

INDEXMEDICA



PROFESSIONAL AFFORDABLE HEALTHCARE



We offer free of charge:

- Intraoral examination and consultation performed by one of our experienced dentist
- Detailed treatment plan together with cost estimation and time schedule
- X-rays (OPG – Panoramic X-ray)
- Small digital X-rays of single teeth (RVG – radiovisiography)
- Local anesthetics
- Plaster diagnostic models of your teeth – if needed.
- Medication before the surgery (antibiotics, anti-inflammatory drugs, painkillers, tranquilizers)
- Stitches removal
- Taxi service from Krakow airport with English speaking driver and high class cars
- 24/7 helpline of English speaking clinic representative. Our helpline in English is available (+48 690 808 840)
- Welcome package



Free Welcome Package

Free Welcome Package includes:

- Emergency card with the contact details to 24h English speaking INDEXMEDICA helpline
- Tooth brush
- Tooth paste
- Mouth rinse
- Krakow map
- INDEXMEDICA clinic catalogue
- Brochures for trips in and around Krakow recommended by INDEXMEDICA for you and your family
- Booklets detailing dental treatment





Ladies & Gentlemen,

We would like to thank you for your interest in INDEXMEDICA Dental Clinic in Krakow. INDEXMEDICA is a modern EN ISO 9001 certified dental clinic. We are one of the biggest and most modern private clinics in Poland. Our success is based on the fact, that our healthcare institutions are equipped with valuable, high-end medical equipment, but due to the lower business running costs in Poland we can offer you experienced doctors and a very high standard of services for reasonable prices. Our dentists have finished a postgraduate study in a narrow discipline of dentistry, this is why we are able to deliver to our patients the highest level of treatment.

We do not only offer you quality dental services in Krakow, Poland. It is also possible to have consultations as well as follow-up treatment with one of our dentists in the UK, eg.in Wakefield.

Our highly qualified medical staff use the most advanced equipment and materials to offer most favourable conditions and premium healthcare. By offering you outstanding and experienced doctors for reasonable prices we have reached a new defining level of dental services. We only use the best quality materials imported from Germany, Switzerland, Japan and USA.

In addition to INDEXMEDICA's high quality service, you also have the opportunity to visit our wonderful historic city of Krakow, while you are having your dental treatment here.

We have already secured many satisfied customers from different countries such as the UK, Ireland, Germany, Norway, Italy as well as Australia and USA and would be more keen to invite you to join our group of satisfied patients.

With best regards,

Jadwiga Szymeczko - Clinic Manager





INDEXMEDICA has been ISO-certified since 2008. ISO 9001 is the internationally recognized standard for quality management. We have ISO certificate for dental services – diagnostics, prophylaxis, treatment and oral rehabilitation. We strive to deliver best service to our patients, that is why we annually conduct internal audits as well as get audited by the external certifying institution TÜV Rheinland InterCert. We are proud to offer only the best services to our patients.



Management
System
ISO 9001:2008

www.tuv.com
ID 9105047757







Why us?

Indexmedica is one of Poland's leading dental clinics, and we are proud to have patients who have been with us for many years. Why do our patients choose us? We combine unique state-of-the-art equipment and technology with a team of highly professional dentists, who provide a wide range of treatment, starting from conservative dental treatment to most innovative cutting-edge solutions.

We cater to our patients individual needs and desires, as our greatest pleasure is seeing happy smiles on their faces. We provide constant assistance to our patients from abroad, both during their stay in Krakow as well as when they are at home. We also speak English, Norwegian, German, French and Italian. Our receptionists are happy to serve our patients a cup of tea or coffee, and patients can surf the internet with our high speed wi-fi connection.





INDEXMEDICA offers a vast range of dental services:

- Completely painless treatment with the Computer Controlled Local Anesthesia Delivery System The WAND
- High quality implants only from renowned market leaders (f.ex. Nobel Biocare, Osstem)
- Guided Tissue Regeneration – bone regeneration with bio-materials (sinus lift and bone augmentation)
- Detailed diagnostics: digital OPG, RVG, 3-dimensional CT-scan and micro CT-scan
- Microsurgery procedures (apex or radix resection, hemisection with operation microscope and ultrasound system)
- Teeth whitening in less than an hour (system Beyond® USA), ultrasound cleaning, sand-blasting
- Metal-free prosthetic reconstructions – Zirconium Oxidate (full-ceramic) caps, veneers, inlays, bridges (Procera and e.max system)
- Frame dentures with attachments, acrylic dentures
- One-visit root canal treatment (endodontic therapy) with computer controlled systems and operation microscope (VDW – Germany system)
- Treatment of children and adults with tooth-color light-cured fillings and bioremineralization materials
- Gum and mucous membrane diseases (periodontology) - periodontal microsurgery, aesthetic gum correction

