

# THE PHAKALANE DENTIST

SMILES REIMAGINED. LIVES RESTORED.

THE CHOICES ISSUE

**See your options.  
Choose with confidence.**

01 BRACES OR ALIGNERS?

02 VENEERS OR A GENTLER FIRST STEP?

03 HOW SHOULD MISSING TEETH BE REPLACED?

04 CAN I SEE THE PLAN BEFORE I SAY YES?

EXPLORE YOUR PATH > PREVIEW YOUR CHANGES > SMILE WITH CLARITY

Six connected dental journeys. One clearer way forward.



# Your smile. Your questions. Your choice.

Welcome to The Choices Issue.

A simple dental question can quickly become confusing. One page recommends aligners. Another promotes veneers. A video promises an instant smile. Before long, you may feel that you need to become your own dentist just to know where to begin.

You do not. You need a place where your concerns are heard, your options are made visible and the reasons behind each recommendation are explained in plain language.

Braces and aligners can both move teeth. Whitening and veneers can both change how a smile looks. An implant, bridge or removable option can each replace missing teeth. The best path depends on your health, bite, routine, timing and what matters most to you.

Our role is not to decide what your smile should be. It is to help you understand the starting point, compare responsible options and see how the pieces may fit together. Bring your questions, your hesitation and your hopes. You remain the most important person in the plan.



**DR. POGISO LETSWERE**

Founding Director & Chief Dentist

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*'You do not need to arrive with all the answers.  
You deserve to leave with a path you  
understand.'*

# Six decisions worth slowing down for

04

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A three-page guide to moving from uncertainty to an understood plan

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## Bring your story

A consultation passport for your first visit

READ. WATCH. ASK.

Start with the question that sounds most like yours. The patient remains the

# You do not have to guess what comes next



Perhaps you have become careful about how you smile in photographs. Maybe you cover your mouth when you laugh, plan meals around a missing tooth or delay treatment because every option seems to lead to another unfamiliar decision.

The visible concern may be a gap, crowded teeth, uneven colour or a tooth that no longer feels reliable. But the deeper concern is often uncertainty.

Will the result look natural? Will treatment interrupt work or family life? Are there gentler alternatives? What if you spend time and money on the wrong first step?

These are not awkward questions. They are the beginning of a responsible plan. You deserve to understand what is happening, why it matters and which reasonable paths are available. The clinic's role is to listen, assess and translate. You remain the decision-maker.

*'A clear plan does not remove every unknown. It gives you enough understanding to move forward without feeling blind.'*

#### READER PROMPT

What worries you most: the treatment, the result, the cost of a wrong choice, or not knowing the timeline?

# One goal may have several paths

Imagine your goal is to feel relaxed during presentations and family photographs. If colour is the main concern, whitening may be enough. If tooth position creates shadows, orthodontics may come first. A small chip might respond to a conservative repair. Several shape concerns may need a trial design before veneers. A missing tooth may change the bite and the order of every finishing step.



A smile makeover is a coordinated plan - not a shopping list of procedures.

**01****WHAT DO YOU WANT TO FEEL DIFFERENTLY?**

More relaxed in photographs? More comfortable eating? Less worried about a tooth failing?

**02****WHAT MUST BE HEALTHY FIRST?**

Pain, gum inflammation, decay and an unstable bite can change the order.

**03****WHAT IS THE MOST CONSERVATIVE PATH?**

Sometimes the answer is whitening, alignment, a small repair - or waiting.

**04****HOW WILL THE RESULT FIT YOUR LIFE?**

Your routine, timeline, maintenance commitment and budget belong in the decision.

*The goal is not more treatment. It is the right level of change for you.*

# Your three-step peace-of-mind plan

## 01

### EXPLORE YOUR PATH

Start with your story, not a procedure. Describe what you notice, what you want to protect and what a natural result means to you. An examination then checks health, bite and existing dental work so reasonable paths - and unsuitable ones - become clearer.

