



Lifestyle

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Welcome to Lifestyle Dental Clinic

Lifestyle Dental is a clinic in Preston, Fulwood which offers a complete care approach to you. After listening to your concerns we will aim to give you the smile you desire in the most efficient time frame, as pain free possible and fully explained in a language you understand, with images and models to show you what it would look like before you went ahead.

Our Dental Practice in Preston, Fulwood

We are a new high-quality, private dental practice, caring for you in a modern, relaxing environment. We also offer the latest cosmetic dental techniques, including teeth whitening and porcelain veneers, and our dentists can provide you with a complete 'smile makeover' to improve your confidence in your smile.

The practice offers

- * Nice clean environment which is relaxing and also takes your mind off treatment
- * The latest technology to offer the best treatment
- * Imaging software to show what can be done to your smile before you have anything done
- * Payment options to allow to spread the investment into affordable monthly payments

We at Lifestyle Dental Clinic at Preston, Fulwood are offering you a free 20 min smile consultation (when you join the care plan) to asses your needs and then will provide you all you need to achieve that desired smile and we will show you a complete photographic tour of your mouth to show you exactly what is happening in your mouth.



Our Dentist in Preston, Fulwood



Dr Nadim Majid

Principal Dentist

Nadim is a dedicated and enthusiastic dental surgeon with a proven track record in delivering the highest standards of care. Skilled in the use of sedation and hypnotherapy with an understanding of aesthetic and implant orientated treatments. Possesses excellent interpersonal and communication skills and the ability to build rapport with patients and colleagues alike is able to put patients at ease. Dedicated to constant learning and improve so he can offer the highest standard of care to the patient.

Nadim lives in Lancashire and has recently had twins (one boy Sarim and one girl Liya). His wife is a teacher and teaches in Blackburn at a primary school. He is working hard with the local community promoting oral health.

Cosmetic Dentistry - Teeth Whitening

Teeth are stained by the foods and drinks we consume. Smoking further stains teeth and the natural bright, white shade becomes darkened. Teeth whitening is a successful and simple method of lightening the colour of your teeth. The degree of whiteness achieved will vary from patient to patient and with the type of bleaching process chosen.

Office ZOOM! Teeth Whitening



Your teeth can be lightened immediately using this technique which is conducted in our Dental Practice.

Our Office 1-hour power whitening can whiten teeth by up to several shades, brightening your teeth dramatically to its natural shade. Your lips and gums are covered and a gel is applied to your teeth.

A special light is positioned over your teeth to activate the gel, which gently penetrates your teeth, breaking up stains and discolouration. Whiter, brighter teeth in less than an hour!



Home Whitening

A custom made mouth tray is created. A whitening gel is placed in the tray which you then wear whilst asleep or for short periods during the day.

Results are normally seen over 2 weeks.

Cosmetic Dentistry - Porcelain Veneers

* If your front teeth are stained, chipped, or malaligned, veneers will give you a good life-like appearance with minimum tooth adjustment.

A veneer is a facing on the front of your teeth usually your top teeth, it is just like a false finger nail.

* Veneers are made out of porcelain and are used mainly for aesthetic reasons.

Porcelain veneers make teeth look natural and healthy, and because they are very thin and are held in place by a special strong bond (rather like super-glue) very little preparation of the tooth is needed.

* Porcelain veneers can improve the colour, shape and position of teeth.

A precise shade of porcelain can be chosen to give the right colour to improve a single discoloured or stained tooth or to lighten front teeth (usually the upper ones) generally.

* Veneers can also be used to close small gaps, when orthodontics (braces) are not suitable.

If one tooth is slightly out of position, a veneer can sometimes be fitted to bring it into line with the others.

Cosmetic Dentistry - White Fillings

* If the decay is not too serious, our cosmetic dentist will remove all the decay and restore the tooth with a white (tooth coloured) filling.

* We at Lifestyle Dental in Preston, Fulwood can safely replace silver amalgam fillings with white tooth coloured fillings.

* Dental decay happens when the enamel and dentine of a tooth become softened by acid attack, producing a cavity (hole).

Cosmetic Dentistry - Gum Contouring & Teeth Reshaping

* Lengthen the appearance of your teeth by reshaping your gums.

* Shorten, smoothen or level your teeth to improve your smile line.

Cosmetic Dentistry - Clear Orthodontics

Do you have crooked teeth and are embarrassed by your smile? You may have had braces as a child and the teeth have now moved back or you're just unhappy with the position of your teeth. You don't want to wear the train track braces. Well there is now a number of solutions.

