

Smile Art Clinic – Patient Guide

Meet Our Expert Dentists:

- **Dr. Mouad Houssini** – Specialist in **Implant Surgery & Oral Surgery**
- **Dr. Yassir Lakhel** – Specialist in **Orthodontics & Invisalign**
- **Dr. Anass Fikhar** – Specialist in **Aesthetic Dentistry & Hollywood Smile**
- **Dr. Faissal Boudouh** – Specialist in **Laser Dentistry & Smile Design**

Our Services:

Smile Designer – Custom smile transformations

Aesthetic Dentistry – Teeth whitening, veneers, and cosmetic treatments

Implant Surgery – High-quality dental implants for missing teeth

Orthodontics – Traditional braces and modern teeth alignment

Invisalign – Nearly invisible aligners for a perfect smile

Hollywood Smile – A complete smile makeover

Laser Treatments – Advanced painless dental procedures

Opening Hours:

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- **Monday - Saturday:** 09:00 AM - 05:00 PM
- **Sunday:** Closed

Exception:

- **Wednesday:** Dedicated to surgical procedures only. On this day, we do not receive regular patients—only those scheduled for operations.

Address: 09 Avenue Tarik Ibn Ziad, Al Hoceïma

Contact: 05398-41005

Email: smileartclinic22@gmail.com

Instagram: @smile.art_clinic

Overview of Prices

(Prices may vary based on individual cases and required treatments.)

Consultation & Diagnosis – **FREE / 200 MAD** (depending on service)

Teeth Cleaning & Polishing – **400 - 700 MAD**

Teeth Whitening – **1,500 - 2,500 MAD**

Dental Veneers (Per Tooth) – **2,500 - 3,500 MAD**

Dental Implants (Per Tooth) – **7,000 - 10,000 MAD**

Braces (Traditional Orthodontics) – **10,000 - 20,000 MAD** (full treatment)

Invisalign (Clear Aligners) – **20,000 - 35,000 MAD** (full treatment)

Hollywood Smile (Full Veneer Set) – 20,000 - 50,000 MAD
Laser Gum Treatment – 1,500 - 3,000 MAD

Comprehensive Guide to Our Dental Treatments

At **Smile Art Clinic**, we are committed to providing high-quality dental care with advanced techniques and technology. Below, you will find a **step-by-step explanation** of each treatment to help you understand the process before booking your appointment.

Braces (Traditional Orthodontics)

Braces are used to correct misaligned teeth, bite issues, and gaps. The treatment takes several months to a few years, depending on the case.

Treatment Steps:

1- Consultation & Dental Examination

- Our orthodontist will examine your teeth and discuss your goals.
- X-rays and digital scans will be taken to assess alignment and jaw structure.

2- Treatment Plan & Cost Estimate

- Based on your X-rays, a customized treatment plan will be made.
- Estimated treatment duration and pricing will be explained

3- Teeth Preparation & Placement of Braces

- Teeth cleaning may be required before starting the process.
- Brackets are attached to your teeth, and wires are placed to start the alignment.

4- Regular Adjustments (Every 4-6 Weeks)

- You will visit the clinic regularly for adjustments to gradually move your teeth into place.

5- Braces Removal & Retainer Placement

- Once alignment is complete, braces are removed, and a retainer is provided to maintain results.

Duration: 12-36 months, depending on the case.

Pain Level: Mild discomfort for a few days after adjustments.

Cost Estimate: 10,000 - 20,000 MAD

Invisalign (Clear Aligners)

Invisalign is a modern alternative to braces that uses clear, removable trays to straighten teeth discreetly.

Treatment Steps:

1- Consultation & 3D Scan of Teeth

- The orthodontist will evaluate your smile and determine if Invisalign is right for you.
- A digital scan will be taken to create custom aligners.

2- Receiving Your Custom Aligners

- You will receive a set of clear aligners designed to gradually shift your teeth.
- You must wear each aligner for about **22 hours per day**, changing trays every **1-2 weeks**.

3- Regular Check-Ups

Every **6-8 weeks**, you will visit the clinic to monitor progress and receive new aligners.

4- Final Results & Retainer Use

Once your teeth are aligned, a retainer is provided to maintain the new position.

Duration: 6-24 months

Pain Level: Minimal discomfort

Cost Estimate: 20,000 - 35,000 MAD

Hollywood Smile (Veneers & Smile Makeover)

A Hollywood Smile is a full smile transformation using veneers, crowns, or other cosmetic procedures.