Team

There are over 20 people working in our dental clinic, including 12 doctors of all specializations. All INDEXMED-ICA dentists are specialists (with postgraduate qualifications). They deal with all fields of dentistry which are needed to carry out comprehensive dental treatment – from conservative dentistry and endodontics through prosthetics, surgery, pedodontistry to orthodontistry. Undergoing regular specialist training our dentists continuously perfect their skills according to the latest achievements of modern world dentistry.



Sebastian Ladyga DDS
Medical Executive

Foreign language: English, German

PWZ (Dentist ID No. In Polish Dental Chamber): 2504437

Graduated in 2007 as a dentist at the Jagiellonian University in Krakow. Postgraduate training in the private dental practice of Dr Durczok in Duisburg in Germany. During 2009-2010 he worked for a private dental practice in Krakow. Since 2009 he has been working at a dental clinic that specialises in surgery. Doctor Ladyga has completed many national and international courses in the field of conservative dentistry, aesthetic dentistry and dental surgery. He is also a member of the Polish Endodontics Association (PTE) and Polish Periodontology Association (PTP). He has participated in many courses and training workshops concerning endodontics, preventive dentistry and aesthetic dentistry.



Andrzej Gala DDS, MD PhD
Specialist in dental prosthetics

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 4560544

Graduated as a dentist from the Medical University in Krakow. Obligatory postgraduate training at the ZLO in Krakow. 1993 – 2000 worked as an assistant doctor at the Department of Prosthetic Dentistry at the Medical University in Krakow. 2001 – 2005 worked as a senior registrar and at present is working as a senior lecturer at the Department of Prosthetic Dentistry at the Dental Institute of Collegium Medicum Jagiellonian University in Krakow. 2001 became a specialist in dental prosthetics. Received a PhD degree at the Jagiellonian University in 2003. 1996 and 1998 Attendance on a scholarship at the University in Würzburg (Germany). Has published many scientific papers.



Łukasz Kwieciński DDS

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 2403239

Doctor Kwieciński graduated as a dentist from the Medical Faculty of Jagiellonian University in Krakow in 2007. Upon completing his studies, Doctor Kwieciński underwent a one-year dentistry internship at one of the dental centres in Krakow, where he has been employed since. Doctor Kwieciński has a special interest in endodontics, conservative dentistry as well as general dentistry, therefore, he constantly attends respective seminars, workshops and conferences. He has participated in many courses and trainings concerning endodontics, preventive dentistry and prosthetics.



Daniel Uryga DDS, MD PhD

Specialist in dental surgery

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 1867729

Daniel Uryga graduated as a dentist from the faculty of Dentistry, Jagiellonian University in Krakow in 2003. Since 2003 he has been working in the department of dental surgery at the University Dental Clinic in Krakow and since 2006 also as an registrar at the Institute of dental surgery Collegium Medicum Jagiellonian University.

He obtained MD PhD degree in 2012 and became certified specialist in dental surgery in 2013.

He has participated in many scientific conferences and undergone extensive training in Poland and abroad, e.g. at the 19th Congress of the European Association of Cranio-Maxillofacial Surgery (Italy 2008) and 60 Years of Quintessence (Germany 2009). He has published many scientific papers on dental surgery and implantology.



Paweł Namysłowski DDS, MD PhD

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 626029

Doctor Namysłowski graduated as a dentist from the Faculty of Dentistry, Silesian Medical Academy, Zabrze. From 1999 to 2003 postgraduate training at Prosthetics Facility of Silesian Medical Academy. He worked as an assistant at Department and Facility of Temporomandibular Disorders at the Silesian Medical Academy (ŚLAM). In the meantime, in 2002, he received the title of a doctor of medicine (MD PhD). He graduated with distinction. He was dealing with diagnostics and treatment of Temporomandibular Disorders, on which he has published several academic publications. In 2007 he received the title of an expert of implantology from DGOI, the world's largest implantology organisation. In 2009 he graduated in Curriculum of Oral Implantology from the Goethe University in Frankfurt, Germany. At the same time he started the prestigious postgraduate studies – Master of Oral Implantology (MOI).