## 02

### PREVIEW YOUR CHANGES

Where appropriate, photographs, digital scans, 3D imaging and trial designs make the discussion more visual. A preview is a planning aid, not a guaranteed result. Its purpose is to help you react, ask better questions and refine the goal.

## 03

### SMILE WITH CLARITY

Once you understand the destination and available routes, treatment can be phased around your life. You know what comes first, what can wait, what alternatives exist and how the result will be protected.

#### YOUR NEXT STEP CAN BE INFORMATION - NOT TREATMENT

Book a Smile Planning Consultation, or explore your custom treatment path at [thephakalanedentist.com](https://thephakalanedentist.com).

# Which path fits my bite - and my life?

| <div></div> |                                                 |                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|--------------------------------------------|
| COMPARE                                                                                                                                                                        | FIXED BRACES                                    | CLEAR ALIGNERS                             |
| CONTROL                                                                                                                                                                        | Fixed; broad control for many complex movements | Removable; suitable for selected movements |
| ROUTINE                                                                                                                                                                        | Brush carefully around brackets and wires       | Remove to eat; clean trays and teeth       |
| RESPONSIBILITY                                                                                                                                                                 | No daily wear decision                          | Consistent wear is essential               |
| VISIBILITY                                                                                                                                                                     | More noticeable                                 | More discreet when worn                    |
| AFTER TREATMENT                                                                                                                                                                | Retainers protect the result                    | Retainers protect the result               |

The best appliance is not the one that looks most attractive online. It is the one that can achieve your bite goal - and that you can use responsibly.

Ask: What is the bite goal? Why is this suitable? What must I do every day?  
Explore the bite and routine > Preview planned movement > Smile with clarity.

# How much change does my smile really need?



Is the concern small and localised?

SMALL / LOCAL

## CONSERVATIVE OPTIONS

Whitening, alignment, a small repair - or doing nothing - may reach the goal while preserving more natural tooth. Each option has limits and maintenance needs.

COORDINATED CHANGE

## ASSESS VENEERS

Selected veneers can coordinate shape, proportion or colour when health and bite are suitable. A trial design can help you react before an irreversible choice.

Ask: What is the most conservative path? Can I preview the proposed shape?  
Explore the cause > Preview the refinement > Smile with clarity. Book before making a permanent cosmetic decision.

# I want a brighter smile - but I want to do it responsibly



A dull or uneven shade can make you hold back even when your teeth are otherwise healthy. Whitening may help, but it should begin with what is already in your smile - not a promise about how white you can become.

Whitening changes the colour of natural teeth. It does not straighten teeth, repair chips or change the colour of fillings, bonding, crowns, veneers or implant teeth. An assessment can check cavities, cracks, inflamed gums, exposed roots and unexplained sensitivity first.

Temporary sensitivity can occur, so strength, timing or spacing may need adjustment. If veneers, crowns or bonding are part of a longer plan, whitening may need to happen first so final shades can be chosen together.

Your goal: a healthy, believable colour that works with your face and future plan.

## WHAT CHANGES?

### CAN CHANGE

The shade of natural teeth.

### WILL NOT CHANGE

Position, shape, restorations or implant teeth.

### SEQUENCE FIRST

Health, sensitivity and future restoration shades.

Explore the colour concern > Preview the shade plan > Smile with clarity.  
Book a Smile Planning Consultation to place whitening in the right sequence.

# I want to eat, speak and smile without planning around the gap



## IMPLANT

Anchored in bone and independent of neighbouring teeth. Needs suitable health, bone, healing and daily cleaning.

## BRIDGE

Fixed to nearby teeth. It can restore a space efficiently in selected cases, but support teeth carry the load.

## REMOVABLE

Can replace one, several or all missing teeth, with a different balance of cost, timing and maintenance.

Good implant planning starts from the final smile backwards: decide where the replacement tooth needs to be for appearance, speech, comfort and cleaning, then assess whether the foundation can support that destination.  
Explore replacement paths > Preview the final tooth position > Smile with clarity.

