

# ALINGTON DENTAL

EST. 1920

General Dentistry

# Welcome to Alington Dental

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We pride ourselves on the investment in our dedicated team, technology and training so that we can offer the very best in general dentistry, maintenance and hygiene along with more complex treatments including orthodontics and dental implants.

Your naturally beautiful smile starts here.



## About us

### We are trusted

As a patient of Alington Dental the health of your teeth is at the heart of our Practice. We are dedicated to providing the very best in complete dentistry for all the family. We offer first-rate dental care, maintenance and hygiene and excel in the detailed treatments of orthodontics and dental implants. Notably, our excellent track record, reliability and trustworthiness mean we top the list for referring dentists across Dorset and the South Coast.

### We are experts

Led by Clinical Director Simon Belford, our talented team of health care professionals are qualified in the most pioneering dental treatments and are passionate about remaining at the forefront of our profession. We invest in their continued training and state of the art equipment so that we can give you unparalleled care. When it comes to healthy, natural looking teeth there can be no compromise.

### We are friendly

Shining examples of understanding, honesty and professionalism, our welcoming team understand that a trip to the dentist is not without apprehension. We care about making your experience as positive as it can be, which is why each one of us will take the time to listen to and reassure you. When it comes to more complex dental work you can trust us to explain all the options, giving you the confidence to decide what is right for you. We even have a membership scheme to help you spread the cost of your treatment.

We are proud of the dental care we offer.

**We are proud to be Alington Dental.**

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## Facilities

Our premises are on the ground floor, and all our surgeries are accessible to wheelchairs. We share our car park with the Doctors and Pharmacy, so parking can be limited. On these occasions we would advise patients to park in nearby Clarendon Road, where there is ample parking for up to two hours.

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## Confidentiality

Patient confidentiality at our Practice is taken very seriously and all information about our patients is treated with the strictest confidence in accordance with our Practice Policy. If you would like a copy of our Practice Confidentiality Policy, please contact the Practice Manager.

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## Experience safer technology

At Alington Dental, we are early adopters of dental technology. The advantages it brings to you, our patients, makes your treatment quicker, more comfortable and more predictable.

Because of our investment in technology and the vast experience we have in its use, we are often invited to lecture to other dentists for dental companies such as Sirona, Henry Schein, and Ceramic Systems, as well as organisations such as the British Academy of Aesthetic Dentistry.

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# What to expect on your first visit

Thank you for choosing us as your dental provider. We aim to make you as welcome to our Practice as our existing patients are.

You will be assigned a dentist that suits your dental needs as closely as possible. It would be extremely helpful for you to complete the oral health questionnaire and medical history form provided.

Your dentist will:

- Take a comprehensive medical history
- Record your previous dental history
- Take basic radiographs and report on them
- Carry out a screening for oral cancer
- Perform a basic dental and gum examination
- Provide a diagnosis of any problems
- Discuss treatment options

Individual itemised estimates are always provided. A follow-up appointment will be made for more complex issues.

# Our Dentists

At Alington Dental, we pride ourselves on our dedicated and friendly healthcare professionals. For full details on the team please visit [alingtondental.com](http://alingtondental.com)



## Dentist

**Simon Belford**

BDS(Lond)  
DipImpDentRCS(Eng,Edin)  
FFGDPRCS(UK)  
GDC reg 65167

Simon qualified at Guys Hospital London in 1989. He joined the Practice in 1990, and worked as an associate at Alington Dental and a clinical assistant in the orthodontic department at the Royal Bournemouth Hospital. Now the owner and clinical director of Alington Dental, Simon has trained extensively in all aspects of restorative dentistry, both in the UK and internationally. He has followed the career pathway at the Royal College of Surgeons, and gained their prestigious award of Fellowship of the Faculty of General Dental Practitioners.



## Dentist

**Jonathan Menton**

LDS RCS (Irel) | GDC reg 46462

Jonathan joined Simon at Alington in 2015 after over 30 years in his own practice. He graduated in Dublin at the Royal College of Surgeons in Ireland and has had extensive experience working in London, overseas, and finally taking over his father's practice in Bournemouth in the mid 80's.



## Dentist

**Caroline Willcocks**

BDS DPDS (Brist) | GDC reg 80570

Caroline moved to Dorset upon graduating from Bristol University in 2002 and she joined the Practice in 2004. Carrie completed her Diploma in Postgraduate Dental Studies with the University of Bristol in 2014, which focused on Periodontology, Dental Care for older people and wear and tear. She is currently studying for a Bachelors degree in law.



## Dentist

**Tomas Skalberg**

DDS (Gothenburg) | GDC reg 71486

Tomas joined the Practice in 2009. He graduated in Gothenburg in 1995 and spent several years in practice in Exeter before relocating to Dorset in 2007. Tomas enjoys all aspects of general dentistry especially proficient in root canal treatment (endodontics) and single visit porcelain restorations (crowns) using the latest Cerec Omnicam technology.



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The health  
of your mouth,  
teeth and gums  
are at the heart  
of our Practice

# Treatments

## Emergency treatment

Whether you are an existing patient of Alington Dental or a new patient to the Practice, we understand that dental pain can be extremely distressing, and the sudden loss of part of a tooth in your smile line can be very embarrassing. We will try our best to accommodate you and relieve the problem as quickly possible.

