

# DENTAL COSMETIC TREATMENTS PATIENT INFORMATION GUIDE

Implants  
Crowns  
Smile

*(Educational material - not a replacement for personalised medical advice)*



**WORLD**  
**MEDI-GROUP**

# Information For Patients

This booklet provides information to help you decide whether to undergo dental cosmetic treatment, including dental implants, dental veneers and a comprehensive smile makeover (often referred to as a “Hollywood Smile”). It explains how the procedures are performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, it may be helpful to write them down so that you can discuss them with your dentist or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified dental professional.

## Contents

- Information for Patients
- What Are Dental Cosmetic Treatments?
- Why Consider These Procedures?
- Preparing for Treatment
- Your Treatment Journey (International Patients)
- Types of Procedures
- Dental Implants
- Dental Veneers
- Smile Makeover (Hollywood Smile)
- The Treatment Process
- After the Treatment
- Recovery and Expected Results
- Aftercare Instructions
- Potential Benefits
- Risks and Complications
- Procedure-Specific Considerations
- When to Seek Medical Advice
- Questions to Ask Your Dentist
- Further Information and Consent
- Contact Information
- Document Informatio

# What Are Dental Cosmetic Treatments?

Dental cosmetic treatments are procedures designed to improve the appearance, function and health of your teeth and smile.

Common treatments include:

Dental implants - to replace missing teeth

Dental veneers - to improve colour, shape and surface appearance

Smile makeover (Hollywood Smile) - a comprehensive plan combining multiple cosmetic procedures

These treatments aim to restore natural function while improving the aesthetic appearance of the smile.

## Why Consider This Procedure?

You may consider dental cosmetic treatment if you experience:

Missing teeth

Discoloured or stained teeth

Chipped, worn or damaged teeth

Gaps between teeth

Irregular tooth shape or mild misalignment

Difficulty chewing due to missing teeth

Reduced confidence when smiling

Treatment recommendations depend on oral health status, bone condition, and individual goals.



**WORLD**  
**MEDI-GROUP**

# Preparing for Treatment

Before treatment you may be advised to:

Attend a dental examination, including X-rays or 3D imaging if required

Disclose all medical conditions and medications

Complete any necessary dental treatment such as fillings or gum care

Stop smoking if advised, as smoking can impair healing

Maintain good oral hygiene

Follow eating or drinking instructions if sedation or anaesthesia is planned

Your dentist will review your medical and dental history and discuss suitable options during consultation.

## Your Treatment Journey (International Patients)

### Initial Assessment

Your medical and dental history, photographs, scans and treatment goals are reviewed remotely or in person.

### Travel Arrangements

Airport pickup and accommodation may be coordinated through the treating clinic or hospital.

### Pre-Treatment Appointment

You will attend a consultation for examination, confirmation of the treatment plan and consent.

### Treatment Phase

Procedures are carried out in a dental clinic or hospital setting. Some treatments may require multiple visits.

### Follow-Up

Temporary restorations or adjustments may be provided before final placement of permanent work.

### Return Travel

Patients are usually advised to remain abroad for a short period to allow for early review and to ensure initial healing is satisfactory.

# Types of Procedures

## Dental Implants

Dental implants are artificial tooth roots, usually made of titanium, placed into the jawbone to support replacement teeth such as crowns, bridges or dentures.

They provide a stable and long-term solution for missing teeth and help maintain jawbone structure by transmitting chewing forces to the bone.

Treatment typically involves:

- Surgical placement of the implant
- A healing period during which the implant integrates with the bone
- Attachment of the final crown, bridge or denture

## Dental Veneers

Dental veneers are thin shells made of porcelain or composite material bonded to the front surface of teeth.

They are used to improve:

- Tooth colour and brightness
- Shape and size of teeth
- Minor alignment irregularities
- Surface defects such as chips or wear

Preparation usually involves removing a small amount of enamel to allow proper fit and natural appearance.

