



DR SIMON NERY  
DENTIST

FDSRCS(Eng), M.Sc, MRDRCS(Edin)



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# Dr, Simon Nery

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**Dr. Simon Nery was born in London and qualified from Cardiff Dental School in 1988. He undertook various post-graduate positions within UK Dental Hospitals during the next 6 years, and was awarded Fellowship of the Royal College of Surgeons in Dental Surgery in 1992, and a Masters with Distinction in Restorative Dentistry from Newcastle Dental Hospital in 1993.**

He was awarded Membership of the Royal College of Surgeons of Edinburgh in Restorative Dentistry in 1994, and is one of few dentists in the UK who is an accredited specialist in Prosthodontics (replacement of missing teeth) with the General Dental Council.

He has worked as a part-time Clinical Lecturer in Restorative dentistry at The Royal London and St. Bartholomew's Dental Hospitals for 10 years. Dr. Nery is an Examiner for the General Dental Council's Overseas Registration Examination, and also acts as an expert witness when required for the General Dental Council in London.

Dr Nery recently has been awarded the advanced level Diploma in Dental Implantology from the Dental Faculty of the Royal College of Surgeons of London. This additional qualification is currently considered to be the gold standard in postgraduate training in implant dentistry. Although there are many dentists who provide patients with implants, only a few are trained to such a high level.

Dr Nery's extensive training, skill and experience enable him to provide the highest standard of Dental care, providing highly predictable, beautiful and long-lasting solutions to any dental problem with the minimum inconvenience and time in today's busy world.

All pictures and testimonials featured in this booklet are genuine patients of Dr. Nery.

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## OUR COMMITMENT / PHILOSOPHY (Mission Statement)

We take great pride and professional satisfaction from providing outstanding clinical results with the maximum possible convenience using the latest techniques such as Cerec AC single visit crowns, single visit Astra dental implants, and invisalign (invisible braces).

Treatment is always completed in the minimum possible number of visits. Attention to detail and precision ensure that predicted treatment schedules are rarely revised, so that you can plan your time with confidence.

We passionately believe each individual's needs and sensitivities must be addressed, so that every patient's dental experience is comfortable and stress-free. Therefore we welcome all anxious or nervous patients, working with our expert dental anesthetist who provides safe, monitored sedation when necessary.

*“Wow, you actually managed to achieve what other Dentists somehow failed. Thank you so much for spending the time and effort to ensure I got nothing less than a fantastic result. What a wonderful team you (Dr. Nery) and Suzie are, I no longer ‘fear’ going to the Dentist!”*

T. Elwell, Sevenoaks

# oral hygiene



## ORAL HYGIENE AND PERIODONTAL DISEASE

**It's not just the health of your mouth that is at stake – good oral health is important to your overall well being, and recent research has clearly indicated possible links between periodontal disease and respiratory disease, diabetes, and heart disease.**

- Some Form of Periodontal Disease Affects About 75 Percent of Adults Over Age 35.
- Periodontal disease is often overlooked because it doesn't cause pain until it is too late and teeth have to be lost.
- Are you worried because your gums are bleeding?
- Are they red and puffy, tender, sensitive to hot/cold or starting to recede?
- Do you have a loose tooth/teeth, or do you seem to constantly have bad breath? If you are experiencing any of these symptoms then you have pre or full blown periodontal disease/gum disease.

Any of these symptoms may signal a serious problem, which would be checked by Dr. Nery .

We use the most up to date methods in assessing and treating periodontal disease. These include periodontal screening tests (including Florida probe), and the highest technology digital x-ray system with ultra high magnification to see even the smallest areas of bone loss. We also record the measurement of gum recession and evaluate potential bone loss early on, and re-evaluate your gum health at every recall appointment.

The main goal of treatment is to control the infection. The treatment will vary depending on the extent of the gum disease. However, the best treatment requires that the patient

keep up a good oral hygiene plan at home. Additionally, quitting smoking and healthy eating will improve treatment outcomes.