## Routine treatments

At Alington Dental we provide all the treatment you require to help you maintain a healthy functioning mouth and the smile you deserve. We will take care to discuss your individual needs and help you reach the appropriate decision on what treatment is right for you.

## Dental implants

Dental implants are a long lasting and excellent treatment for replacing missing or failing teeth and securing dentures. The specialist implant treatments must be done correctly and with extreme care. At Alington Dental they are undertaken by our highly qualified dental surgeons using the latest materials and equipment, and supported by our committed and experienced staff. Find out how treatment with dental implants can be both painless and affordable.

## Orthodontics

Our dentists at Alington Dental have specific training and experience in all types of treatments required to straighten crooked teeth or overcrowded mouths. We use removable and fixed braces as well as clear aligners to give you a smile you will be confident with and proud of.

## Crowns (Cerec)

Cerec is now one of the world's most successful restorations, and the latest CAD/CAM technology available at Alington Dental allows beautiful all-porcelain crowns, inlays or veneers to be created and fitted in a single appointment, without the need to take impressions or fit a temporary crown.

## White fillings

Where possible at Alington Dental, we try to avoid the use of amalgam (silver, mercury) fillings. You may, however, already have had silver fillings in the past, and we are happy to discuss with you how they can be replaced with high quality durable natural tooth shade materials, which simply disappear in the mouth.

## Root canal treatment (Endodontics)

Root canal treatment is required when the blood supply and nerve are infected through decay or injury. With specialised equipment and high magnification of the tiny root canals in your tooth, we can clean, sterilise and fill the canals, thus preventing further infection or even loss of the tooth.

## Dentures

Alington Dental is fortunate to work with one of the country's leading dental laboratories, helping to achieve the very best full and partial dentures using the latest materials and techniques, both in the Practice and the laboratory, to bring you high quality lifelike and comfortable dentures.

## Teeth whitening

Many people are dissatisfied with the colour of their teeth, which can become darker over time. At Alington Dental, we can lift the colour of your teeth with simple, non-invasive and effective whitening, to give you back a bright and healthy looking smile.



## Dental Implants

A dental implant is an artificial "tooth root" made from titanium, and can hold a replacement tooth, bridge or denture. While high-tech in nature, dental implants are actually more tooth-saving than traditional bridgework, since implants do not rely on drilling neighboring teeth for support. They are so natural-looking and feeling, you will forget you had lost a tooth.

Dental implants can:

- Replace one or more teeth without affecting the adjacent teeth
- Support a bridge and eliminate the need for a removable partial denture
- Provide support for a denture, making it more secure and comfortable

Whether you are missing one, a few, or all of your teeth, implants may be the most natural-looking solution for restoring your smile and ability to chew with comfort and confidence.

Visit our Practice for a preliminary consultation and see how we can give you new teeth that look and feel just like your own.

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## Cerec Omnicam

Cerec stands for CERamic REConstruction.

This is an innovative system that allows your dentist to make and fit porcelain fillings, crowns and veneers in one visit. Using this groundbreaking technology, your new restoration (tooth) is designed using a 3D computer aided modeling system. This information is then sent directly to a milling machine, where your new tooth is fabricated with pinpoint accuracy in under 20 minutes.

Finishing touches are added to the restoration before it is fitted in your mouth. The Cerec system has reduced the time required to fit a crown from two weeks to less than two hours, which means no second visit, no temporary and no second injection.



## Payment Policy

We are committed to providing you with quality and affordable dental care.

Patients are requested to pay for each treatment at the end of each appointment, unless prior arrangements have been made with your dentist. New patients will be asked to pay for their first appointment in advance. If your treatment involves laboratory work we ask for interim payments to cover laboratory costs.

For your convenience we accept payment by cash, cheque, debit card and most major credit cards. (Am-Ex not included). We also offer Interest Free Credit (subject to acceptance).

We reserve the right to charge a fee for emergency appointments, which is not included in the treatment costs.

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## Complaint Policy

In this Practice we take complaints very seriously indeed, and try to ensure all patients are pleased with their experience of our service.

For full policy details visit the complaints policy page on our website [alingtondental.com](http://alingtondental.com) or ask reception for a printed copy.

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## Missed Appointments

We try to avoid charging patients for missed appointments and will always try to fill the cancelled slot. However, if there is less than 24 hours notice and we are unable to fill the space we reserve the right to levy a missed appointment fee of £45 per 15 minutes of the missed appointment.

OPENING HOURS

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Monday to Thursday

8:30am – 1:00pm

2:00pm – 5:30pm

Friday

8:30am – 1:00pm

2:00pm – 4:00pm

FIND US

7 Poole Rd, Bournemouth BH2 5QR

TESTIMONIAL

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Simon Belford and his colleagues at Alington Dental, with expert and sensitive care, have looked after me and restored my confidence in my teeth and my ability to lead a normal life.

Mr T.H, Wimborne



[alingtodontal.com](http://alingtodontal.com)

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