Treatment Steps:

1- Consultation & Smile Analysis

- Discuss your expectations with our aesthetic dentist.
- X-rays and scans will be taken to plan the best approach.

2- Teeth Preparation & Digital Smile Design

- A digital preview of your new smile will be created.
- Minimal enamel may be removed to prepare teeth for veneers.

3- Temporary Veneers (If Needed)

- Temporary veneers are placed while your custom veneers are being made.

4- Final Placement of Veneers

- Permanent veneers are bonded to your teeth for a natural, long-lasting smile.

Duration: 2-3 weeks

Pain Level: No pain or mild sensitivity

Cost Estimate: 20,000 - 50,000 MAD

Dental Implants (Replacing Missing Teeth)

Dental implants are artificial tooth roots that support a replacement tooth.

Treatment Steps:

1- Consultation & 3D X-Ray

- The dentist will check your jawbone density and determine if you are a candidate for implants.

2- Bone Grafting (If Needed)

- If your jawbone is too thin, a bone graft may be required before placing the implant.

3- Implant Placement Surgery

- A titanium implant is placed into the jawbone.
- Healing time: **3-6 months** to allow bone fusion.

4- Crown Placement

- A custom-made crown is attached to the implant for a natural look.

Duration: 3-6 months (depending on healing time)

Pain Level: Mild discomfort after surgery

Cost Estimate: 7,000 - 10,000 MAD per implant

Teeth Whitening (Brighten Your Smile)

Treatment Options:

1- Laser Teeth Whitening (In-Clinic)

- A special gel is applied to your teeth, and a laser is used to activate the whitening process.
- **Results:** Immediate, up to **8 shades whiter**.

2- Take-Home Whitening Kits

- Custom trays and whitening gel for gradual whitening at home.

Duration: Laser: 1 hour / Take-Home: 2 weeks

Pain Level: No pain, mild sensitivity possible

Cost Estimate: 1,500 - 2,500 MAD

Laser Gum Treatment (For Gum Disease & Dark Gums)

Treatment Steps:

1- Consultation & Gum Evaluation

- The dentist will assess the severity of gum disease or pigmentation.

2- Laser Treatment Session

- The laser removes bacteria, reduces inflammation, and reshapes the gums.

3- Healing & Follow-Up

- Gums heal within a few days with minimal discomfort.

Duration: 1-2 sessions

Pain Level: Painless with minimal recovery

Cost Estimate: 1,500 - 3,000 MAD

Braces (Traditional Orthodontics) – Payment Steps

1. **Initial Consultation & Treatment Plan → 300 MAD**
 - Includes a full mouth examination and discussion of treatment options.
2. **X-ray & Digital Scan → 600 MAD**
 - A panoramic X-ray and digital scan are taken to assess teeth alignment and jaw structure.
3. **Braces Placement (First Payment) → 2,000 - 3,000 MAD**
 - Covers the cost of brackets, wires, and the initial fitting.
4. **Monthly Adjustments → 500 - 700 MAD per month**
 - Regular check-ups and wire adjustments (required every 4-6 weeks).
5. **Braces Removal & Retainer → 1,500 - 2,500 MAD**
 - Final step to remove braces and provide a retainer to maintain alignment.

Total Estimated Cost: 10,000 - 18,000 MAD (spread over 1-3 years)

Invisalign (Clear Aligners) – Payment Steps

1. **Initial Consultation & Treatment Plan → 500 MAD**
 - Evaluation of teeth and suitability for Invisalign.

2. **3D Digital Scan & X-ray → 800 MAD**
 - Advanced imaging to design custom aligners.
3. **Aligners Manufacturing & First Payment → 7,000 - 10,000 MAD**
 - Covers the creation of the first set of aligners.
4. **Monthly Installments (If Needed) → 1,500 - 3,000 MAD per month**
 - Payment for additional aligners and regular check-ups (6-8 weeks apart).
5. **Final Retainer → 2,000 MAD**
 - Retainer provided at the end of treatment.

Total Estimated Cost: 20,000 - 35,000 MAD (paid over 6-24 months)

Hollywood Smile (Veneers & Smile Makeover) – Payment Steps

1. **Consultation & Smile Analysis → 500 MAD**
 - Discussion of expectations, X-rays, and digital smile preview.
2. **Teeth Preparation & Temporary Veneers → 5,000 - 7,000 MAD**
 - Minimal enamel removal and placement of temporary veneers.
3. **Permanent Veneers Placement → 2,000 - 3,500 MAD per tooth**
 - Final porcelain or composite veneers placed.
4. **Full Payment or Installments (Optional) → Payment per visit or in full**
 - Some patients choose to pay per session, while others pay upfront.