#### What Can You Do To Prevent Gum Disease?

- Brush your teeth twice a day
- As part of your brushing routine floss every day
- Visit the dentist routinely for a check-up and professional cleaning
- Eat a well balanced diet
- Don't smoke as this contributes to gum disease & makes treatment more difficult

“As a patient with long term gum disease I have been very happy with the care I have received from Dr. Nery. The severity of my gum problems flared up quite badly and Dr. Nery explained in very clear detail what treatment was required. With what could have been a very stressful experience, Dr Nery put me to ease and hand held me through these difficult times. If you're looking for a dentist who cares about your well-being I highly recommend a visit to Dr. Nery's practice. Thank you so much for your support!”

Mrs L.H. Northolt

# CEREC AC

## Replace your metal crowns and fillings in one easy pain free visit

No temporaries, no impressions. Just beautiful, strong, natural looking ceramic restorations.

In the past, this service would normally take about two weeks and required at least two visits, requiring multiple injections, impressions and temporary crowns. With the latest CEREC AC ceramic studio now installed in our clinic, this technology provides high quality natural looking ceramic restorations such as crowns, veneers, inlays and onlays in just a single visit.

Although CEREC technology has been available since the 1980's it's only now that Dr. Simon Nery feels that the latest generation AC system provides technically comparable restorations to traditional methods, but without all the inconvenience and discomfort associated with impressions, temporary crowns and second or third appointments. CEREC means we can rapidly restore damaged teeth using a ceramic metal-free material that matches the natural color of other teeth in your mouth. All this in about one - two hours!

### Single Appointment Dental Care

Most dental restorative methods require more than one visit to the dentist. This means that on the first visit, you get an injection of anesthesia, your tooth prepared, an impression taken, and a temporary restoration put on your tooth. You make a second appointment for a couple of weeks later, and get an injection, have the temporary pried off (if it hasn't fallen off already), and have a permanent restoration put on (provided it doesn't need to go back to the laboratory for further adjustments!). Why go to the dentist a second or third time when you don't have to? With CEREC, the procedure is done in a single appointment, start to finish.

Instead of having a bulky impression placed in your mouth, an optical 3D image is acquired with a small camera, directly in your mouth. The restoration is created on the screen using the image data. Diamond coated instruments mill a ceramic block to reproduce the design. After polishing, the new restoration fits precisely. A unique light hardens the bonding material, uniting porcelain and tooth. Perfectly bonded porcelain ensures an extremely long life for your teeth. All of this is accomplished during a single appointment. CEREC makes it possible for you.

A CEREC tooth restoration isn't just convenient and beautiful, it is also healthy and protects weak teeth.



*“Wow Simon - I couldn't believe how easy having a cerec crown was! Having had a lot of traditional dentistry in the past, it was wonderful to not have to have a yucky impression or temporary crown. The time saving made a huge difference, as you know how busy I am. Thank you again for a fantastic service and beautiful crown.”*

Mrs L.M London

# Sedation dentistry

**Sedation dentistry offers a safe and effective way for patients to overcome their fears and other dental issues so that they can get the treatment they need to maintain oral health and avoid major dental problems.**

## Candidates for Sedation Dentistry

Are you a person who avoids having dental work done because you have a strong aversion to dental treatment? If so, you are not alone. Research shows that the most prevalent reason people put off visiting the dentist is dental anxiety. While your feelings are understandable, delaying dental treatment can cause relatively minor dental problems, such as gum disease, to become major dental issues that require extensive intervention.

With the option of sedation dentistry, you can overcome your anxieties and get the treatment you need. Even procedures such as root canals can be non-traumatic. As an added benefit, sedation dentistry allows patients to combine multiple procedures into one or two visits, saving time and limiting inconvenience.

While sedation dentistry is not for everyone, it may be the answer you've been seeking for yourself or a loved one. Sedation dentistry could be right for you if you exhibit any of the following:

## Benefits of Sedation Dentistry

- Relax during your dental treatment.
- You will have little or no memory of the experience.
- You won't remember any sounds or smells.
- You can relax for up to five to six hours after the IV sedation. The time you are relaxing will vary depending on your needed treatment and type of anesthesia delivered.
- Complex dental treatments that often require multiple appointments can often be done in as little as one or two! All while you relax.
- People who have difficulty getting numb will have no problem when relaxed.
- Sedation dentistry is a safe way to reduce the fatigue of extended dental treatment requiring long visits.



