



THE
Smile
CENTRE

"Let Us Help You Smile"



Welcome to the Smile Centre

At The Smile Centre we can help you enhance your smile and improve your dental health in an affordable and caring way. We understand why you want to improve your dental health and we are here to help, just as we have helped many like you before.

At The Smile Centre we believe in total wellness care and rejuvenation dentistry. We approach dentistry from a holistic perspective and we believe we have a genuine and unique approach to dentistry even as it touches inner beauty and youth! Our family of patients like our colourful and patient-centered approach, our honest approach to their dental needs, and our spirit of communication and education, and they say that walking into our office is inviting.

The Smile Centre offers comprehensive care for patients of all ages and varying dental needs. Our dental services range from routine cleanings and preventive care, cosmetic procedures and prosthodontic dentistry, and non-clinical services like bad-breath management and dental nutritional counseling. We are an amalgam-free practice and only use tooth-coloured fillings. We practice biological dentistry and believe in both alternative and traditional treatment modalities.

Great Smiles Don't Just Happen

At The Smile Centre, we place great emphasis on preventive care. Because the better you take care of your teeth now, the fewer problems you're likely to have later on. No matter how often or thoroughly you brush, you can never completely get rid of all the bacteria and food particles that accumulate on the surface of your teeth. Left untreated, this residue – commonly known as plaque – can cause everything from cavities to gum disease. A trip to The Smile Centre twice a year can help prevent these and other dental problems. Working closely with you, we can customize a professional cleaning plan that takes into account your individual needs.



Dr. Camille M. Hope DDS

I became a dentist over 20 years ago because I wanted to become involved in a caring profession. My father Dr. Norman Hope was one of Barbados's leading dentist and first native orthodontist and through his dedication I developed the passion for educating my family of patients and a strong desire to help raise the dental IQ. I know I can help heal and believe in the power of the body to heal. I like to use my hands, my head and my mouth to communicate to my patients the importance of their dental health especially as it affects their overall health.

Having graduated from Howard University),including completion of a paediatric dental internship, I have had a full time solo practice since 1995. THE SMILE CENTRE has become a progressive general dental practice with an emphasis on rejuvenation dentistry, cosmetic, preventive and paediatric care. I love to teach and was involved in teaching dental assisting at the Barbados Community College from 1999-2003 I was a Dental Officer with the Ministry of Health in Barbados from 1995-2001; Colgate representative from 2003-2005 as part of the "Smile for Life" program and i have taken pride in giving back to my community and nation. I have also worked in the USA at Washington D.C. General Hospital, Greater Southeast Hospital and Howard University Hospital where I have gained valuable experience in hospital protocol, emergency care and anesthesiology.

I have been member of The Barbados Dental Association, The American Dental Association and The American Association of Women Dentist. I was awarded The Quintessence International award for research in 1991. At the present time I offer free lecture series to organisations, schools and churches to help raise the dental IQ.

THE SMILE CENTRE has a family of well trained, empathetic and energetic team members who really take pride in making our family of patients feel at home and really do like to smile. We truly believe in a patient-centered experience!





it's time to smile...



List of Clinical Services

Rejuvenation Dentistry

We pride ourselves in our philosophy of Rejuvenation Dentistry. Rejuvenation dentistry includes smile make-overs, all ceramic zirconia crowns and bridges. We focus on total wellness even as it touches inner beauty. New research and new diseases are prompting some dentists to question the wisdom of traditional dental materials and dental procedures. These dentists practice what is called holistic or biological dentistry. At The Smile Centre we recognize the close relationship between dental health and such areas as diet and nutrition, body structure, the immune system and the central nervous system. We recognize natural and non-surgical ways of treatment.

Gum Treatments

Your gums are the framework for a picture-perfect smile. Periodontics focuses on the health and treatment of gums and bones, working to correct and prevent damage caused by gingivitis, periodontitis or other gum diseases. Maintaining healthy gums strengthens the foundation of your mouth. If you are considering dental procedures such as implants or full mouth restoration, you may have to meet with an experienced periodontist. The Smile Centre will work together with you to develop a comprehensive dental plan that achieves the healthy smile you deserve. Our extensive gum disease program includes laser treatment, oral hygiene education, perio maintenance program and nutritional counseling.

Root Canal Therapy

If you are suffering from a tooth infection caused by decay or injury, you may be in need of a root canal. We can work with you to discuss the root canal treatment and ensure that your procedure is painless and effective, leaving you with an improved, healthy smile. Don't let the fear of pain or discomfort prevent you from receiving the dental care you deserve. Make an appointment with The Smile Centre for pain-free root canal treatment.

Cosmetic Dentistry

Feeling like you're embarrassed about your appearance can affect all areas of your life. Studies prove that attractive people get more jobs, more money, have more friends and more opportunities. Looking and feeling good doesn't have to be a struggle. Restorative benefits of cosmetic dental care include dental fillings made out of porcelain, instead of metals or mercury. In the past, mercury or mixtures of gold fillings left visible dark spots on your teeth. Another restorative benefit offered by our cosmetic dentistry is porcelain lamination that whitens your teeth, and protects them from getting dark and stained. We can use teeth whitening and dental veneers to help give you that boost in confidence for most smile makeovers.

Smile Makeover

Smile makeovers can be full or partial and begin with a comprehensive consultation and evaluation that assesses your current oral health and the look of your smile, as well as what you wish to achieve in modifying your smile. Our trained dental staff will work one-on-one with you to then create a smile makeover dental treatment plan that meets all of your needs.

