

The crisis in NHS dentistry means more Londoners are going private. But for the best treatment, who do you trust? We find the top 10 practices

The smile files

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A NEW report out last week highlighted the increasing crisis in NHS dentistry. Citizen's Advice revealed that thousands of Londoners are unable to get treatment on the NHS, leading many to seek private care. Even Chancellor Gordon Brown, the man who holds the NHS purse strings, was himself recently seen leaving the London Centre for Cosmetic Dentistry, a private practice that costs £100 an hour, having been treated by one of London's top private dentists.

Despite Brown's opposition to private medical care, he obviously knows that if you want to be seen quickly by a dentist, you now have no choice but to go private. But if you are able to afford the high cost of private dentistry, just who are the capital's top dentists?

Brown's dentist, Mervyn Druian, is certainly among them, having wrought such an improvement in the Chancellor's smile with some major cosmetic work (see pictures, right).

Such dental work has never been more popular. The British Academy of Cosmetic Dentistry logged 19,138 cosmetic procedures last year, and noted that porcelain veneers are greatly in demand (up 144 per cent on the previous year), as are teeth-whitening treatments (women snapped up twice as many of these as did men).

According to Dr Christopher Orr, dentist and president of the BACD, the British public is finally becoming much more image-conscious: he cites the "massive" increase in the number of requests for white fillings as the first step towards further cosmetic procedures such as whitening and

veneers.

In all the talk about the "Hollywood smile", "smile makeovers" and even "smile lifts" (which, by lengthening the teeth and thus slightly expanding the jaw make the face look fuller, without any facial surgery), one thing which gets overlooked is the fact that there's a lot of tooth loss going on.

One in four people in the country today wears a denture; that's 11.5 million people, including one million 16-to-44-year-olds. And while today's youngsters are mainly growing up with great teeth, the baby-boomers, with all their heavily-filled teeth from the Sixties, need a good deal of work to keep them looking as young as they like to think they are.

So who *are* the best dentists? Here we reveal London's top 10 ...



MERVYN DRUIAN AND KEN SPEKTOR

London Centre for Cosmetic Surgery, 93 Haverstock Hill, NW3 (020 7722 1235; www.whiterteeth.co.uk)

Who are they? Mervyn Druian, above, and Ken Spektor have a quiet and methodical approach to their cosmetic and restorative dental work. Their Primrose Hill clinic, its walls brightened up with finds from Spektor's travels, is far from swanky, despite their clientele being as starry as it gets, including pop stars, footballers' wives and Gordon Brown. **What's so special?** If there's a good new treatment available, they'll offer it. Recent innovations include ultrasonic whitening, in which sound waves are used to activate the bleaching gel. **Cost?** From £100 per hour: Ultrasonic whitening, £750.



ANDREW DAWOOD

Dawood & Tanner, 45 Wimpole Street, W1 (020 7935 0080; www.teethinaday.com)

Who is he? Considered to be the finest dentist in

London, full stop, and with his partner, wife Susan Tanner, a prosthodontist, runs a multidisciplinary practice which takes up a whole house in Wimpole Street, with laboratory facilities on site.

What's so special? Always at the front of any trend, whether it's for doing veneers in a day, 3-D scanning and imaging of teeth, or the cutting edge of implant dentistry: "It's all serious and high-tech with no distracting fluffy stuff", as one fan of his puts it.

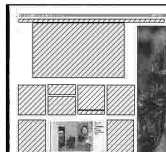
Cost? Initial consultation, £85 (plus between £45 and £250 depending on the extent of imaging needed). Implants, £2,500 to £3,500 each — it's not one implant per tooth, you may only need four implants for a whole jaw.



JOE OLIVER

Welbeck Clinic, 20 Welbeck Street, W1 (0870 241 6903; www.thewelbeckclinic.co.uk)

Who is he? Runs a discreet, luxurious Marylebone town house-turned clinic popular with celebrities. **What's so special?** Signature treatment is the "smile makeover". A digital image of the client's teeth is



**JUSTIN GLAISTER**

Umbrella, 11 Harley Street, W1 (020 7612 9810; www.umbrellasmiles.com)

Who is he? The dentist whose "smile lift" aims to improve your face as well

as your teeth. Also an expert in neuromuscular dentistry, which helps treat conditions such as migraine and clicking jaw caused by overly tight muscles in the face, neck and jaw.

What's so special? His "smile lift", which lessens facial sagging by building up teeth. For Glaister, getting an artistic result is all a question of proportion: he calculates the shades manipulated to show just how much better they could look with teeth realigned or straightened, usually with thin porcelain veneers that are bonded onto the teeth. The results are so enticing that some 65 per cent of people who come for a consultation go on to have treatment. **Cost?** Most patients will have around eight veneers, at £545 each, which takes the average bill to a shade under £5,000.

and sizes of teeth according to the "divine proportion" of "phi"; a ratio of 1.618 to 1. In The Da Vinci Code, this ratio helps the heroes to crack impossible codes; in the mouth, Glaister uses it to determine the arrangement and shape of teeth. If you want the detail: if the width of the lateral incisor is one, then the adjacent incisor must have a relative width of 1.618 (still with me?)

Cost? Smile lifts range from £3,000 to £10,000. "We can achieve a lot for some people with whitening and four veneers," says Glaister, "though if people want full sets of veneers top and bottom, the price rises quickly."

**STANLEY KAY**

Harley Street Dental Clinic, 103-105 Harley Street, W1 (020 7486 1059; www.hsd.c.net)

Who is he? Hugely popular with music-business people. It may well be that they find his down-to-earth approach and his blunt, often cynical manner refreshing in an area full of flattery and flannel.

