

THE PHAKALANE DENTIST

SMILES REIMAGINED. LIVES RESTORED.

THE CONFIDENCE ISSUE

**Your smile.
Your choices.
Your plan.**

INSIDE

ALIGN / WHITEN / REFINE / RESTORE

REPLACE / PLAN

SEE IT • UNDERSTAND IT • CHOOSE WITH CONFIDENCE

Dr. Pogiso Letswere - Editor-in-Chief



Confident smiles begin with a plan you understand

Welcome to the inaugural issue of The Phakalane Dentist - a friendly new magazine created for patient and community education, honest questions and useful conversations about dentistry. 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 across six connected treatment paths. 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

FOUNDING DIRECTOR | CHIEF DENTIST

QUALIFICATIONS

DDS University of the West Indies
MSc Dental Implantology IPMC
PGDip Orthodontics & Dentofacial Orthopaedics
London Dental Institute
Certificate in Digital Health
Harvard Business School
Executive Program in Dental Practice Management ADA

FELLOWSHIPS

FICD | FICOI | FFD (IPMC) | AFWCLI

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

Six paths. One thoughtful philosophy.

04 The confidence conversation

A patient-centred editorial journey

05 Smile makeovers

Plan the whole smile, not one tooth

07 Orthodontics

Braces and clear aligners, explained

08 Dental veneers

Shape, shade and proportion

09 Teeth whitening

Brighter - while respecting enamel

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A stable plan for missing teeth

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See more before treatment begins

14 Your consultation

What happens next

OUR EDITORIAL PROMISE

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



THE CONFIDENCE CONVERSATION

Start with one honest sentence.

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

That sentence begins with the person, not a procedure. Your first appointment should clarify what you notice, what matters most and how much change would still feel natural.

The examination then asks whether the concern is mainly colour, position, shape, missing teeth or a combination. It also checks health, bite and which option preserves the most natural tooth structure.

Only then should you compare paths. The goal is the right change, in the right order, for you.

TELL

What you notice and what you value

SEE

Health, bite and smile records together

COMPARE

Conservative paths, timing and trade-offs

YOUR FIRST-APPOINTMENT COMPASS

COLOUR

Whitening may be the first comparison.

POSITION

Assess the bite; compare braces and aligners.

SHAPE

Compare bonding, veneers and no-treatment choices.

MISSING

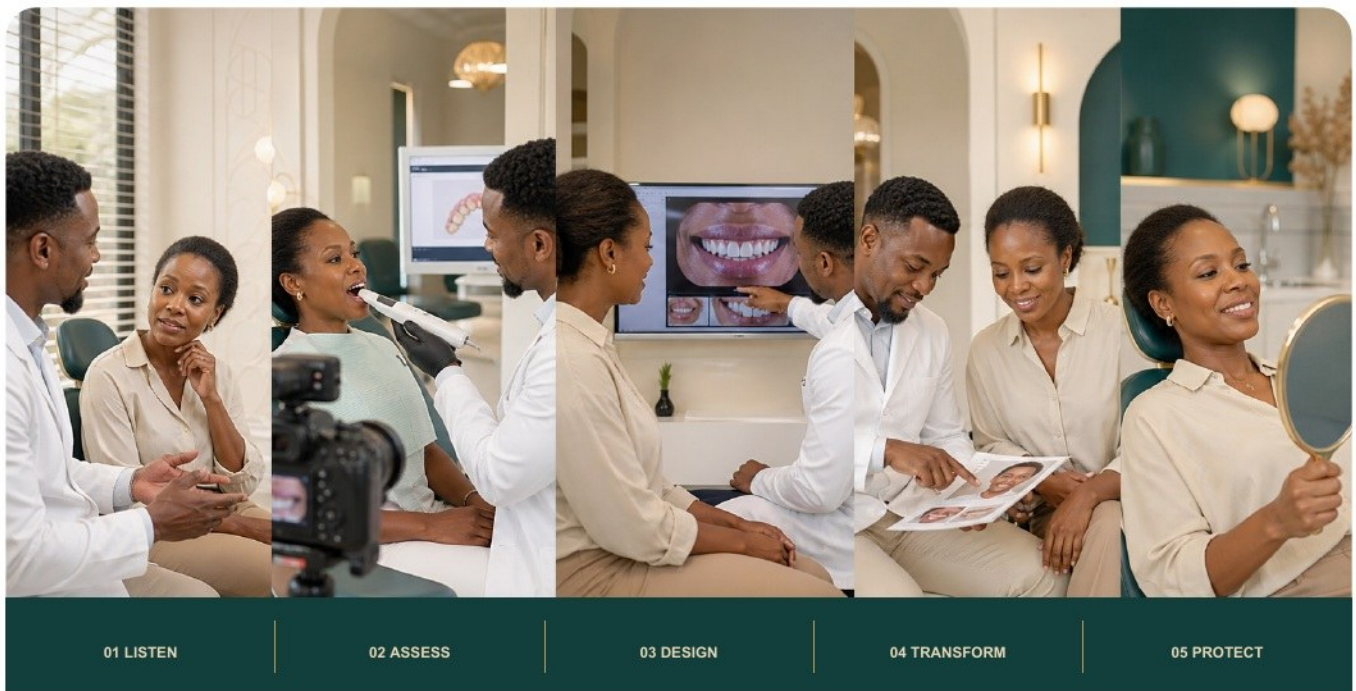
Compare implant, bridge and removable options.