# Let me see the whole picture



Concept illustration; your records and software view will differ.

## 01

### 3D IMAGING

See what cannot be understood from the surface alone: bone, roots and surrounding structures where appropriate.

## 02

### DIGITAL SCANS

Look at a detailed three-dimensional model of your teeth and bite, then ask more specific questions.

## 03

### SMILE DESIGN

React to proportion, tooth display and overall character before treatment begins. Say what you want to preserve.

## 04

### GUIDED SURGERY

For selected implant cases, connect the planned tooth position to treatment steps while clinical judgement remains essential.

Technology is not the hero. Its value is helping you ask informed questions. Explore the records > Preview the destination > Smile with clarity.

# Can I see it before I choose it?

When you are considering a visible change, 'trust us' is not enough. You should be able to describe what you want, see the proposed direction and ask what can still be adjusted before treatment begins. A digital design or physical mock-up may help you explore tooth length, shape, alignment and smile balance.

**01**

## LOOK

What feels natural? What draws your attention? Does the proposal still look like you?

**02**

## ASK

What can this preview show accurately? What can it not predict? Are there more conservative alternatives?

**03**

## CHOOSE

Accept the direction, request a change, compare another path - or decide not to proceed.

### WHAT A PREVIEW CANNOT PROMISE

A preview supports planning; it does not replace diagnosis or guarantee the final result. Teeth, gums, bite, materials and healing can influence what is possible.

Explore your goal > Preview your changes > Smile with clarity. Book only when the destination makes sense to you.

# Watch. Understand. Arrive with better questions.



## SMILE MAKEOVERS

See how colour, position, shape and missing teeth can become one sequence.



## ORTHODONTICS

Compare appliance appearance with the responsibility needed to reach the bite goal.



## DENTAL VENEERS

Preview before permanence and ask which conservative alternatives deserve discussion.



## TEETH WHITENING

Understand colour-only change and why restoration shades need planning.



## DENTAL IMPLANTS

Compare implant, bridge and removable paths before focusing on one procedure.



## DIGITAL PLANNING

See how scans, imaging and previews can help you participate in the decision.



### OPEN THE SIX-PILLAR WATCHLIST

Scan for the clinic's video education library.

Web buttons open the selected title without losing your page.

[EXPLORE](#) > [PREVIEW](#) > [SMILE WITH CLARITY](#)

# Care feels different when the plan is explained



*'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

Editorial illustration; not the quoted patients. Testimonials reproduced from approved clinic feedback.

## HEALTH

What needs attention before appearance or convenience?

## OPTIONS

What are the benefits, limits, timing and maintenance?

## PROTECTION

What daily care, reviews or retainers protect the result?

# Bring your story - not a diagnosis

## I NOTICE

Colour / position / shape / missing teeth / several concerns

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## I WANT TO FEEL

More comfortable smiling / eating / speaking / choosing

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## I VALUE

Natural appearance / function / discretion / timing / easier maintenance / conservation

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## I WANT TO ASK

What comes first? What are my alternatives? Can I preview it? What if I wait?

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## YOUR THREE-STEP CONSULTATION

Explore Your Path - tell us what matters. Preview Your Changes - make suitable options visible. Smile with Clarity - choose only when you understand the destination.  
Book: +267 7777 8756 | Carramba Business Park, Phakalane

YOUR FAMILY DENTIST DENTAL CLINIC

# You are one clear conversation away from understanding your options.

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## EXPLORE YOUR PATH

Tell us your story and compare responsible options.

## PREVIEW YOUR CHANGES

Use photographs, scans, imaging or trial designs where they add genuine value.

## SMILE WITH CLARITY

Move forward with a plan you can see, understand and choose with confidence.



thephakalanedentist.com

BOOK A SMILE PLANNING CONSULTATION

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[yourfamilydentistclinic.com](http://yourfamilydentistclinic.com)



Editorial stock model; not a clinic patient.