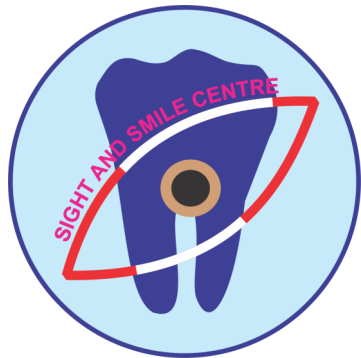


About Sight and Smile Centre

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



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Address: 3/29, West Patel Nagar, New Delhi-110008

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24 hours helpline: 0-85-0605-0705

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PREVENTIVE DENTISTRY



About preventive dentistry

The old adage saying “**Prevention is better than Cure**” holds out a very important message in dentistry.

Dental health is an important part of our general health. Teeth are the window to how we take care of our body. Teeth, if properly cared for, can last a lifetime. Having healthy teeth throughout life ought to be each individual's goal.

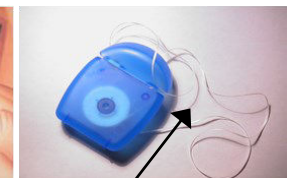
Dental disease prevention measures

A whole host of dental problems can be avoided by inculcating certain simple habits in our daily routine that help in maintaining ideal oral health. Such measures include:

- **Brushing of teeth twice-a-day**, once in the morning and once after dinner, with fluoride toothpaste. Fluoride toothpastes have been shown to prevent caries. The toothbrush should have soft, round-tipped bristles and should be replaced with a new one every 3 months or even earlier if the bristles wear out.
- **Flossing** (Inter-dental cleaning with a special dental thread) after each meal to remove food particles from between the teeth where toothbrush cannot reach.
- **Anti-bacterial mouth rinses** after brushing for prevention of tooth decay.
- **Cleaning of tongue** on a daily basis.
- **Regular preventive dental check-up**, backed by counselling sessions.
- Six-monthly **scaling and polishing of teeth** for gum disease prevention.
- **Dental fillings** in early caries to save the tooth from further decay and eventual root canal treatment or dental extraction.
- Early treatment of diagnosed problems.



Flossing



Dental floss