SEVERAL

Build one sequenced smile-makeover plan.

Editorial model shown; not a clinic patient. The decision framework is educational and does not diagnose suitability.

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.

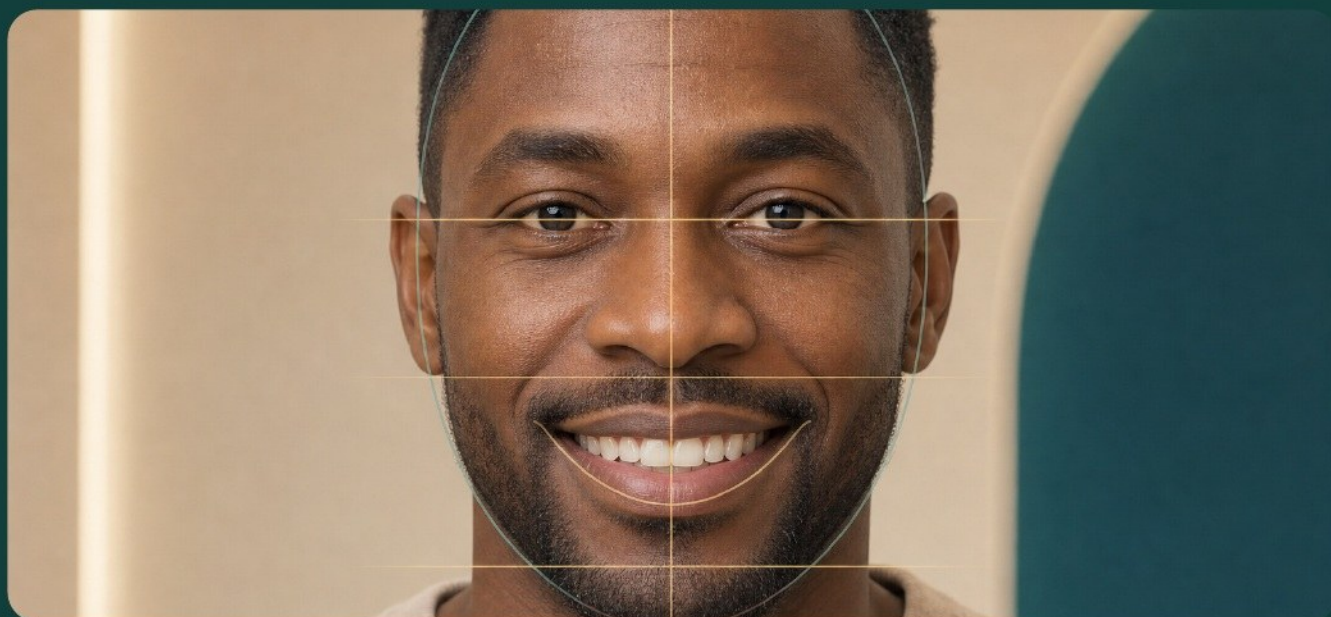
3 SIGNS TO EXPLORE A MAKEOVER

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



A simplified visagism guide: facial midline, eye line, facial thirds and smile arc frame the planning conversation - not a diagnosis or guarantee.

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.

4

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



ASSESS IN 3D

UNDERSTAND THE REPLACEMENT

PLAN THE FINAL RESTORATION

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

Your Family Dentist team sharing oral-health education at a Local Trade and Consumer Fair. The visitors shown are not the quoted reviewers.



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.

CONTINUE THE JOURNEY ONLINE

Scan one code. The web edition opens the matching interactive experience.

BUILD A POSSIBLE PATH



Treatment Path Lab

[THEPHAKALANEDENTIST.COM](https://thehakalanedentist.com)

EXPLORE SIX PRINCIPLES



Page-by-page guides

[THEPHAKALANEDENTIST.COM](https://thehakalanedentist.com)

WATCH SIX GUIDES



Smilefix watchlist

[THEPHAKALANEDENTIST.COM](https://thehakalanedentist.com)

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One release notice

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Educational tools support questions - they do not diagnose suitability.
Bring your questions to a clinical consultation.



001. Editorial story model, not a clinic patient