What's so special? Good on cosmetic work as well as general reconstructive dentistry. He has first-class people working alongside him including Charlotte Stilwell, who specialises in temporal mandibular joint disorder (jaw-clicking problems) and Amanda O'Donnell, a paediatric dentist whose children's clinic is open every other Saturday morning. **Cost?** Veneers £850 each. One hour tooth-whitening, £600.

**KENNETH HARPER**

James Hull & Associates, Lister House, 11 Wimpole Street, W1 (020 7636 7900, jameshull.co.uk) and 21 Lovat Lane, EC3 (020 7398 3333)

Who is he? The dentist to go to if your teeth need major reconstruction.

What's so special? Harper's speciality is building up teeth or replacing them with titanium implants. He doesn't market his work as specifically cosmetic, "though obviously", as he remarks drily, "my patients have fairly high expectations and want the work to look good. So yes, I'm striving for an aesthetically pleasing result." That these results are great goes without saying — the one time he was persuaded to participate in a TV makeover show, his patient came top. **Cost?** Crowns from £800, implants, from £2,500 depending on the extent of the work.

**SURINDER HUNDLE**

Lund Osler, 56 Knightsbridge, SW1 (020 7838 8969; www.lundosler.com)

Who is he? The Lund Osler clinic pioneered the

"dental spa" concept and the cosmetic work done by Hundle produces equally good results.

What's so special? Full "smile makeovers" involving implants, crowns, bridges and veneers, and if clients feel they need a spot of Botox while they're at it, that can be arranged, too.

Cost? New patient consultation, £450.

**ASIF CHATOO AND DIDIER FILLION**

London Lingual Orthodontics Clinic, 57a Wimpole Street, W1 on Mon/Weds/Thurs (020 7486 2883;

www.londonlingualbraces.com) and 2a Bow Lane, EC4 (020 7236 3600) on Tuesdays and Fridays.

Who are they? Chatoo, above, is hip, charming and modest. Fillion is a suave Frenchman and president of the European and British Societies of Lingual Orthodontics. He comes over to the clinic from his base in Paris for two days each week.

What's so special? Lingual orthodontics is the new buzz phrase in braces, and this is the only London clinic which specialises in this practice of applying braces to the inside, rather than the outside of teeth so you can't see them. Sadie Frost and Kelly Brook have had their smiles improved here; the patient's roster reads like a celebrity Who's Who. **Cost?** Initial consultation, £80.

Prices for the braces vary depending

on their complexity but are roughly £4,000 for one arch, or £7,000-£10,000 for both.

**UCHENNA OKOYE**

Gloucester Road Smile Centre, 75 Gloucester Road, SW7 (020 7373 3744, www.londonsmiling.com)

Who is she? Looks far too glamorous to be

among the top one per cent of UK dentists but that's where her qualifications — a master's degree in aesthetic dentistry — place her. Her practice is one of an elite group to have achieved the prestigious British Dental Association Good Practice Award.

What's so special? She's up to the minute on all the latest practices and procedures: from The Wand, which offers pain relief without having to stick a huge needle into the mouth, to Zoom whitening, which takes 45 minutes to get teeth up to 12 shades lighter. Her soothingly decorated clinic pampers clients with paraffin-wax hand treatments or Indian head massage while their teeth are being worked on.

Cost? Initial consultation, £81.

**ANOOP MAINI**

Aqua Dental Spa/ Maini & Maini Dental Practice, 24-25 Manchester Square, W1 (entrance in Hinde Street; 020 935 5332; www.leadingmiles.com)

Who is he? On the board of the British Academy of Cosmetic Dentistry and an active member of the American Academy of Cosmetic Dentistry, he has an outstanding reputation as a wizard when it comes to crafting a better-looking mouth.

What's so special: Runs one of the best-looking practices in town, all light walls and feng-shui'd details, but don't let that put you off. Known for his veneers and lasers used to reshape an uneven gum line.

Cost? New patient consultation, £125; veneers, £650.

DOS AND DON'TS

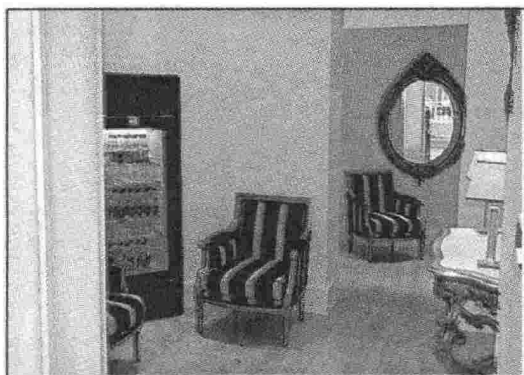
AS WITH all cosmetic procedures, it pays to take your time and do your research with cosmetic dentistry. Get a recommendation from a friend, or visit the dentist you have in mind and ask if you can see before and after pictures of the treatment you are contemplating. Can you speak to someone who has tried the treatment and can tell you what it's like? (If they say this isn't possible, you have to wonder why.) Don't choose treatments on the basis of price alone; there is often a good reason why the best people charge

the most.



Toothsome: Gordon Brown has received treatment recently from Mervyn Druian at the London Centre for Cosmetic Dentistry

Popular with celebrities: Dr Joe Oliver's Marylebone clinic



Dazzling: Kelly Brook, a patient at Dr Asif Chatoo and Dr Didier Fillion's clinic, is one of many celebrities who have had cosmetic dental surgery

