

# Private Dentist Croydon Expands Patient Diary With New Appointment Slots From 20th November 2026 at Smile 4 U

*November 25, 2026*

London Borough of Croydon, England - November 25, 2026 -
Smile 4 U - Croydon has added new dental appointment slots to its patient diary from 20th November 2026. The slots are open to dental patients in Croydon and the surrounding area who are looking for private dental care, whether they are new to the practice or already registered. They cover general dental treatments, from routine oral examinations to the assessment of specific concerns.

Dr Mori Shahid, Principal Dentist at Smile 4 U - Croydon, said the new appointment slots are intended to make it easier for dental patients to book. "A dental check-up is often the first step in finding out what, if anything, needs attention," she noted. "More diary space means more people in Croydon can book that first appointment, although availability will still depend on clinical demand when they call."

A private dental appointment at Smile 4 U - Croydon starts with an examination of the teeth, gums, and surrounding oral structures. The dentist goes through the patient's dental history, asks what has prompted the

visit, and explains the most suitable way forward before any treatment begins. X-rays may be taken where clinically indicated, giving a clearer view of the teeth and the bone beneath them than a visual check can offer. Patients can ask questions and take time to consider their options before agreeing to treatment.

Dental anxiety is a recognised barrier to seeking care. The team at Smile 4 U - Croydon adjusts the pace of appointments for anxious patients, allowing more time to settle before treatment starts.

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.

Further background and essential information regarding how to choose a private dentist in Croydon can be found at: https://smile4u.co.uk/dentist-croydon/best-private-dentist-qualities/.

Smile 4 U - Croydon is a private dental practice serving patients across Croydon and the surrounding areas of South London. The practice team provides general and cosmetic dental care, with patients attending for routine dental check-ups, fillings, tooth extractions, dental hygiene appointments, and restorative dental treatments, depending on their clinical needs. Patients are seen individually, and the treatment plan is based on clinical assessment rather than a fixed routine. As a private dental practice, appointment length is set by clinical need, which leaves room for fuller examinations and longer discussions of treatment where the situation calls for it.

Clear communication is a stated emphasis at each stage. Patients are given the chance to ask questions and talk through their options before treatment proceeds, so that decisions are made with a clear understanding of what is involved. The practice welcomes patients from Croydon and the surrounding areas of South London, including those considering private dental care for the first time.

Practice details about Smile 4 U - Croydon and its dental team can be found at: https://smile4u.co.uk/dentist-croydon/.

General dentistry covers everyday oral health needs. Dental examinations check the teeth and gums for decay, gum disease, and erosion. Dental fillings repair cavities and restore the structure of the tooth, and oral hygiene appointments remove plaque and tartar that brushing alone may not fully deal with. Tooth extractions

are carried out where a tooth cannot be saved, with replacement options discussed where appropriate, and root canal treatment becomes relevant when infection reaches the inner pulp of a tooth. Where an issue is identified, the clinical pathway depends on the specific presentation and the patient's overall oral health at the time of the examination.

Cosmetic and restorative dental treatments sit alongside general care, addressing the appearance and function of the teeth. The options that are suitable depend on the condition of the teeth and gums and on what the patient wishes to achieve.

Appointments can be arranged by contacting Smile 4 U - Croydon directly, and patients may find it helpful to note their main concerns or symptoms beforehand. Dental patients from Croydon and the surrounding areas of South London are welcome, including those making the move to private dental care for the first time. Anyone looking for a private dentist Croydon can contact the practice directly to check appointment availability from 20th November 2026.

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For more information about Smile 4 U - Croydon, contact the company here:Smile 4 U - CroydonMaryam Shahid+44-20-8640-7586info@smile4u.co.ukSmile 4 U - Croydon, 357 Addiscombe Road, Croydon CR0 7LG, United Kingdom

## Smile 4 U - Croydon

*Smile 4 U - Croydon is a private and NHS dental practice offering personalised care in a welcoming setting. Our skilled team provides treatments such as Invisalign®, composite bonding, and dental implants, helping you achieve a healthy, confident smile.*

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