



Private Dentist East Dulwich Introduces New Consultation Slots for Local Patients at The Gardens Dental Centre (Smile 4 U)

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The Gardens Dental Centre (Smile 4 U) has introduced more consultation slots into the practice diary from September 2026, marking a notable expansion of appointment availability for private dental patients in East Dulwich. The move allows access to a broader range of dental treatments for both new and returning patients who have delayed seeking care for various reasons.

Dr Mori Shahid, Principal Dentist at The Gardens Dental Centre (Smile 4 U), said the decision to expand consultation availability reflects the demand the practice has observed from patients in the area. 'A number of people contact us looking for appointments and are unable to get seen as quickly as we would like,' she noted. 'Adding more slots to the diary means we can see more patients sooner, which matters when dental issues tend to progress if left unaddressed.'

Private dental consultations at The Gardens Dental Centre (Smile 4 U) begin with a thorough examination of

the teeth, gums, and surrounding oral structures. The dentist reviews the patient's dental history, discusses any concerns, and outlines the most appropriate treatment pathway before any work begins. X-rays may be taken where clinically indicated, providing a more detailed picture of the teeth and underlying bone structure that a visual examination alone cannot reveal. Patients are encouraged to raise questions and take time to understand their options before committing to any treatment.

Dental anxiety is a recognised barrier to seeking care. The team at The Gardens Dental Centre (Smile 4 U) adapts the pace of appointments accordingly, giving anxious patients more time and space to feel at ease.

Details regarding the private dental consultations, including information about how to choose the right dental practice, are available at: <https://smile4u.co.uk/dentist-east-dulwich-london/best-private-dentist-qualities/>.

The Gardens Dental Centre (Smile 4 U) is a private dental practice located in East Dulwich, South East London. The practice team works across general and cosmetic dental care, with patients attending for routine check-ups, fillings, extractions, hygiene appointments, and restorative treatments depending on their clinical needs. The emphasis throughout is on thorough assessment and clear communication at each stage of treatment.

The practice provides longer appointment times as part of its private care model, allowing for more detailed examinations and extended treatment discussions where the clinical situation requires it. Patients are seen on an individual basis, with treatment pathways determined by clinical assessment rather than a fixed protocol.

Those wishing to learn practice information about The Gardens Dental Centre (Smile 4 U), including the dental team and range of treatments available, can visit: <https://smile4u.co.uk/dentist-east-dulwich-london/>.

General dentistry at The Gardens Dental Centre (Smile 4 U) covers the full range of treatments that address everyday oral health needs. A study published in the Journal of Public Health Dentistry, titled "Evidence of Effectiveness of Preventive Dental Care in Reducing Dental Treatment Use and Related Expenditures" (DOI: 10.1111/jphd.12262), by Nadereh Pourat, Moonkyung Kate Choi, and Xiao Chen, found that among Medicaid enrollees across the ten largest counties in California, regular preventive dental care was associated with lower use of restorative, prosthodontic, and periodontal treatments. The researchers concluded that routine preventive dental visits were associated with reduced need for more costly treatments within that study population. These findings are specific to the Medicaid population studied and should not be generalised as expected outcomes for all patients or dental settings.

Fillings address cavities caused by decay, restoring tooth structure whilst preventing further deterioration. Hygiene appointments focus on the removal of plaque and tartar that brushing alone may not fully address,

which in some cases may contribute to reducing the risk of gum disease, though clinical outcomes depend on individual circumstances. Root canal treatment becomes relevant when infection reaches the inner pulp of a tooth, removing infected tissue, cleaning the root canals, and sealing the tooth to prevent reinfection. The procedure is carried out under local anaesthetic, with patient experience varying depending on individual clinical circumstances.

Insights regarding the general dental treatments at The Gardens Dental Centre (Smile 4 U) are available at: <https://smile4u.co.uk/dentist-east-dulwich-london/general-dentistry/>.

The Gardens Dental Centre (Smile 4 U) can be contacted directly to arrange a consultation or to ask questions ahead of an appointment.

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For more information about The Gardens Dental Centre (Smile 4 U), contact the company here: The Gardens Dental Centre (Smile 4 U) Maryam Shahid +44-20-8693-4001 info@thegardensdentalcentre.co.uk The Gardens Dental Centre (Smile 4 U), 44B The Gardens, London SE22 9QQ, United Kingdom

The Gardens Dental Centre (Smile 4 U)

The Gardens Dental Centre (Smile 4 U) is a private & NHS dental practice offering tailored care in a welcoming setting. Our skilled team provides treatments such as Invisalign®, composite bonding, and dental implants, helping you achieve a healthy smile.

Website: <https://smile4u.co.uk/dentist-east-dulwich-london/>

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