



“Please pass on my thanks to Dr. Nikki, and her team, for my new bite and gapless smile and a special thank you to you for accommodating my various disability problems. With best wishes”  
*HC – Wimbledon*



“I can highly recommend the dentistry work which is first class - nothing is too much trouble. You are greeted by all from the time you enter the door, by courteous staff with welcoming smiles and they are ready to run that extra mile you. Which in this day and age is something to be admired.”

*GA – London*



“I’ve been a patient of the Blue House for 10 years, for everything from basic check ups to complex implant surgery. The team are highly skilled and it’s been very reassuring to know that the dentists, surgeons, hygienists and practice managers all work so closely together to ensure that treatment is successful. Nikki and her colleagues take time to explain treatment options and they are always helpful in arranging appointments at convenient times and ensuring that everything goes smoothly.”

*JN – Southfields*



## How to find us



The practice is opposite the main traffic lights at the top of Augustus Road and you can use either bus routes 39 or 493, or the District Line to Southfields Underground Station

020 8788 8050 | [info@southfieldsdental.co.uk](mailto:info@southfieldsdental.co.uk) | [www.southfieldsdental.co.uk](http://www.southfieldsdental.co.uk)  
 Southfields Dental Centre | 1 Augustus Road | Southfields | London SW19 6LL



## comprehensive dental care



... at the blue house



## A Blue House Welcome

“On behalf of the whole team here at Southfields Dental Centre, I’d like to offer a warm welcome to everyone, including nervous patients, to our practice”

*Nikki*

Dr Niharika Gulati  
 BDS (Hons), LDSRCPS (Glasg), MSc (Dist),  
 DDPHRCs (Eng), GDC No.81400

At Southfields Dental Centre we welcome new patients of all ages for general, cosmetic, preventative and restorative dentistry, with treatments ranging from general dental check-ups for all the family to complex full-mouth restorations with dental implants.

Also known as “The Blue House”, our practice provides a full range of treatments for adults and children, with members of The Blue House Membership Plan able to spread the cost of their preventative dental care with easy monthly payments. We offer complimentary check-ups for children up to six years of age for our members.

Above all, we want our patients to feel relaxed and in safe, professional hands. From your very first consultation with us, all of your options will be clearly explained to you and you’ll have plenty of time to ask any questions before any treatment. We believe you would like to be fully involved in the decision-making process and once we’ve discussed various treatment options, we’ll create a Blue House Treatment Plan, which will always include estimated fees and timescales. In almost all situations, any specialist treatment required will be carried out by a member of our team here at the practice.



... at the blue house

## cosmetic



### Your Smile Makeover

What makes a beautiful smile? At The Blue House we use an eight-point scale to outline the proportions of a perfect smile, which will be unique to every patient. Your smile is as individual as you are. With our smile makeover treatment, we use the latest technology to show you what we can achieve for you, so you can be sure of results that look as natural as they do aesthetically pleasing.

At Southfields Dental Centre we offer a wide selection of cosmetic dental treatments, from crowns and bridges to porcelain veneers, white fillings, teeth reshaping and dental implants. When you come to us for a smile makeover, we'll assess your current smile, listen to what you would like to change and, using photographs and diagnostic mock-ups, will recommend the best treatments to achieve those results. This may be one treatment or a combination of two or more.

#### Benefits of Cosmetic Treatment

- Zoom teeth whitening or home whitening for a brighter, whiter smile
- A complete smile makeover to transform your smile and confidence
- Non-surgical facial rejuvenation treatments to diminish the signs of aging and have you feeling many years younger

## preventive dental care



### Protect My Mouth & Smile

At Southfields Dental Centre we firmly believe that prevention is better than cure. We are committed to providing preventive dentistry for all the family, and for helping you to maintain good oral health for life. To do that we know we need to treat the whole person, not just their teeth, so we work hard to build lasting relationships of trust with all our patients.

A good dental health regime involves teamwork, combining stringent home care with regular visits to the dentist and hygienist. To help you do this we offer all patients the chance to join The Blue House Membership Plan, helping you to spread the cost of treatment.

By bringing your young children to the practice you help to make visiting the dentist a positive, everyday experience that's nothing to be afraid of. Our whole team is caring and welcoming, and your child will soon start to view the dentist as a friendly face they look forward to seeing every six months.

#### Benefits of Preventive Dental Care

- Maintain good oral health for life
- Establishing a good oral healthcare regime for your children from an early age increases their chances of having a healthy mouth for life
- Our Membership Plan helps us to schedule your regular dental care more effectively and helps us to identify any problems early on, preventing unnecessary pain, discomfort and inconvenience

## dental implants



### Replace My Missing Teeth

Losing one or more teeth can be a traumatic experience. People lose teeth for a variety of reasons, from tooth decay and gum disease to accident or injury, and even as part of the natural ageing process.

Whatever the reason, a missing tooth can be a huge source of embarrassment, making people too shy to smile in public. It can also affect your dental and general health, as remaining teeth may become crooked and difficult to clean as they move into any gaps, while your ability to bite and chew food can also be affected, leaving you unable to enjoy a healthy diet.

More and more patients who have lost teeth are opting for treatment with dental implants, an alternative to uncomfortable dentures. Dental implants are small titanium posts or screws that are placed into the jaw bone. There they integrate with the bone, acting as replacement tooth roots on to which new teeth can be attached, in the form of crowns, secured dentures or bridges.

#### Benefits of Dental Implants

- They will act and function just like natural teeth, enabling you to eat a full, healthy diet and to speak and smile with confidence
- Unlike unsecured dentures, dental implants are permanent
- Your replacement teeth will be securely attached, so there's no need to worry about them falling out
- No work needed on any remaining natural teeth (as there is with a traditional bridge)

## invisible braces



### Straighten My Smile

Braces are a great way to straighten teeth and to correct a range of orthodontic problems, but they can also be very obvious and have been associated with long treatment times and discomfort.

A genuine, attractive smile is one of your best assets. Whether in your personal or professional life, a beautiful smile can enhance your self-confidence, helping you to make a great first impression.

Invisalign is an increasingly popular way for adults and teenagers to straighten their teeth and is one of the most predictable, discreet and convenient orthodontic treatments available. Invisalign uses a series of clear aligners to gently move your teeth into a new position. Each set of aligners is custom-made to fit your teeth exactly, and you'll need to change your aligner every few weeks as your teeth move.

#### Benefits of Invisalign

- Almost invisible, meaning no-one will notice them
- Fully removable for cleaning and eating, leading to improved dental hygiene and no dietary restrictions
- Suitable for patients with metal allergies
- Often faster than conventional braces
- A healthy, happy smile for life