reasons, many people now opt for composite resin (tooth coloured) fillings over metal coloured amalgam.

Composite fillings (made from a mixture of plastic and glass called silicone dioxide) have been used for over forty years. Originally the materials used were considered inferior to metals, however modern composite fillings now prove just as hard-wearing and durable as amalgam. Today they are used in all teeth.



BRIDGE

A bridge is used as a fixed replacement for one or more missing teeth. They are both aesthetic and functional, restoring your natural bite and preventing unwanted movement of the adjacent teeth and over eruption of the tooth opposite the gap.

In simple terms, they can be viewed as crowns joined together and cemented on the supporting teeth, with a fixed false tooth in between to 'bridge the gap'. They are a very desirable alternative to a removable partial denture.

Achieve the smile you desire



Cosmetic dental treatments



VENEERS

Veneers are thin, custom-made shells crafted of tooth-coloured materials designed to cover the front side of teeth to improve the overall appearance of teeth. They are made of either thin plastic resin or porcelain and can be placed to:

- **Correct poorly formed or mildly mal-positioned teeth**
- **Close gaps between teeth**
- **Mask internal stains**
- **Restore partially broken-down teeth.**

Tooth preparation is minimal and confined to the enamel structure. The veneer is bonded to the tooth structure with tooth-coloured resin cement. Several visits are necessary to complete treatment.

Patients should be aware that this is usually an irreversible process, because it's necessary to remove a small amount of enamel from your teeth to accommodate the shell.



CROWNS

A crown is a cap that is placed over a tooth and held in place by dental adhesive or cement.

Crowns are used for several reasons:

- **As a protective cover for badly decayed teeth or fractured teeth**
- **As a permanent restoration for teeth with large fillings**
- **To correct minor problems in natural teeth like spacing and irregular shape or severe discolouration.**

Crowns can be made from a variety of materials. They can be made from plastic, ceramic or metal alloys. A combination of metal and ceramic is also possible, to maximise strength and simulate the appearance of natural teeth.



IMPLANTS

An implant is a device that is gently placed into your jaw to act as an anchor for a single crown, bridge or to hold a denture. The implant provides an independent tooth that replaces stimulus to the bone, reducing later bone shrinkage.

Opening hours

MONDAY	9.00am - 5.00pm
TUESDAY	9.00am - 6.30pm
WEDNESDAY	9.00am - 6.30pm
THURSDAY	8.00am - 4.00pm
FRIDAY	9.00am - 4.30pm

Appointment scheduling

We understand that you have a busy schedule and recognise the need to provide an efficient service. We will make every effort to see you at your scheduled appointment time.

There will be no charge for changing your appointment provided that we are given at least 48 hours' notice. We will charge for missed appointments or late cancellations. This allows us to run efficiently and keep our fees at a reasonable level for you.



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