



Regular Dental Checkups East Dulwich General Dentist Dr Mori Shahid Recommends Consultations at The Gardens Dental Centre (Smile 4 U)

February 20, 2026

London, England - February 20, 2026 - PRESSADVANTAGE -

The Gardens Dental Centre (Smile 4 U) has opened appointment slots for patients interested in regular dental checkups. Dr Mori Shahid, Principal Dentist at the practice, pointed to the importance of routine dental examinations for maintaining oral health. Appointments are now bookable for those seeking to arrange regular checkups in the East Dulwich area.

Regular dental checkups involve thorough examinations of teeth, gums, and the mouth to identify any problems early. These appointments typically include checking for tooth decay, gum disease, and other oral health issues that might not be causing symptoms yet. The dental team also looks for signs of wear, damage, or changes that could indicate developing problems. According to the announcement, routine checkups play a key role in preventing dental issues from becoming more serious and costly to treat later on.

The practice noted that checkups usually involve a visual examination of all teeth, checking for cavities,

cracks, or areas of concern. The gums get examined for signs of inflammation, bleeding, or recession that might indicate gum disease. The dental team also checks existing fillings, crowns, or other dental work to make sure they remain in good condition. X-rays may be taken periodically to check for problems beneath the surface that can't be seen during a visual examination alone.

Regular dental checkups also include oral cancer screening, where the dentist checks the soft tissues of the mouth, tongue, and throat for any unusual changes or abnormalities. Early detection of oral health problems can make a significant difference to treatment outcomes and overall wellbeing. The frequency of checkups varies depending on individual needs, with some patients requiring appointments every six months while others may need more frequent visits based on their oral health status.

Detailed information about regular dental checkups at the practice can be seen at: <https://smile4u.co.uk/dentist-east-dulwich-london/general-dentistry/regular-dental-checkup/>.

Dr Mori Shahid spoke about the role of regular dental checkups. "Most dental problems develop without any obvious warning signs in the early stages. A cavity can be forming for months before it causes pain, and gum disease often progresses silently until it reaches a more advanced stage. Regular checkups allow us to spot these issues when they're still small and straightforward to treat. Once a patient starts experiencing pain or discomfort, the problem has usually been there for a while and may require more extensive treatment."

Consultations at The Gardens Dental Centre (Smile 4 U) start with discussing any concerns the patient might have about their teeth or gums. The dental team asks about changes in oral health, sensitivity, pain, or other symptoms that have developed since the last visit. The examination includes checking tooth surfaces for signs of decay, assessing gum health, and looking for any areas that need attention. Professional cleaning often forms part of the checkup appointment, removing plaque and tartar buildup that can't be eliminated through brushing and flossing alone.

During checkups, the dental team provides guidance on oral hygiene techniques and may suggest improvements to brushing or flossing methods. Patients receive advice tailored to their specific needs, whether that involves managing sensitivity, preventing decay, or addressing early signs of gum disease. The checkup also includes a discussion about any treatment that might be needed, with clear explanations about what the treatment involves and why it's recommended.

Further information about the range of general dental treatments offered can be found at: <https://smile4u.co.uk/dentist-east-dulwich-london/general-dentistry/>.

This is part of the general dental care that the practice offers to patients in East Dulwich and the areas around it. The Gardens Dental Centre (Smile 4 U) provides a range of dental treatments, such as dental

fillings, root canals, tooth extractions, dental hygiene appointments, and cosmetic dentistry. The practice is private, and the costs of treatment are discussed during consultations. Every patient gets care that is specific to their needs and situation.

According to the release, the availability of regular dental checkup appointments reflects the practice's focus on preventive care. Routine examinations help catch problems early when they're often simpler and less expensive to treat. Many dental issues develop without obvious symptoms in the early stages, which is why regular checkups remain important even when teeth feel fine. The practice accepts private patients for both routine checkups and other dental treatments.

More about the practice and its approach to dental care in East Dulwich can be accessed at: <https://smile4u.co.uk/dentist-east-dulwich-london/>.

The Gardens Dental Centre (Smile 4 U) confirmed that appointments are being scheduled for patients interested in arranging regular dental checkups with Dr Mori Shahid. The practice continues accepting private patients across its range of general and cosmetic dental treatments.

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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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THE GARDENS DENTAL CENTRE