Doctor Namysłowski has taken part in many courses and dentistry conferences in Poland and abroad. He is a member of Duchlan Gesellschaft fur Orale Implantologie (DGOI), International Congress of Oral Implantology (ICOI), Ankylos Scientific Group, Polish Association of Dental Implantology (OSIS),

European Association of Dental Implantology (EDI), Polish Association of Temporomandibular Disorders, Polish Implantological Association (PSI). Doctor Paweł Namysłowski specializes in dental surgery, implantology and implantoprosthesis.



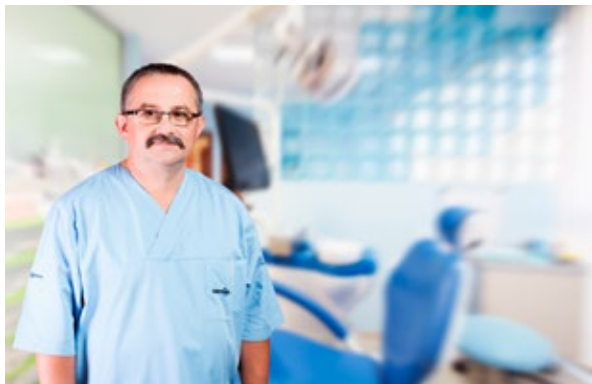
Monika Śliz DDS

Specialist in periodontology

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 2535143

Doctor Monika Śliz graduated from Collegium Medicum, Jagiellonian University in 2009. Upon completing her dental qualifications, Doctor Śliz undertook a one-year dental foundation training at Podgorze Dental Centre in Krakow. From 2011 to 2015 undertook Dr. Śliz a specialist training programme in periodontology, which she successfully completed in 2015 also at Collegium Medicum Jagiellonian University. Dr. Śliz is a certified periodontist and specializes in prevention and treatment of periodontal diseases. Dr. Śliz is a member of the Polish Dental Association.



Tomasz Muszyński MD PhD
Specialist in anaesthesiology
and intensive-care medicine

Foreign language: English

PWZ (Dentist ID No. In Polish Dental Chamber): 4566313

Doctor Muszyński graduated from the Jagiellonian University in Krakow. Postgraduate training at the Clinical Hospital in Krakow. In 1994 he became a first-degree specialist in anaesthesiology, 3 years later became a second-degree specialist in anaesthesiology and intensive-care medicine. He completed his postgraduate studies at the FEEA (2001). For 8 years he worked as an assistant at Collegium Medicum, Jagiellonian University in Krakow. He has vast experience of over 20 years of work in anaesthesiology and intensive care for dental surgery and preventive dentistry. Doctor Muszyński has worked in several hospitals in Krakow (Państwowy Szpital Kliniczny, Szpital Uniwersytecki) and the University Dental Clinic. For over 17 years he has cooperated with several dental offices and clinics. He participates in implantology training courses organised by the Central European Implant Academy. He is an author and co-author of over 70 scientific articles and papers which were published by Polish and foreign specialist journals dealing with anaesthesiology, intensive-care medicine, acute and chronic pain management. Also, he is an author and co-author of many congress reports, presented both in this country and abroad, articles on peri-operative treatment in maxillofacial surgery and ENT surgery,

on post-operative pain management and clinical toxicology. Tomasz Muszyński is a member of Polish Society of Anaesthesiology and Intensive Therapy (Polskie Towarzystwo Anestezjologii i Intensywnej Terapii). Since 1994 he has been a lecturer at the Medical Faculty Jagiellonian University in Krakow. He trains medics in anaesthesiology, first aid and intensive-care medicine. He has specialised in sedation and sedoanalgesia in dental surgery and in preventive dentistry.



Monika Żołnierz DDS
Specialist in preventive dentistry
and endodontics

Foreign language: English, German

PWZ (Dentist ID No. In Polish Dental Chamber): 7064054

Graduated as a dentist from the Faculty of Dentistry, Jagiellonian University in Krakow in 1994. Obligatory postgraduate training in Krakow (The Regional Outpatients Dental Clinic). 1995 – 2001 worked at Dental Practice ZOZ no.4 and since 2001 at Pro-Orto-Dent dental practice in Krakow. 1998 she became a specialist in general dentistry. 2001 – 2004 specialized in the field of conservative dentistry with endodontics at the University Dental Clinic in Krakow, where she worked as an registrar. Became a specialist in conservative dentistry with endodontics in 2005. Member of PTS (Polish Dental Association). Has taken part in many conferences and trainings in the field of conservative dentistry, endodontics and pedodontistry.