- Dental Anxiety
- Sensitive Teeth
- Difficulty Getting Numb
- Dental Phobias & Fear of Needles
- Traumatic Dental Experiences
- Limited Time to Complete Dental Work
- Complex Dental Issues

*“I’ve always had a phobia of dentists from an early age and kept putting off visiting one until my teeth problems became unbearable. I had no alternative, so I gathered the confidence to visit Simon who put me at ease straight away by suggesting sedation treatment. I’m not nervous to have any dental treatment now, as I don’t feel or remember a thing”*

Miss L. London



[www.dentalphobia.co.uk](http://www.dentalphobia.co.uk)

# white fillings



## Fillings

We believe that there is no real substitute for your own tooth and our first preference is to save your tooth.

## Inlays/Onlays

In cases with larger cavities or broken down areas, a Cerec AC inlay, onlay or crown to cover more of the tooth's surface may be indicated.

Naturally speaking, the final result with ceramics is spectacular. White inlays or onlays are actually glued into the tooth and there is now a body of research that claims that because of this the tooth ends up stronger after such a procedure, and is less prone to problems down the road compared to an being left with a large amalgam based restoration.

## Metal-Free Dentistry

Conservative treatments like tooth coloured fillings are preventing the side effects of toothaches and broken teeth. Intercepting the potential of fracture before experiencing symptoms of hot or cold sensitivity and biting pain makes it possible to preserve the healthy remaining tooth structure. By being proactive rather than reactive towards amalgam replacement, many of our patients are happy to report having had such a superior experience by eliminating unnecessary pain.



AFTER



BEFORE



## Composite Resin (Tooth Coloured) Fillings

A composite resin is a tooth-coloured plastic mixture filled with glass (silicon dioxide).

Composites are not as durable as Cerec AC ceramics (either in terms of aesthetics or strength), they can be used for restoring small cavities or for cosmetic improvements of the smile by changing the colour of the teeth or reshaping disfigured teeth. There are no known health risks of receiving composite fillings.

### The Benefits

Great alternative to traditional metal dental fillings due to the fact that they are tooth coloured, i.e. looks like you haven't got fillings. They are strong, durable, and make for a very natural looking smile.

“ I am so pleased Chas recommended I consult you due to the anxiety I was experiencing with my local dentist last year.

The treatment had just not progressed and I could see no end in sight so naturally my confidence was waning.

I am indebted to you for your support and exceptional craftsmanship that made the trips to London more than worthwhile.

And it was always such a pleasure to see you and Suzie.

Thank you so much Simon and I continue to wish you every success.”

P West, Aylesford

# teeth whitening

## Teeth Whitening

Whether you chose to whiten your teeth for that job interview, or after you've lost a lot of weight, experienced a life altering event, know that, whiter teeth tend to make people look younger (as teeth darken with age), look more affluent, and feel better about themselves and their smile.

### The Benefits

- Increases personal attractiveness
- Gives the perception of healthy teeth and lifestyle.
- Improves your smile confidence
- Makes you look younger

If you are unhappy about the colour of your teeth, we will listen and take the time to help you get the shade that you are looking for. We are experts in teeth whitening and can advise you whether teeth whitening procedures would be effective for you. It is safe, simple, effective and quick.

What teeth whitening techniques are available to me?

### We use and recommend:

Zoom!™ Professional Chairside Whitening System. It is a scientific advanced bleaching process that lightens discolouration of enamel and dentin. It is safe, simple, effective and very fast. In just over an hour, your teeth will become drastically whiter.

The procedure involves covering up your lips and gums, leaving only your teeth exposed before the application of the Zoom!™ whitening gel (containing the active ingredient hydrogen peroxide). The Zoom!™ light is used to activate the whitening gel's active ingredient. As the hydrogen peroxide is broken down, oxygen penetrates the enamel and dentin, bleaching coloured substances, breaking up stains while the structure of the tooth is unchanged.





“Briefly, I just want to say that, as you know, I am thrilled with the result of the combination of veneers and tooth whitening. I have had so many compliments on looking good although nobody has quite been able to work out if I have had anything done thanks to the teeth appearing so natural. The whitening is just sufficient to take years off - just the effect I wanted. Thank you for bearing with me whilst I deliberated for so long - I wish now I had done it sooner!”