## ***Smile Makeover (Hollywood Smile)***

*A smile makeover, commonly referred to as a Hollywood Smile, is a comprehensive cosmetic treatment plan designed to create a harmonious, bright and symmetrical smile.*

*It may include:*

- *Multiple veneers or crowns*
- *Teeth whitening*
- *Replacement of missing teeth with implants*
- *Adjustment of gum contours where appropriate*
- *Correction of minor alignment issues*

*Treatment is customised according to facial features, oral health and patient preferences.*

# The Treatment Process

The treatment process varies depending on the procedures involved but generally includes:

- Assessment and treatment planning
- Preparation of teeth or surgical placement of implants
- Temporary restorations if required
- Laboratory fabrication of permanent restorations
- Final placement and adjustments

Some treatments can be completed within days, while implant therapy may require several months due to healing time.

## After the Treatment

After treatment you may experience:

- Mild discomfort or tenderness
- Temporary tooth sensitivity
- Swelling of the gums
- Minor bleeding following surgical procedures
- Difficulty chewing initially

These effects are usually temporary and improve as healing progresses.

## Recovery and Expected Results

### First Few Days

Sensitivity, mild discomfort and soft diet requirements are common.

### First Weeks

Gums continue to heal and function improves.

### Longer Term

Implants gradually integrate with the jawbone over several months. Final restorations provide functional and aesthetic improvement.

With appropriate care, many treatments can provide long-lasting results.

# Aftercare Instructions

You may be advised to:

Maintain excellent oral hygiene using brushing and interdental cleaning

- Use prescribed mouthwash or medications
- Avoid hard, sticky or very hot foods during early healing
- Attend scheduled follow-up appointments
- Avoid smoking, particularly after implant surgery

Following aftercare instructions supports healing and long-term success.

## Potential Benefits

Dental cosmetic treatment may:

- Replace missing teeth and restore chewing ability
- Improve appearance of the smile
- Enhance speech in some cases
- Increase confidence and quality of life
- Help maintain facial structure and bone levels (implants)

Results vary between individuals.



**WORLD**  
**MEDI-GROUP**

# Risks and Complications

All dental procedures carry some degree of risk.

Possible complications may include:

- Infection
- Bleeding or swelling
- Pain or prolonged sensitivity
- Damage to surrounding teeth or structures
- Implant failure or lack of integration
- Nerve irritation causing numbness or tingling
- Sinus complications for upper jaw implants
- Gum irritation or recession
- Fracture, loosening or wear of restorations
- Need for repair or replacement

Your dentist will discuss specific risks relevant to your treatment.



## Procedure-Specific Considerations

### **Bone Quantity and Quality (Implants)**

Adequate bone is required for implant stability. Bone grafting procedures may be recommended in some cases.

### **Tooth Preparation (Veneers and Crowns)**

Removal of a small amount of enamel is usually necessary and may be irreversible.

### **Longevity of Restorations**

Veneers, crowns and implant components may require maintenance or replacement over time.

### **Oral Hygiene Requirements**

Long-term success depends heavily on consistent oral care and regular dental check-ups.

## When to Seek Medical Advice

Seek dental or medical attention if you experience:

- Increasing pain, swelling or redness
- Fever
- Persistent bleeding
- Signs of infection such as discharge or foul taste
- Sudden numbness or loss of sensation
- Difficulty swallowing or breathing
- Mobility of an implant or restoration



## Questions to Ask Your Dentist

You may wish to ask:

- Am I a suitable candidate for these treatments?
- Which treatment options are most appropriate for me?
- What are the benefits and risks in my specific case?
- How long will treatment and recovery take?
- How long are the results expected to last?
- What maintenance will be required?

## Further Information and Consent

Before proceeding with treatment you will be asked to sign a consent form confirming that:

- You understand the nature of the procedures
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that outcomes may vary between individuals

The final decision regarding suitability for treatment is made by the treating dental professional following assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
Phone/WhatsApp: +44 7464085948  
www.worldmedigroup.com



Smile

## Document Information

Procedure: Dental Cosmetic Treatments - Dental Implants, Dental Veneers and Smile Makeover (Hollywood Smile)

Series: World Medi Group – Patient Information Series

Version: 1.0

Date of Issue: 2016

This document is provided for educational purposes and does not replace a personalised medical consultation.