We offer Clearstep as a cheaper alternative to Invisalign



About Clearstep

Clearstep is a simple affordable series of clear positioning trays, which gently guide your teeth from their present to the desired position.

How does it work?

Believe it or not your teeth are always moving, albeit minutely. Clearstep exerts gentle pressure upon the tooth/teeth in the direction in which you'd like them to move.

How much will the treatment cost?

Clearstep is on average 2/3rds the cost of any competing system. Of course the costs vary according to severity and patient compliance.

So, why Clearstep?

Well, in comparison to existing systems Clearstep is wire free and does away with the need to bond metal onto the teeth (so no more train tracks braces). It is invisible, and removable, allowing you, the wearer, to eat that steak dinner, give that public speech, meet that client without embarrassment or discomfort. You simply remove, brush, floss, rinse and reinsert: Clearstep will do the rest.

Embarrassed by discoloured or stained teeth?

Clearstep has the answer. Our specially formulated whitening gel can be used in conjunction with your positioners to effectively remove stains and discolouration.



Cosmetic Dentistry - Clear Orthodontics



The Inman Aligner is designed to correct your crooked teeth or maligned teeth. It is barely visible, apart from a single clear wire, and it is a removable orthodontic appliance, allowing the wearer to go brace-free for important occasions.

How does it work?

The Inman Aligner utilises a lingual coil spring that puts pressure at the back of the teeth that need repositioning and a bar that is placed across the front of the teeth reverses the same pressure. These components work together to "squeeze" teeth together by pushing and pulling them into alignment.

How long does it take?

Fitting the aligner takes two half hour appointments, followed by 15-minute monthly check-ups. Generally your teeth can be treated between 6 to 16 weeks.

Does it hurt?

You may find you need to take mild painkillers for the first week or so. Like anything foreign to your mouth, it may cause you to salivate more than usual for 24 to 48 hours and could affect your speech for 7 to 10 days.

Is the Inman Aligner new?

Patients have been treated with Inman Aligners since 2000. In the United States approximately 450 to 500 new patients are prescribed treatment with Inman Aligners every month.

Is the Inman Aligner comparable to Invisalign?

No, the Inman Aligner is used for treating the top and bottom front teeth only. Invisalign can treat full arches (all your teeth).

Will treatment with the Inman Aligner be uncomfortable?

No. Due to the gentle but steady orthodontic forces generated, the appliances are easily tolerated. Your doctor may suggest aspirin or Tylenol for the 1st few days of treatment if you encounter any discomfort.

Will the Inman Aligner affect my speech?

Yes. The Inman Aligner will affect your speech for a week or two. You will however acclimate to the appliances over time and be able to speak fine with them in place.

Will I need to see the doctor frequently for adjustments?

The Inman Aligners are pre-programmed to reduce the need for office visits. Your doctor will prescribe a treatment due to your needs

Before



After



Restorative Dentistry - Broken Teeth

A veneer can make a chipped tooth look intact again. The porcelain covers the whole of the front of the tooth with a thicker section replacing the broken part.

Bonding: sometimes instead of a porcelain veneer, a natural colour 'composite' material is used instead of porcelain.

A natural-coloured filling material can be used for minor repairs to front teeth like chipped or broken tooth corners.

Restorative Dentistry - Crowns

A crown is an artificial restoration that fits over the remaining part of a prepared tooth, making it strong and giving it the shape of a natural tooth.

A crown is sometimes known as a 'cap'. Crowns are an ideal restoration for teeth that have been broken, or have been weakened by decay or a very large filling.

A dental crown could be used for a number of other reasons, for instance:

- * you may have discoloured fillings and would like to improve the appearance of the tooth
- * you may have had a root filling which will need a crown to protect it
- * it may help hold a bridge or denture firmly in place.

Restorative Dentistry - Bridges

Besides having dental implants, there are two main ways to replace missing teeth. The first is with a removable false tooth or teeth – a partial denture. The second is with a fixed bridge.

A dental bridge is usually used where there are fewer teeth to replace, or when the missing teeth are only on one side of the mouth. Bridges are usually made of a precious metal base.

If the bridge will show, porcelain is then bonded to the base. Sometimes, there are other non-precious metals used in the base to reduce the cost.

You should replace missing teeth for a number of reasons. Your appearance is one reason. Another is that the gap left by a missing tooth can mean greater strain is put on the teeth at either side.

A gap can also mean your 'bite' is affected, because the teeth next to the space can lean into the gap and alter the way the upper and lower teeth bite together. This can then lead to food getting packed into the gap, which causes both decay and gum disease.