Mrs H-G. London

While this is happening, you may relax comfortably by watching television or listening to your favourite music. The complete procedure takes just over an hour beginning with a short preparation period, followed by one hour of bleaching, ending with a minute fluoride treatment. However, we do recommend all Zoom!™ patients complete a hygiene appointment prior to undertaking the actual Zoom! session. You may need to follow up some 30 minute tray based whitening sessions at home to achieve your desired shade.

# cosmetic dentistry



## Porcelain Veneers

A Veneer is a thin layer of porcelain made to fit over the front surface of a tooth. Veneers can improve the colour, shape and position of teeth. A precise shape and shade of porcelain can be chosen to lighten the upper front teeth or to reshape them. Porcelain veneers can make a chipped tooth look intact again- the porcelain covers the whole of the front of the tooth replacing the broken part.

Veneers are also used to close small gaps, when orthodontics is not suitable or practical. If one tooth is slightly out of position, a veneer can be fitted to bring it into line with the rest of the teeth.

## Dental Bridges

Dental bridges are false teeth, known as a pontics, which are fused between two porcelain crowns to fill in the area left by a missing tooth. The two crowns holding it in place that are attached onto your teeth on each side of the false tooth. This is known as a fixed bridge. This procedure is used to replace one or more missing teeth. Fixed bridges cannot be taken out of your mouth as you might do with removable partial dentures. In areas of your mouth that are under less stress, such as your front teeth, a cantilever bridge may be used.

Cantilever bridges are used when there are teeth on only one side of the open space. Bridges can reduce your risk of gum disease, help correct some bite issues and even improve your speech. Bridges require your commitment to serious oral hygiene, but will last as many ten years or more.

## Dental Crowns

For many years, traditional metal-based crowns have been used to strengthen or rebuild teeth that are heavily worn or have had root canal treatment. But thanks to the latest advancements in cosmetic dentistry,

Porcelain Crowns can now look much better than your original teeth. They look very unbelievably natural and are mostly used on front teeth and on people that do not grind their teeth.

The tooth will be prepared to the ideal shape of the crown. This will involve removing most of the outer surface of the tooth leaving the core. The thickness of the crown will be the same as the amount of tooth that has been removed. An impression is taken of the area, taking into consideration the bite and overall desired look of the tooth, matching it to the surrounding teeth perfectly.

AFTER



BEFORE



## Case study

“ I have been under the care of Dr Simon Nery for eight years. During this time his dental work on me has been of the highest quality.

With this in mind, I considered the possibility of cosmetic dentistry to improve the appearance of my rather unsightly upper front teeth. Discussing this at length and in great detail, I was given the choices available with out ever feeling pressurised into making my decision. In 2005, I finally decided to go ahead with Dental Porcelain Veneers.

Members of and associated to the Practice always treated me with the utmost kindness and professionalism and I can not but say how delighted I am with the result.

I would have no hesitation in recommending Dr Simon Nery.”

Mr G.S. London

**Dental implants are used to replace single or multiple missing teeth, usually with fixed, natural looking permanent restorations.**

With implant supported teeth it is almost impossible to tell the difference compared to natural teeth:

- function, look and feel like natural teeth
- allow you to speak, smile and eat with confidence
- are comfortable and stay in place

Dental implants can also be used to help overcome difficulties with wearing dentures, either by providing fixed replacements or helping secure loose dentures to give back confidence and comfort when smiling and eating.

The implant process normally involves several steps:

## Initial Consultation - Treatment Planning

After discussing possible alternatives, Dr Nery will assess the feasibility of providing implant treatment or alternative options.

## Dental Implant Placement

Implants are placed in the dental surgery, usually under Conscious Intravenous Sedation. If, after assessment, the underlying jawbone is judged to be deficient, a number of options are made available for bone regeneration.

## Healing Period

Any discomfort is usually minimal, and only lasts a couple of days. However, it is often suggested that a period of three months or more be allowed for the implant to fully integrate.



## The Restorative Phase

Once integrated (or healed), the implants are uncovered and the appropriate restoration is made as planned pre-operatively.

