

All you need to know about Bamboo

Deep Dive Information Sheet v3

Here's the Q&A of all Q&As about all things Bamboo.

General

Where can I park my car when I visit Bamboo?

We have an on-site car park around the back of the building. When you arrive, please drive up the driveway and park in one of the Bamboo bays.

Are you open on weekends?

Yes, we are open 6 days a week, including on Saturday. We are also open early and late during the week. Our opening hours are: Monday 8am to 5pm, Tuesday and Wednesday 8am to 8pm, Thursday 8am to 6pm, Friday and Saturday 8am to 4pm.

What treatments are available at Bamboo?

At Bamboo, we offer a range of cosmetic dentistry services for adults. Our treatments include teeth straightening (Six Month Smiles & Invisalign®), Emax veneers, composite veneers, composite bonding and professional teeth whitening.

Can I visit Bamboo for cosmetic treatments without being a regular patient?

Yes of course, we see new patients interested in cosmetic dentistry all the time. If you are interested in one of the treatments above, simply get in touch or come in for a consultation and we can advise you on which treatment, if any, may be best for you.

Do you offer Finance?

Yes, we have monthly payment plans available with our credit brokers Medenta Finance Limited and V12 Finance Limited. For treatment plans over £350, we offer plans that can be spread at 0% interest up to 24 months. Up to 18 months with no deposit. To benefit from the interest free option at 24 months, a 30% deposit would be required.

What happens during a consultation and how much is it?

Consultations are the best way to get the best advice. They are held by our cosmetic dentists who will be able to talk through the different options available to you. That cosmetic dentist would also carry out your treatment if you went ahead so it's a great way to meet them. Consultations usually last around 30 minutes where you will discuss your concerns, the dentist will take a look at your teeth and they will then advise the treatments available to you. If suitable, a treatment plan will be put together for you there and then. Some scans of your teeth may also be taken. Consultations are free, we just need a £35 refundable deposit to secure the appointment at the time of booking.

I get very nervous about visiting the dentist. Can you do anything to put me at ease?

At Bamboo, we are proud of our professional yet relaxed and welcoming atmosphere. As soon as you have booked your consultation, we will send you some key information on what to expect. Our team of friendly dentists

and staff are here to ensure you are comfortable and happy throughout your journey. Once in the surgery room, our dentists and nurses will talk you through the procedure at every step of the way. Does music relax you? We have music playing in each of our surgeries. If you are nervous, please let us know and we will do our best to put you at ease.

I don't know what I want, where do I start?

We often see this - we love it because it means we can have a conversation with you about all of the options available to you. If you don't know what you want or what treatment would be best for you, then we would recommend sending in a few photos of your teeth via our website along with some information on what you are hoping to achieve. Our cosmetic dentists will take a look. We will then back to you with some initial advice on the possible treatments suitable for you. Alternatively, you can also start by chatting to us or browsing through our Library of documents on our treatments.

How often would I have to come to Bamboo during a treatment?

It really depends on the treatment. If you are having a teeth straightening treatment, then we would need to see you once a month for the duration of the treatment for reviews and adjustments. If you are having veneers, then once you have committed to the treatment, you would come in three or four times for a try-in (if you opt for one), 'prep' appointment and then the 'fit' appointment. Once you have finished with the treatment, we will ask you to come back three months later for a review to check that you are still happy with everything.

Treatments

Does the Six Month Smiles really last six months?

The clear fixed brace Six Month Smiles treatment is a cosmetic teeth straightening treatment that focuses on the teeth you show when you smile. Typically, the top 10 and bottom 10. Thanks to this, it means that the treatment times can be significantly reduced compared to traditional treatments. This makes it a perfect treatment for adults. So, as the name suggests, it generally will last around six months. Depending on the individual, it can often be less 4-5 months, and sometimes it can be more 7-8 months.

Which is best for adults, braces or aligners?

If you are suitable for both, it will really depend on what your preference is and what is best for your lifestyle. The clear fixed braces are best if you just want something to do its magic and you don't have to do anything. The removable aligners are usually best for people who want a bit more flexibility with the ability to remove them for any special occasions.

What's the difference between the Invisalign® packages?

We have three Invisalign® packages - Express i7, Lite and Full. Express i7 lasts approximately 7 weeks and is a treatment that is for people who need minor teeth movements. Our Invisalign® Lite treatment is the most popular of the three packages and lasts approximately 14 weeks. Sometimes some additional aligners may be needed. And Invisalign® Full is for more complex cases which can last up to 2 years and can't be completed with Invisalign® Lite.

How long do I have to wear the Invisalign® aligners for?

Each Invisalign® aligner is usually worn for one week before moving on to the next. Depending on your treatment plan, this may change so please seek advice from your cosmetic dentist or contact us at any time if you are unsure.

Can you just have one arch?

Yes, you can just straighten one arch. Sometimes, in order to align the one arch, the other arch may be needed as well.

For veneers treatments, you can also have one arch. In fact, most people will only have the top arch.

After straightening, how do the teeth stay straight?

At Bamboo, the teeth straightening packages include a fixed retainer as well as a removable retainer. Once you have completed the teeth straightening and you are happy with your new straight smile, you will be fitted with a fixed retainer. This is a thin wire that gets placed behind your front teeth. It is unnoticeable and will help avoid movement in the teeth. You will also be given a removable retainer. The removable retainer will need to be worn full-time for six months and then every night for the rest of your life or however long you want your teeth to stay straight. The use of both together will help your teeth stay straight.

Do you have natural looking veneers?

Yes, the shade and shape of your veneers is totally up to you. Our Emax veneers are hand painted by the lab so the options are endless. You can have them as natural as you want or as white as Hollywood white. You will be shown the different shades and the dentist will also be able to advise you.

We also have a smile design guide to help you decide on what shape you would like them to be.



Can you have a full mouth of veneers?

We often have people ask for a full mouth veneers treatment. While this is possible, most of our patients will have between 8 and 10 veneers per arch. This is because we usually place veneers on the teeth you show when you smile and the back molars usually do not need veneers.

How painful are the teeth straightening treatments?

It doesn't hurt to have the braces or aligners fitted. There will be some discomfort once they are on and the teeth start moving. This should only last the first 3-4 days and should ease after that. Then when the braces are tightened or you move on to a new set of aligners, there may be some slight discomfort as your teeth start moving into that position.

Can you have a mix of treatments?

Yes, you can mix treatments depending on what you are hoping to achieve. For example, our veneers are best suited to people with fairly straight teeth. People will often opt for a teeth straightening treatment first and then followed by veneers. Similarly with composite bonding, you can have a teeth straightening treatment to align your teeth and then finish off the smile with some composite bonding.

Can you have treatment while pregnant?

Depending on where you are with your pregnancy, there are some aspects which can be done while pregnant and others which will need to wait until after the baby is born.

Elective cosmetic procedures are always best left until after the baby has arrived, so if you are pregnant and want to come in for a consultation that's fine but maybe we will defer treatment start for a few months. If you fall pregnant during treatment then this is fine. All X-rays would have been taken care of before commencement of treatment.

Do you do regular general dentistry?

Unfortunately, we don't offer stand-alone treatment plans for general dentistry (fillings, bridges, hygiene etc..). If you are interested in a cosmetic treatment and at the consultation the dentist recommends having general work done before having the cosmetic treatment, then this can be added on to your treatment plan and completed here with us.