Restorative Dentistry - Flexible Dentures

Nobody has to know that you're missing teeth

Flexible partial dentures are the comfortable, beautiful, and affordable choice. It was long thought that removable partial dentures had to be rigid to be effective. The innovation of the Valplast® Flexible Partial allows the restoration to adapt to the constant movement and flexibility in your mouth.

- * Comfortable
- * Non-Invasive
- * Affordable
- * Virtually Invisible

This is the underlying thinking behind Valplast's innovative flexible, removable partial denture.



The flexibility, combined with strength and light weight, provides total comfort and great looks!

Implant Dentistry

Dental Implant treatment can be provided with sedation for nervous patients.

Dental implants offer a permanent solution for your missing teeth. A dental implant is essentially a substitute for a natural root and commonly it is screw or cylinder shaped. Each implant is placed into a socket carefully drilled at the precise location of the intended tooth. Often the implant can be placed at the same time as removal of the tooth all on the same day.

If an implant has a screw-thread on its outer surface it can be screwed into position and if it does not, it is usually tapped into place. The main aim during installation of any implant is to achieve immediate close contact with the surrounding bone. This creates an initial stability, which over time is steadily enhanced by further growth of bone into microscopic roughnesses on the implant surface.

In order to support replacement teeth, dental implants normally have some form of internal screw thread or post space that allows a variety of components to be fitted. Once fitted, these components provide the foundation for long-term support of crowns, bridges or dentures.

Preventive Dentistry - Children's Dentistry

We at Lifestyle dental, Preston, Fulwood aim to prevent dental disease rather than treat it at a later date.

Fluoride applications and fissure sealants (tooth coloured sealants) are applied to biting surfaces of children's teeth to prevent decay.

Preventive Dentistry - Dental Hygiene

Dental hygiene treatment includes professionally cleaning the teeth for the patient. This is usually called scaling and polishing. However, perhaps our most important role is showing the patient the best way to keep the teeth free of plaque.

The dentist also plays an important role in treating gum disease.

Preventive Dentistry - Fresh Breath

Bad breath is a very common problem and there are many different causes. Persistent bad breath is usually caused by the smelly gases released by the bacteria that coat your teeth and gums.

However, strong foods like garlic and onions can add to the problem. Smoking is also one of the main causes of bad breath, along with certain illnesses such as nasal and stomach conditions.

Bits of food that get caught between the teeth and on the tongue will rot and can sometimes cause an unpleasant smell. So correct and regular brushing is very important to keep your breath smelling fresh.

The bacteria on our teeth and gums (plaque) also cause gum disease and dental decay. If you see your dentist regularly this will not only help prevent bad breath but will also let the dentist look for and treat these problems.

Preventive Dentistry - Fresh Breath

What is gum disease?

Gum disease describes swelling, soreness or infection of the tissues supporting the teeth. There are two main forms of gum disease: gingivitis and periodontal disease.

What is gingivitis?

Gingivitis means inflammation of the gums. This is when the gums around the teeth become very red and swollen. Often the swollen gums bleed when they are brushed during cleaning.

What is periodontal disease?

Long-standing gingivitis can turn into periodontal disease. There are a number of types of periodontal disease and they all affect the tissues supporting the teeth. As the disease gets worse the bone anchoring the teeth in the jaw is lost, making the teeth loose. If this is not treated, the teeth may eventually fall out.

What is the cause of gum disease?

All gum disease is caused by plaque. Plaque is a film of bacteria which forms on the surface of the teeth and gums every day. Many of the bacteria in plaque are completely harmless, but there are some that have been shown to be the main cause of gum disease. To prevent and treat gum disease, you need to make sure you remove all the plaque from your teeth every day. This is done by brushing and flossing.

What happens if gum disease is not treated?

Unfortunately, gum disease progresses painlessly on the whole so that you do notice the damage it is doing. However, the bacteria are sometimes more active and this makes your gums sore. This can lead to gum abscesses, and pus may ooze from around the teeth. Over a number of years, the bone supporting the teeth can be lost. If the disease is left untreated for a long time, treatment can become more difficult.

Preventive Dentistry - Tooth Decay

Decay may or may not cause discomfort; even though it doesn't hurt, the tooth is deteriorating.

Using higher magnification and powerful lighting, it is easier to detect decay at an early stage to prevent excessive tooth damage. When cavities are small, they are much easier and less expensive to treat.

Early tooth decay does not tend to show many physical signs. Sometimes the tooth looks healthy, but your dentist will be able to see from an x-ray whether you have any decay under the enamel, any possible infections in the roots, or any bone loss around the tooth.