## Maintenance

Following the completion of implant treatment, patients need to clean thoroughly around the implants as instructed by the dentist. They should attend their dentist for regular review so that the health of the soft tissue, bone levels and the integrity of the restoration can be checked.

## Preparatory procedures

Implants survive best in a healthy environment. Any tooth decay or gum problems need to be sorted out before implants are placed to give them the best chance of success. Gum Health. This may involve the use of a special brushing method, toothpicks and little "bottle" brushes. Some gum treatment may be necessary.

BEFORE



AFTER



## Case study

*“ In September 1998, I was involved in a car crash whilst on business in Singapore. Unfortunately, during the impact I lost five teeth, cracked at least four others and fractured my jaw. I lost a good deal of bone from the roof of my mouth which made the reparation works extremely difficult and intricate.*

*For two years, I lived with plates in my mouth whilst everything settled down and I began my search for the best dentist. I was introduced to Simon Nery through my surgeon and, over the past eight years, he has rebuilt my mouth. This has involved grafting gum, implants, crowns, root canal work and hours of dentistry.*

*Simon has been nothing but brilliant and a huge support to me throughout all these works. I would now call him a friend - nothing has ever been too much trouble including working over weekends, Bank holidays and even giving me advice over the phone on Christmas day!*

*I could not recommend Simon highly enough was an exceptional specialist who takes great care with his patients. His work is first class to the point where most people would have no idea that my mouth has been rebuilt.”*

Mrs. L. London

## more patient testimonials

“ Simon Nery has been my dentist for the last 10 years and over this time has given me 1st class treatment. My dental health was quite poor and very complicated and I was also a fairly anxious patient through prior bad dental management.

From the start I was very impressed by Simon's professionalism, he established a plan on how to slowly treat and improve the situation in a very cautious way as quite a few teeth had to be under observation before any decision could be made.

At every stage of my treatment I was given details of procedures and subsequent consequences which totally reassured me. I had numerous root canal treatments, gum improvement procedures, new crowns and implants as I unfortunately had to lose a few unsalvageable teeth. He is of course totally up to date with the latest techniques and treatments as one can only too easily see in the result of his work.

Simon is also surrounded by very good, efficient nurses who are welcoming and know instinctively how to make you feel at ease before a complicated and lengthy procedure.

Additionally, I am also now a more aware patient who knows how to manage my oral hygiene and I am very proud of my new smile. Many thanks to a fabulous practice and they have my complete trust.”

M. Oram



“ It is my great pleasure to say a few words about Dr. Simon Nery. Having had more than the normal amount of dentistry in my life, I must say that Dr. Nery is the best dentist I have ever known.

To begin with, he is not only a lovely, gentle man, but is exceedingly calm and considerate as well. Dr. Nery takes great care to inform one before, during, and after treatment about which stage or method will be next in coming. One is always fully aware and confident in oneself when being treated by Dr. Nery.

He takes the greatest care not to inflict any kind of pain or discomfort, and if, a bit should occur, it seems as though it was inflicted on Dr. Nery himself. His work is of the highest standard and his professionalism can not be duplicated. I speak for myself, my husband, and our daughter who regard Dr Nery in the greatest esteem.

I have and would recommend him with the highest accolades.”

E. Benedict



# Easy payment terms

Fees are transparent and in every case you will receive a written itemised treatment plan, which not only explains the treatment but also the fees.

We offer a 5% reduction in the full cost of treatment if the full fee is paid prior to the first treatment appointment.

We offer a finance credit system in association with DDF and smile care, which will allow payments over a variable period (1-5 years). The APR starts from 5.6%

Payment for treatment can be made at each appointment. We do not send accounts.

For more details please contact  
020 7580 1553



# How to find us

For treatments and consultations

**T: 0207 580 1553**

**E: [simonnery@mac.com](mailto:simonnery@mac.com)**

**W: [www.sndentist.co.uk](http://www.sndentist.co.uk)**

**A: 20 Wimpole Street, London  
W1G 8GF**

Closest stations

Bond Street - Oxford Circus

Baker Street - Regent's Park

Buses

5,6,8,10,13,18,25,27,30,73,82,9

8,113,18, 9,205,274,390,453



- We are open Monday to Friday 9:00 a.m to 5:00 p.m
- Other appointments available on Saturdays by request.



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