

ISSUE 01 | EXPANDED EDITION | 2026

THE PHAKALANE DENTIST

SMILES REIMAGINED. LIVES RESTORED.

**Your smile,
beautifully planned**

ORTHODONTICS / VENEERS

WHITENING / SMILE MAKEOVERS

DENTAL IMPLANTS / DIGITAL PLANNING



DR. POGISO LETSWERE

Founding Director & Chief Dentist

Confident smiles begin with a plan you understand

Welcome to this expanded edition of The Phakalane Dentist. A smile transformation can begin in many ways: straighter teeth, brighter enamel, carefully designed veneers, a complete smile makeover, or the replacement of missing teeth with dental implants. The right choice is never simply the most dramatic one. It is the option that fits your face, bite, health, goals and timing.

That is why our approach begins with listening and careful records. Digital photographs, scans and 3D imaging can help us see the full picture and show you what may be possible. Together, we can discuss benefits, limits, alternatives and the sequence that makes sense for you.

In these pages you will find clear guidance on five of the treatments patients ask us about most. You will also see how we use technology to make planning more visual and more personal. I hope this magazine gives you better questions to ask - and the confidence to take your next step without pressure.

Whether you are joining us from Phakalane, elsewhere in Botswana or from abroad, our promise is the same: thoughtful care, explained clearly, designed around you.



DR. POGISO LETSWERE

DDS • MSc Implantology • PG Dip Orthodontics

'The best smile plan is the one you can see, understand and choose with confidence.'

Five paths. One thoughtful philosophy.

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A patient-centred editorial journey

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Plan the whole smile, not one tooth

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OUR EDITORIAL PROMISE

Warm, visual, patient-first
education - with one clear next
step.



THE CONFIDENCE CONVERSATION

'I wanted my smile to feel like me again.'

A smile concern rarely begins with a clinical term. It begins with a moment: hiding your teeth in photographs, choosing not to laugh, or wondering whether anything can be done.

At a first consultation, the goal is not to rush toward treatment. It is to understand the story. Are teeth crowded, worn, stained, chipped or missing? Is the bite comfortable? What would feel natural to you?

From there, records and digital planning can reveal different paths. Orthodontics may create space and improve alignment,

LISTEN

Your goals, concerns and timeline

PLAN

Health, function and aesthetics together

CHOOSE

Options explained without pressure

PATIENT-STORY PLACEHOLDER

This editorial journey uses licensed stock photography and does not portray a clinic patient. Replace it with a consented before-and-after case, the patient's own words and verified treatment details before public print distribution.

COULD THIS BE YOUR STORY?

Book a smile consultation and begin with a conversation.

A smile makeover is a plan - not a single procedure



A smile makeover brings the visible parts of your smile into one coordinated plan. That may include alignment, whitening, bonding, veneers, crowns or replacement of missing teeth. The sequence matters. Whitening is often considered before final shade matching. Orthodontics may reduce how much tooth shaping is needed. Gum levels, lip movement and facial proportions also affect the result.

Digital photographs and scans help the dentist study how each part works together. A preview can make the conversation more visual, but it is a planning guide - not a guarantee. The final result still depends on biology, materials and careful clinical work.

Your next step: bring two or three photos of smiles you like and be ready to explain what feels right about them.

3 SIGNS TO EXPLORE A MAKEOVER

01 You notice several concerns, not just one.

02 You want the result to suit your face, not follow a trend.

03 You value a staged, understandable plan.

What a digital smile preview can - and cannot - show



1

RECORD

Photos, scans and bite information create the starting point.

2

DESIGN

Proportion, alignment and shade are explored digitally.

3

DISCUSS

You review options, limits, priorities and alternatives.

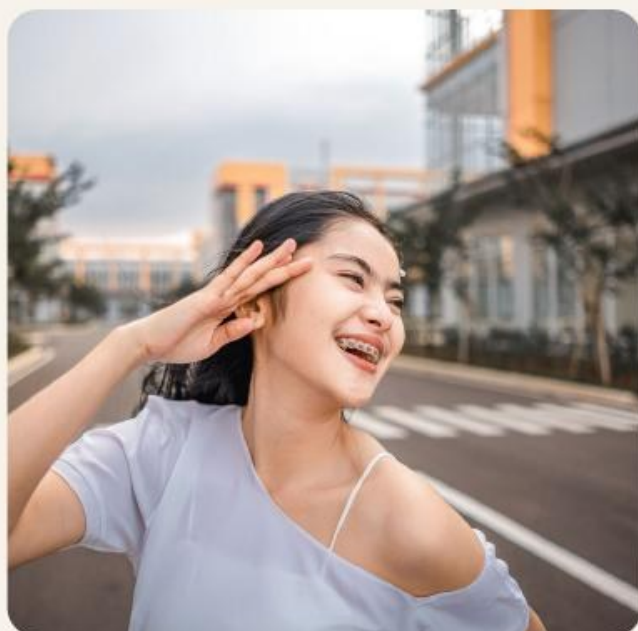
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PLAN

The chosen direction becomes a staged clinical plan.

A preview is a communication tool, not a promise of an exact outcome.

Straightening teeth is about more than a neat row



FIXED BRACES



CLEAR ALIGNERS

Orthodontic treatment gently moves teeth and, in selected cases, guides how the bite fits together. Braces can manage a wide range of movements with fixed brackets and wires. Clear aligners are removable trays that may suit many mild to moderate concerns when worn as instructed.

The right choice depends on the diagnosis - not just appearance. Your consultation may include photographs, a scan, X-rays and a bite assessment. Treatment time varies with complexity, biology and cooperation. Retainers are part of the plan because teeth need support after movement.