Children's Dentistry

We have a special place for children and offer complete children's dentistry care. This includes space maintainers, crowns habit appliances preventive and interceptive orthodontics. Our children are special members of our family of patients as some of them may need extra time in the chair. We understand this and approach children with respect and patience. Our team works together to ensure a friendly experience for both parents and children as we communicate necessary treatment and a plan for continued oral health. Our ultimate satisfaction is achieved when your child leaves our office with a beautiful smile and a healthy self-image.

Sports Dentistry

Sports Dentistry is one of the newest fields in dentistry and involves the treatment and diagnosis of various sports related dental injuries. It also encompasses the fabrication of custom fitting mouthguards. These have been shown to protect the teeth and help prevent concussions during sports related activities.

Sedation/Pain Management

Patient comfort is top priority at all times. In order to reduce anxiety, oral surgery procedures can be performed while patients are relaxed under IV sedation. Our modern, bright, spacious office design is reassuring and comfortable. There are many factors that influence the choice of a successful regime for pain management. The assessment of the physical and psychological make-up of the patient, together with their past experiences with various forms of pain control, are key to future choices.

TMJ Disorder Treatment

TMJ ("temporomandibular joint") disorders affect the joints hinging the upper and lower jaw. The symptoms of TMJ disorder can include jaw, head, and neck pain, migraines, bite problems, and worn-down teeth. TMJ disorders are also characterized by a cycle of pain, muscle spasms, and joint imbalance where the joint meets the skull. The smile center offers various treatments to reduce both the causes and symptoms of a TMJ disorder.

Prosthodontics

We offer the latest in dentures (Valplast Dentures). No metal clasps are used and the dentures are stronger and more aesthetic. We also offer crowns and bridges.



List of Non - Clinical Services

Dentistry Tourism

With dental care, it is extremely important to talk to your dentist of choice before going abroad. The Smile Centre will help facilitate the sending of X rays and photographs so your dentist can accurately assess your case. In our experience, we have come across multiple patients who ended up needing less dental work than originally thought because of this practice. Let us help you save money and get to know your dentist at the same time.

Root Canal Therapy

We know bad breath management isn't easy to talk about – which is why we'll do most of the talking. We'll provide you with literature and education on all aspects of bad breath management, from things you can do at home to techniques and products we offer as part of our Fresh Breath Program. We can suggest causes for your bad breath, and management options for curing it. It's embarrassing and uncomfortable, but in most cases, addressing it is a relatively simple matter.

Bad Breath Management

Maintaining a proper diet is essential for good oral health. When and how often you consume certain foods and beverages affects your general health and the health of your teeth and gums. We will be happy to speak with you, answer your questions and provide you with guidance and suggestions on proper nutrition and the effects certain foods can have on the teeth and gums.

Getting-To-Know-You Program for Kids

At The Smile Centre, we want to get to know you and your children because we believe in forming lasting relationships with our patients. Your child means more to us than just a patient with a chart. We encourage you to meet our staff and take a tour of our office. We want you to feel comfortable with our practice and consider us to be your child's dental home. We are more than a dental practice... at The Smile Center, we're a family

Preventative Services

Cleanings - Help to keep your teeth and gums healthy and happy.
Periodontal Cleanings - Deep cleanings often necessary on individuals with gum disease.
X-Rays - Diagnostic images which allow the dentist to detect and monitor tooth decay.
Fluoride Treatment - Helps to strengthen teeth and reduce the risk of tooth decay.
Sealants - Resin material placed into deep grooves of teeth to help prevent cavities.





Dental Tips

Floss!

The single most beneficial thing you can do to improve your dental health is to learn to floss properly and do it at least once every day (you knew that)!

Piercing

There are many reasons for avoiding tongue piercing; aspirated jewelry, broken teeth, blood poisoning and bad breath, are just few reasons we advise against it.

Athletic Mouth Guard

A must for contact sports! Teeth are 60 times more susceptible to damage without a mouth guard.

Use a Soft Toothbrush

Medium and hard bristle brushes are too abrasive to teeth and gums.

Dry Mouth

Dry mouth is a side effect of many common medications. A dry mouth creates an environment for odor causing bacteria to flourish, and also increases food retention around teeth leading to decay. Drink water, use “saliva substitute” products, and occasionally chew sugar free gum to stimulate the salivary glands.

Smoking and “Smokeless Tobacco”

Tobacco in any form is extremely harmful to oral tissues. Its relationship to oral cancer is well documented. It's not worth the risk.

Wisdom Teeth

Wisdom teeth generally cause problems when they erupt partially through the gums. The most common reasons for removing them are decay, gum infection, orthodontic indications, and cyst formation.

Dental X-rays

X-rays are an important part of your dental diagnosis. An X-ray survey may reveal:

- The number, size, and position of teeth
- Unemerged or impacted teeth
- The presence and extent of dental cavities (decay)
- The presence of periodontitis (gum disease with bone damage)
- Abscessed teeth
- Jaw fractures
- Other abnormalities

The toothbrush can affect your health

- Change it every month (not 2-3 months), especially if you have a gum problem or after a cold
- Do not keep it in the bathroom. The bedroom is better
- If there is no choice but the bathroom, keep toothbrush away from the toilet or at least close the lid BEFORE you flush the toilet
- Always use a soft toothbrush
- WASH your toothbrush like you wash a knife and fork because you use the toothbrush more intimately

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