Total Estimated Cost: 20,000 - 50,000 MAD (depending on the number of veneers)

Dental Implants – Payment Steps

1. **Initial Consultation & X-ray → 700 MAD**
 - Full assessment of jawbone health and implant eligibility.
2. **Bone Grafting (If Needed) → 3,000 - 5,000 MAD**
 - Required if the jawbone is too thin to support an implant.
3. **Implant Placement Surgery → 4,000 - 6,000 MAD per implant**
 - Includes titanium post placement and initial healing.
4. **Healing Period (3-6 months) – No Payment**
 - Patients wait for bone integration before the next step.
5. **Crown Placement → 3,000 - 4,000 MAD per tooth**
 - Final artificial tooth is attached to the implant.

Total Estimated Cost: 7,000 - 10,000 MAD per implant (can be paid in stages)

Teeth Whitening – Payment Steps

1. **Consultation & Shade Analysis → 200 MAD**
 - Dentist evaluates tooth color and recommends a whitening method.
2. **In-Clinic Laser Whitening → 1,500 - 2,500 MAD**

- Immediate whitening with laser technology.
- 3. **Take-Home Whitening Kit (Optional) → 1,000 - 1,500 MAD**
 - Custom trays and whitening gel for at-home use.

Total Estimated Cost: 1,500 - 2,500 MAD (one-time payment)

Teeth Cleaning & Scaling – Payment Steps

1. **Consultation & Gum Health Check → 200 MAD**
 - Examination of gums and teeth.
2. **Ultrasonic Scaling & Plaque Removal → 400 - 700 MAD**
 - Removal of tartar and stains.
3. **Polishing & Fluoride Application → 200 MAD**
 - Smoothing and strengthening of enamel.

Total Estimated Cost: 400 - 700 MAD (one-time payment)

Laser Gum Treatment – Payment Steps

1. **Consultation & Gum Evaluation → 300 MAD**
 - Dentist checks gum health and pigmentation.
2. **Laser Treatment (Per Session) → 1,500 - 3,000 MAD**
 - Laser procedure to treat gum disease or dark gums.
3. **Follow-Up & Healing Check → Included in the price**

Total Estimated Cost: 1,500 - 3,000 MAD (depends on severity)

General Notes on Payment & Financing

- **Payment Methods:** Cash, credit card, and installment options available for expensive treatments.
- **Insurance Coverage:** Some services like dental implants and orthodontics may be partially covered.
- **Installment Plans:** Available for Invisalign, braces, and veneers to make payments more manageable.

Frequently Asked Questions (FAQs)

1- Does teeth whitening hurt?

Teeth whitening is generally **painless**, but some patients experience **temporary sensitivity** to cold or heat. This usually lasts a few hours to a couple of days. If you have sensitive teeth, we can recommend **desensitizing toothpaste** or a lower-intensity whitening treatment.

2. How long do dental implants last?

With proper care, **dental implants can last a lifetime**. The **crown (visible part)** typically lasts **10-15 years** before needing a replacement. Good oral hygiene, regular check-ups, and avoiding smoking can extend the lifespan of your implant.

3. What's the difference between braces and Invisalign?

- **Braces:** Fixed metal or ceramic brackets attached to the teeth, ideal for **complex cases**.
- **Invisalign:** A set of **clear, removable aligners**, best for mild to moderate misalignment. Invisalign is more **aesthetic and comfortable**, but braces are **more effective for severe cases**.

4. How often should I visit the dentist?

It's recommended to visit the dentist **every 6 months** for a check-up and professional cleaning. However, if you have **braces, gum disease, or ongoing treatments**, you may need more frequent visits.

5. Is dental implant surgery painful?

No, the procedure is done under **local anesthesia**, so you won't feel pain during surgery. Some swelling and mild discomfort may occur for a few days after the procedure, but painkillers can help manage it.

6. How long does it take to get braces?

The placement of braces takes about **1 to 2 hours**. The total treatment duration varies:

- Mild cases: **6-12 months**
- Moderate cases: **12-24 months**
- Severe cases: **24-36 months**

7. Can I eat normally with braces?

You'll need to **avoid sticky, hard, or chewy foods** like gum, popcorn, and hard candy. Cut food into small pieces and opt for **soft foods** like yogurt, pasta, and mashed potatoes during the first few days after getting braces.

