



# A Message From The YPD Team

Thank you for your interest - we're so glad you've reached out!

Here at **York Place Dental**, we believe dentistry is about more than just treating teeth. Our care is rooted in prevention, helping you maintain lifelong excellent oral health. To support this, we offer a range of **membership plans** designed to make your regular care simple, accessible, and consistent.

When it comes to treatment, we don't believe in one-size-fits-all. Instead, we create **bespoke treatment plans** tailored to your needs, goals, and lifestyle. Our plans are suitable for patients looking for high quality general dentistry, one-off treatments or even full smile makeovers.

Above all, we want you to feel relaxed and cared for. Our friendly team will take the time to listen, answer your questions, and make sure you feel supported at every stage of your dental journey.





# Important Information

## Opening Hours

**Monday** 8.30am - 5.30pm

**Tuesday** 11am-8pm

**Wednesday** 8.30am-5.30pm

**Thursday** 8.30am-5.30pm

**Friday** 8.30-5pm

Address - 37 Upperby Road, Carlisle,  
Cumbria, CA2 4HZ

Phone - 01228 533431

Email - [info@yorkplacedental.com](mailto:info@yorkplacedental.com)

Website - [www.yorkplacedental.com](http://www.yorkplacedental.com)

## Emergencies

Access to an  
out-of-hours  
service is available  
in the event of  
emergencies



## Getting Here

**Unrestricted on-street parking** is available  
on Upperby Road and Newlands Road

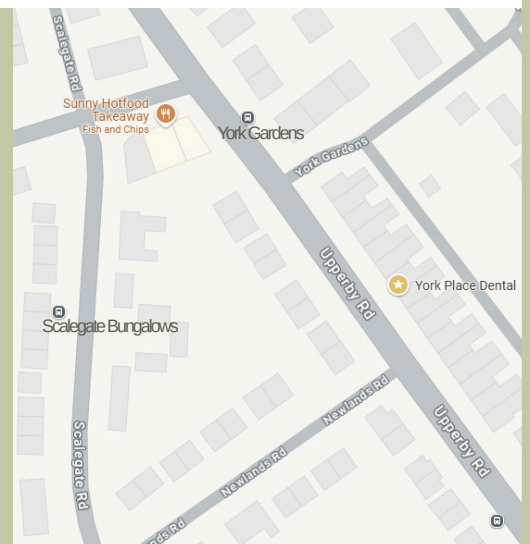
**Or take bus route 67**

Carlisle - York Place Dental

Broadacre House (stop S) to York Gardens

York Place Dental - Carlisle

Scalegate Bungalows - Club Britannia







# Why Choose York Place Dental?

**Longer appointment times** – our appointments are all extended as standard, so we can make sure we understand your needs and tailor your care just for you.

**Highest quality materials** – We believe that you get what you pay for - and for that reason we will only work with trusted laboratories and use the best quality materials to ensure natural, beautiful and long-lasting results.

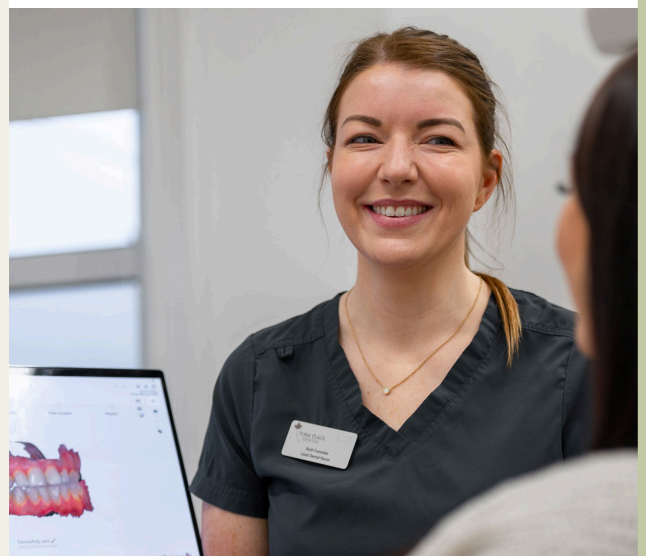
**State-of-the-art dental equipment** – We invest in the best equipment, including our 3D scanners, which enable us to create accurate digital copies of your teeth and gums, so we can design your perfect smile with absolute precision.

**Prevention is our priority** – We ensure your teeth and gums are healthy before any cosmetic treatment is carried out, and our membership plans will help you keep your oral health on track for the long-run.

