



Your guide to Therapy-Led Care

E: smile@nothingbutthetooth.co.uk

T: 0121 382 8544

W: nothingbutthetooth.co.uk

**82 Little Green Lanes,
Sutton Coldfield, B73 5NB**



At Nothing But The Tooth, we are dedicated to providing the highest quality care to keep your smile healthy for life, which is why our dental care package prioritises prevention to deliver the best long-term benefits to your oral and overall health.

Therapy-led maintenance is a proactive approach to oral health, focusing on preventive and ongoing care provided primarily by dental hygienists and therapists. It ensures the best long term health outcomes by maintaining healthy teeth and gums through detailed assessment and monitoring of your whole mouth, gum health and disease management, and bespoke patient education.



Preventive Focus

Helps prevent gum disease, tooth decay, and other oral health issues before they require extensive treatment. There is also strong evidence that good gum health reduces your risk of serious illness such as heart disease, stroke and Alzheimer's. It also makes diabetes easier to manage and will reduce the risk of premature and stillbirth, and infertility.

Gum Health Management

Essential for patients with gum disease, ensuring regular deep cleaning and monitoring.

Personal Oral Hygiene Advice

Helps improve daily brushing, flossing, and lifestyle habits for long-term oral health.

Long-term Savings

This investment in your oral health will reduce the likelihood of needing complex treatments in the future.

Our Regular Care Structure at Nothing But The Tooth

Visit 1: Examination and Guided Biofilm Therapy

For your first visit, you will see your dentist for a Healthy Mouth Assessment and your hygiene therapist for Guided Biofilm Therapy.

We recommend you attend your therapy appointment first, either immediately or up to a month before your dentist appointment.

Visit 2: Guided Biofilm Therapy with examination if required

For your second visit, your hygiene therapist will provide Guided Biofilm Therapy, as well as checking your teeth for signs of decay and completing a mouth cancer screening.

Visits 3 & 4: Additional Hygiene Appointments

Some patients need to see the therapist more than twice a year. As GBT offers more thorough care, we recommend it for every hygiene appointment. Members of our Lifelong Sparkle Club will receive GBT for all hygiene appointments. Patients who pay as they go may choose to have additional appointments as standard hygiene, if they wish to keep their annual investment the same as in previous years.



The collaborative approach between your dentist and therapist ensures that your care is more tailored, effective and preventive, keeping your smile healthier for longer.

Your annual examination with your dentist will include an assessment of your bite and jaw alignment and of any laboratory made items such as crowns or mouthguards. All other aspects of your oral health will be assessed at the appropriate intervals during your regular appointments with the dentist or therapist.

Your visits to the therapist will ensure that elements of your gum health, plaque buildup, and overall oral hygiene which can change rapidly are assessed and treated in an appropriate time frame, which is why regular hygiene appointments are essential.

What is Guided Biofilm Therapy?

Guided Biofilm Therapy (GBT) is an advanced, gentle, and highly effective system for assessing the health of your gums, revealing where issues lie, removing bacterial-infected plaque, tartar, and stains while preserving the health of your teeth and gums. It is a minimally invasive and pain-free alternative to traditional scaling and polishing.

There are 8 steps to the hygiene part of Guided Biofilm Therapy:

- 1. Evaluate:** Examination and diagnosis of teeth and gums
- 2. Disclose:** Making the biofilm visible
- 3. Motivate:** Hygiene advice based on your own risk assessment
- 4. Airflow Max:** Removing biofilm, discolouration and calculus
- 5. Perioflow:** Removing the biofilm below the visible gum margin
- 6. Piezon PS:** Removing remaining calculus
- 7. Quality Control:** Checking everything has been fully removed
- 8. New Recall:** Schedule your next appointment

Before GBT



After Disclosing



After GBT



Please note: There are a small number of medical conditions that mean you may not be suitable for the Airflow part of GBT. However, you will still receive the benefit of the whole protocol and we will still use the GBT scaler which is gentler and less sensitive than standard scaling instruments.

Dentists, Therapists & Hygienists



At Nothing But The Tooth, you are always in the expert hands of highly skilled dental professionals, who are all trained to the same standard and skill level during their degree.

All clinicians can:

- Obtain and evaluate dental and medical history
- Carry out a thorough examination of teeth and gums
- Record the health of supporting structures
- Prescribe, take, process and interpret x-rays
- Carry out a mouth cancer screening
- Diagnose dental disease
- Plan delivery of appropriate care for patients
- Give advice and demonstrate oral healthcare
- Offer smoking cessation advice
- Remove tartar and infected plaque
- Use medicaments to treat plaque-related disease
- Adjust fillings and rough enamel
- Apply medicaments to teeth, such as fluoride
- Apply sealants to teeth at risk of decay
- Give local anaesthetic
- Place temporary fillings and recement crowns
- Take scans and impressions of the teeth
- Refer patients to other healthcare professionals
- Carry out tooth whitening
- Remove stitches

Dentists and Therapists can also:

- Restore teeth with fillings
- Carry out cosmetic composite bonding
- Carry out root treatment on baby teeth
- Extract baby teeth
- Place crowns on baby teeth

Dentists can also:

- Provide root canal therapy for permanent teeth
- Provide braces
- Provide crowns, dentures and bridges
- Carry out surgery
- Carry out treatment on patients under general anaesthetic
- Prescribe medicines
- Place implants
- Treat tooth grinding, disordered bites, and snoring



Book your free, no obligation consultation!
0121 382 8544
nothingbutthetooth.co.uk



If you have any further questions about your care with us, or would like to become a member of our Lifelong Sparkle club, please do not hesitate to get in touch.

Call: smile@nothingbutthetooth.co.uk

Email: 0121 382 8544

Drop in: 82 Little Green Lanes, Sutton Coldfield, B73 5NB