8. What are the side effects of teeth whitening?

The most common side effects are:

- **Temporary tooth sensitivity**
 - **Mild gum irritation**
- These effects usually disappear within a few days.

9. Can I smoke after getting a dental implant?

It's strongly advised to **avoid smoking for at least 1-2 months** after implant surgery, as smoking can slow healing and increase the risk of implant failure.

10. Does Invisalign work for all cases?

Invisalign works well for **mild to moderate misalignment**, but for severe cases (e.g., major overbite, underbite, or rotated teeth), **traditional braces** may be more effective.

11. How long does a Hollywood Smile last?

A Hollywood Smile (veneers or crowns) can last **10-15 years** with proper care. Avoid biting hard objects, maintain good oral hygiene, and visit your dentist regularly to prolong the results.

12. Can I get dental implants if I have diabetes?

Yes, but your diabetes should be **well-controlled**. Uncontrolled diabetes can **slow healing** and increase the risk of complications. Consult with your doctor and dentist before undergoing implant surgery.

13. How do I maintain my smile after a teeth whitening session?

To maintain white teeth:

Avoid coffee, tea, red wine, and smoking

Use a whitening toothpaste

Drink water after eating stain-causing foods

Get touch-up whitening treatments as needed

Dental Care Tips & Maintenance Guide

Maintaining your dental treatments properly ensures they last longer and keep your smile healthy. Below are some essential aftercare tips for each procedure:

How to Care for Veneers

Brush and floss regularly using a soft-bristled toothbrush and non-abrasive toothpaste. Avoid biting hard objects such as ice, pens, or nails, as this can chip the veneers. Limit stain-causing foods like coffee, red wine, and dark sodas, as they may discolor the veneers over time. Regular dental check-ups every six months are essential for professional cleaning and veneer maintenance.

How to Clean Braces Properly

Brush after every meal using a soft toothbrush or an electric toothbrush. Floss daily with orthodontic floss threaders or a water flosser to clean between the brackets. Avoid hard and sticky foods such as caramel, popcorn, nuts, and chewing gum, which can damage the braces. Using an antibacterial mouthwash can help keep the gums healthy and reduce plaque buildup.

Foods to Avoid After Teeth Whitening

After a whitening session, the teeth are more porous and can absorb stains easily. It is best to avoid coffee, tea, red wine, dark sodas, berries, tomato sauce, and curry. Smoking or vaping can also cause discoloration. Acidic foods such as lemons and vinegar should be avoided as they can weaken the enamel. Instead, opt for white meats, pasta, rice, yogurt, bananas, milk, and eggs, which are safe choices.

How to Maintain Your Dental Implants

Brushing twice a day with a soft toothbrush is essential for implant maintenance. Using a water flosser can help deep clean around the implant and prevent plaque buildup. Avoid smoking and excessive alcohol consumption, as these can weaken the gums and slow the healing process. Regular dental visits every six months ensure proper implant care and early detection of any issues.

Invisalign Care Tips

Clean aligners daily using a soft toothbrush and clear soap instead of toothpaste. Remove aligners before eating to avoid staining or damaging them. Do not drink colored or hot beverages while wearing aligners. Keep aligners in their protective case when not in use to prevent loss or damage. For the best results, wear aligners for 20 to 22 hours per day.

7. Step-by-Step Appointment Booking Guide

Booking, canceling, or rescheduling an appointment is quick and easy.

How to Book an Appointment?

Appointments can be scheduled by phone, email, social media, or in person. Call the clinic at 05398-41005, and a receptionist will assist with booking. Alternatively, send an email to smileartclinic22@gmail.com with a preferred date and time. Patients can also book through Instagram by messaging [@smile.art_clinic](https://www.instagram.com/smile.art_clinic). Walk-in bookings are available at the clinic's location at 09 Avenue Tarik Ibn Ziad, Al Hoceïma.

How to Cancel or Reschedule?

To cancel or reschedule an appointment, contact the clinic at least 24 hours before the scheduled time. Rescheduling is free of charge if done in advance. Late cancellations may require a rebooking fee for certain treatments.

Insurance Coverage for Children

Children under the age of 16 may be eligible for coverage through their health insurance, depending on their policy. Parents should check with their insurance provider to confirm whether dental treatments, such as orthodontics or preventive care, are included. Our clinic can assist in providing the necessary documentation for reimbursement or direct billing if applicable.