**Peace of mind** – Our long-standing and experienced team are here to support you every step of the way through your dental journey.



*"Really detailed and caring experience. So happy with my visit."*



# Your Personal Dental Consultation

At YPD, your first visit to the practice will last **at least 90 minutes** - many patients say this is the **most thorough dental consultation** they've ever had!



## What to expect

- A 3D scan of your teeth and gums
- An extended 60 minute exam with one of our dentists
- Time afterwards to review your options
- All this for £110 - including x-rays

Our consultations are designed to give you all the time you need - we're never in a rush. We believe in a truly **patient-centred** approach, where you're at the heart of every decision. Through a process of **co-discovery**, you and your dentist will explore your needs together, allowing us to create a tailored treatment plan that feels right for you. From start to finish, we prioritise your **comfort, care, and the highest quality experience**, ensuring that every step of your journey is personalised and stress-free.







# Your Bespoke Treatment Plan

We are here to provide a **carefully structured treatment plan** that is right for you, whether you're looking for:

**Everyday care** - such as exams/ hygiene/ fillings

**One-off treatments** - for patients who may have their own dentist already

**Smile transformations** - for those looking to achieve their dream smile



## Tailored To You

We will plan out your treatment in clear stages, which you can read more about below. If you'd prefer not to explore Smile Enhancements - that's absolutely fine.

### Urgent Comfort Care

To get you out of pain and stabilised (for patients with toothache/trauma)

### 1. Healthy Foundations

To create a stable, infection free, functional mouth.

### 2. Comprehensive Care

Restoring and rebuilding to future-proof your smile.

### 3. Smile Enhancements

To improve appearance when health and function are already in place.

### 4. Ongoing Care and Support

To protect your investment and keep you healthy for life.



# Memberships Tailored To You

## Benefits of membership

**Members discount** - on selected treatments

**Emergency appointments** - available on the day and antibiotics also included (if required)

**Peace of mind** - eligibility to request financial assistance if you experience dental trauma at home or on holiday

**Out-of-hours service for emergencies** - no call out fee (from £180 for non-members)

**Redundancy cover** - membership fees waived for up to 12 months in the event you are made redundant

**White for Life** – one bleaching top-up a year if you have had your teeth whitened with us

**Support and prevention** - each plan includes 1 annual Dental Health Exam and 1-4 hygiene appointments, your dentist will advise which plan is best for you.

### Young Adults (18-21)

All benefits plus  
1 hygiene visit per year  
£12.95 per month

### Dental Health

All benefits plus  
1 hygiene visit per year  
£15.95 per month

### Healthy Smile

All benefits plus  
2 hygiene visits per year  
£24.95 per month

### Healthy Smile +

All benefits plus  
4 hygiene visits per year  
£41.95 per month





# Support and Prevention



Your long-term dental health is our priority. We're here to **support** you in maintaining a healthy, confident smile and to **prevent** problems before they become complicated or costly. By seeing you regularly for thorough **Dental Examinations and Hygiene Therapy**, we can catch changes early, offer personalised advice, and keep your oral health on track for years to come.

## Dental Health Exams

During your 20 minute exam, your dentist will check 4 main areas - **oral cancer, tooth surface loss, tooth decay and gum health.** Your exam may include x-rays and clinical photos to help us monitor your oral health over time.



## Your Care - Your Terms

If you're a member, these essential visits are all included in your plan, giving you peace of mind and consistent care.

You can also join us as a private patient and book these appointments on a pay-as-you-go basis — the choice is yours.





# Hygiene Therapy Appointments



During each 40-minute session, your clinician will:

- Assess and record your gum health in detail
- Gently and effectively remove plaque and tartar build-up
- Reduce surface stains for a brighter smile
- Support and guide your daily oral care routine
- Polish your teeth for a smooth, clean finish

At YPD, you won't find scale and polish appointments! We believe healthy gums are the foundation of a healthy smile so instead, we offer Hygiene Therapy - which goes above and beyond a quick clean.

Our Hygiene Therapy appointments are **40 minutes as standard!** This ensures we have enough time to tailor your treatment and homecare routine, as the care we provide during your visit is only part of the picture. The **real results come from what you do every day**, and that's why our approach combines in-practice treatment with education and personalised advice. We'll show you the most **effective techniques, tools, and routines to keep your gums healthy between appointments**, so you feel confident taking care of your smile long after you leave the chair.