Preventive Dentistry - Mouth Cancer Screening

Mouth cancer is a malignant growth which can occur in any part of the mouth, including the tongue, lips and throat. Mouth cancers have a higher proportion of deaths per number of cases than breast cancer, cervical cancer or skin melanoma. The mortality rate is just over 50%, despite treatment, with about 1,700 deaths per year in the UK. This is because of late detection. Visit your dentist at once if you notice any abnormal problems or are not sure. Regular dental checkups allow early detection of abnormalities in the mouth.

General Dentistry - Oral Surgery

Wisdom Teeth

Sometimes there may not be room in your mouth for your wisdom teeth and, as they start to come through, they push against the teeth already there or may start to come through at an angle. When this happens, you might feel some pain or discomfort, so the best thing to do is to visit your dentist.

Extractions

Having a tooth out is the same as having an operation and, because of this, you must look after the area to speed healing and to reduce the risk of infection. Here are some pointers:

- * For the first 24 hours, try to avoid eating hot food, don't smoke, don't drink any alcohol and try not to disturb any blood clot which might have formed.
- * Don't rinse your mouth for six hours after extraction. After that, rinse gently with warm salty water - half a teaspoon of salt in a glass of water is enough.
- * Brush your teeth as normal to keep your mouth as clean as possible.
- * You may feel some small pieces of bone work their way out of the socket - don't worry, this is perfectly normal.
- * There may be some swelling and a bit of discomfort in the first two to three days. If you need to, take some ordinary painkillers - aspirin, ibuprofen or paracetomol will be fine.
- * If you feel pain immediately after the tooth has been removed, it might be where the blood clot has broken down leaving an empty hole in the gum. This is called a 'dry socket' and will need to be looked at by your dentist. Simply go back and the dentist will pack the wound to ease your discomfort.

Your dentist may have given you some gauze to place onto the area where the tooth has been removed - if not, a clean cloth handkerchief will do just as well (but not a paper tissue).

- * Roll it into a small firm pad large enough to fit over the gap (probably around 1cm by 3cm).
- * Sit up and gently clear away any blood clots around the gap using the gauze or hanky.
- * Put a clean pad over the gap (from tongue side to cheek side) and bite down on it firmly for 10 to 15 minutes.
- * Take the pad off and check whether the bleeding has stopped. If not, apply a fresh pad and contact your dentist

Testimonials

I had looked at having my teeth sorted previously but was told it was not possible. Two years later I decided to look into it again. I found Lifestyle Dental on the internet. When I came the atmosphere was very welcoming and Nadim, the dentist, was very knowledgeable and helpful at the same time, which was very important as I wanted someone who knew what they were doing. The procedure was explained clearly and I was sold in seconds. When I started the treatment at the beginning it was uncomfortable but then after a day I could barely tell it was in place. The only thing that took a while was getting used to speaking.

I am extremely happy with the end result so glad I went for it and it is going to make a huge difference as I can smile with confidence now.

I would definitely recommend friends and family here.

Zenab Thagia, 26, teacher, Lancaster

I drove past the clinic and also saw the website. I liked the idea of the free consultation and decided to book one. It had been awhile since i had been to a dental practice and this was very clean and professional. There is nothing i would change about Lifestyle Dental I would really recommend others here too

Ian Winn 41, Bilsbrough

I was thinking about having my teeth sorted for a while. I travel alot and meeting people and being in sales I lacked confidence in my smile. I think this also reflected in my meetings. Now I am very confident and this really shows. Lifestyle Dental has been great and the service is fantastic I dont think there is anything I would change and i wouldl definately recommend others to some here.

Mick Cooper

I was looking for a dentist on the internet and came across this site and was very impressed by the comments by others. When I came to the practice I was most impressed by the team and the welcome that I got. There is nothing I wodul change and I will be recommending the practice to my frineds and family

Rebecca Inglis

I found out about Lifestyle Dental through the Website and I came in because it was the closet clinic. I was unhappy with my teeth and I did not smile. When I did smile I didn't show my teeth. I have had some veneers done and now when I smile I show all my teeth and am very happy.

My friends and family all like my new smile.

Ilvija Konstantinova, Blackburn, 24 years

I found out about Lifestyle Dental through the internet. I was intrested in having my teeth aligned. I found out about the inman aligner and was quite surprised that I could use it. The aligner was easy to wear and there was no pain, I was also very surprised how quickly the treatment was completed. I am very pleased with the end result. I would definately recommend this to other people who have crooked teeth.

Neethu Singh 19 Preston



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