Ask: What is the bite goal? Why is this appliance suitable? What will I need to do each day?

A GOOD CANDIDATE

- Healthy teeth and gums
- A concern that tooth movement can improve
- Realistic expectations
- Commitment to visits, wear and retainers

Thin ceramic. Careful choices.

Veneers can refine selected teeth when shape, shade, small spaces or minor wear affect the smile.



THE QUESTION IS NOT 'CAN VENEERS BE DONE?'

It is: what is the most conservative way to reach the goal?

Porcelain veneers are custom-made shells bonded to the front of teeth. They can look natural because ceramic reflects light in a tooth-like way. But they are not automatically the first answer. Whitening, bonding or orthodontics may reach the goal with less change to tooth structure.

Good veneer planning considers the bite, enamel, gum health, colour, tooth proportions and how your lips frame the smile. A trial design or mock-up can help you assess the direction. Preparation varies by case; some teeth need minimal shaping while others may not be suitable for veneers at all.

Next step: ask to compare veneers with the most conservative alternatives for your exact concern.

BEFORE YOU DECIDE

1. Check gum health
2. Review your bite
3. Preview shape and shade
4. Understand maintenance

Whitening works on colour - not shape, position or restorations



Professional whitening lightens natural enamel that has darkened with age, foods, drinks or smoking. It does not whiten porcelain crowns, veneers or tooth-coloured fillings. That is why an examination comes first: the dentist can look for decay, cracks, gum problems and restorations that may affect the final colour match.

In-office treatment can give a quicker change; professionally supervised take-home trays work more gradually. Temporary sensitivity can occur, and the plan can be adjusted for comfort. Whitening is not permanent, but good habits and occasional touch-ups can help maintain the result.

Think sequence: if you are also considering bonding, veneers or crowns, whitening may be planned first so the final restorations can match your new shade.

WHITENING CHECK

YES

Natural enamel can usually respond.

CHECK FIRST

Sensitivity, gum health and tooth causes of discolouration.

WON'T CHANGE

Crowns, fillings and veneers keep their existing shade.

Replace missing teeth by planning from the final smile backwards



A dental implant is a small titanium fixture placed in the jaw to support a replacement tooth. One implant may replace one missing tooth; several implants can support a bridge or a full-arch restoration. The visible tooth is the destination, so planning begins with where that tooth should sit for appearance, speech, cleaning and bite.

A full assessment may include gum health, 3D imaging, the amount and quality of bone, medical history and the condition of remaining teeth. Some patients need extraction, grafting or healing stages. Others may be suitable for a more immediate approach. No single timeline fits everyone.

Ask: What are my alternatives? How will the final teeth be designed? What maintenance will protect the result?

FULL-ARCH IN 60 SECONDS

A fixed full-arch bridge replaces all teeth in one jaw and is supported by several implants. The number and position of implants, whether temporary teeth can be fitted early, and the final material all depend on diagnosis. 'Same-day' language usually describes a treatment stage - not the end of healing or maintenance.

The right order protects health, time and tooth structure

01

LISTEN

Your story, goals, worries and priorities.

02

ASSESS

Teeth, gums, bite, face, imaging and records.

03

DESIGN

Explore options, sequence and visual direction.

04

STABILISE

Treat urgent disease and build a healthy base.

05

TRANSFORM

Move, whiten, restore or replace as planned.

06

PROTECT

Retainers, hygiene, reviews and maintenance.

Different treatments. The same calm, transparent journey.

Technology should make care clearer - not colder



3D IMAGING

View bone, roots and important anatomy for implant and complex planning.

DIGITAL SCANS

Capture tooth shape and bite without a traditional impression in many cases.

SMILE DESIGN

Explore proportion and sequence before committing to a final plan.

GUIDED SURGERY

Transfer a carefully planned implant position to the clinical procedure.

Technology improves the information available. Clinical judgement, listening and follow-up still shape the experience.

Trust grows when patients feel informed and cared for



'You guys are amazing. Great service, friendly staff, and they explain each procedure in detail.'

M. T.

'Best service and friendly staff. Please come for your dental services, affordable. Cheers.'

ITU

Testimonials reproduced from the clinic website. Spelling and punctuation lightly edited for magazine style.



CLINICAL AUTHORITY, HUMAN CARE

Dr. Pogiso Letswere

Dr. Letswere is the founding director and chief dentist of Your Family Dentist Dental Clinic. His postgraduate training spans implantology, orthodontics and digital health - a combination that supports coordinated planning across straightening, cosmetic and tooth-replacement care.

His qualifications include a DDS from The University of the West Indies, an MSc in Dental Implantology, a Postgraduate Diploma in Orthodontics & Dentofacial Orthopaedics and a Certificate in Digital Health. His professional fellowships and memberships reflect a continuing commitment to education, leadership and international standards.

For patients, that breadth matters because the first question is not which procedure to sell. It is which path - or sequence of paths - best serves health, function and confidence.

FOCUS AREAS

Dental implant rehabilitation • Orthodontics • Digital smile design • Cosmetic and restorative planning

Book a comprehensive smile consultation

A calm, visual starting point for orthodontics, whitening, veneers, smile makeovers or implant rehabilitation.

01

TELL US YOUR STORY

What bothers you, what matters, and what would feel natural.

02

BUILD THE PICTURE

Clinical assessment and recommended digital records.

03

COMPARE THE PATHS

Benefits, limits, alternatives, timing and next steps.



SCAN TO REQUEST YOUR CONSULTATION

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YOUR FAMILY DENTIST DENTAL CLINIC

Your smile has a story. Let us plan the next chapter together.

ORTHODONTICS

SMILE MAKEOVERS

DENTAL VENEERS

TEETH WHITENING

DENTAL IMPLANTS



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