M.A. Jadwiga Szopa
Clinic manager
Customer Care
Foreign languages:
English, German,
Swedish

Graduated with an M.A. degree from Philological Faculty, Silesian University in Katowice in 2006. Has been continuing her education on PhD studies at the same university. Grant holder from the Swedish Institute (Svenska Institutet) and foundation Otto Benecke Stiftung e.V. and German Educational Society (Taking part in Young Volunteers Academy). Graduated from the Academy of Young Diplomats in Warsaw in 2005. Has taken part in many training and manager workshops as well as in interpreter and journalistic studies with Polish and foreign institutions like Polish Television (Telewizja Polska SA. w Warszawie Oddział w Szczecinie) and German Dance Archive (Deutsches Tanzarchiv der SK Stiftung Kultur) in Cologne, Germany.

Three of our dentists
and our anesthesiologist
have a PhD degree
in medicine:

Dr. Gała, Dr Uryga,
Dr. Namysłowski,
Dr. Przekłasa - Muszyńska





What the patients say...

Comparative with the best of any country. If a patient requires treatment where their overall health is incorporated into a considered part of their dental health, than this is the place for them.

Grainger John (Ireland)

I am an Australian who has been living in the UK for five years. I have always been a bit shocked at how expensive dental work is in the UK, and I have rarely been impressed with the treatments I received, especially when compared to the treatment I received back in Australia. But I have found a solution - INDEXMEDICA in Krakow, Poland. I had a root canal, two crowns and a tooth implant as treatment over some six months. The total cost was a little over £3000, I would have easily paid 2 to 2.5x that in the UK. The service was excellent, the dental staff highly competent and the clinic facilities were the best I have ever seen. The staff are polite and courteous, and every step of each procedure was explained to me. My treatment concluded in July 2009. Since arriving back in London I have cancelled my UK Dental Insurance because I will get my teeth done at INDEXMEDICA for as long as I continue to live in the UK.

Aussie Banker (United Kingdom)

Very good treatment, easy to understand. Good explaining of the treatment. Good quality work and quickly done. We will recommend this clinic to all we know need treatment. We are also surprised about how different the treatment is here comparing to Norway, this is sooo much better. Thank you so much!

Arve Prytz (Norway)

Visiting the dentist makes me very nervous, at INDEXMEDICA all my fears were put to rest. The staff are friendly, professional and very understanding. The medical practice is modern, clean and comfortable. The dental work I had carried out was done with efficiency and speed. The after care treatment reinforces the professionalism of the practice. The INDEXMEDICA team has

given me more confidence in having dental work carried out and I would definitely recommend there services to anyone needing treatment.

Małgorzata Kaczmarczyk (United Kingdom)

Thanks for all your excellent work. I feel your services as dentists is excellent and would recommend anyone considering a lot of dental work to use your practice. My sister was very nervous and anxious and our dentist could not have been more patient. We have yet to finish all the work my mother is at the second stage of the implantation process but so far so good. We have already told friends and family about you and that says a lot. A great team of people at the practice.

Maria de Chiara (United Kingdom)

The treatment was great. I was treated with courtesy, especially by the English speaking agent in Poland who set everything up for me hassle free. Excellent service. I have recommended the clinic to friends and family. I will return for treatment. Staff were able to communicate very well. The price varied. The results are very good.

Neil (Ireland)

After 20 years of neglecting my teeth following a bad dental experience, I decided to get a dental 'overhaul'. I visited my local dentist who advised me of the work required and the cost of the treatment needed. I soon realized that my neglect was going to cost me a pretty penny. After doing research on the net and talking to other 'dental tourists' I soon realized that my treatment costs could be slashed by looking abroad. I cannot recommend this practice highly enough, from arranging hotels, taxis waiting at the airport and the overall professionalism of all members of the clinics team, nothing is overlooked. I do not doubt that the same level of attention to detail is available in Ireland but if like me you are looking at value for money, then give Simon and his team a call. The savings are staggering plus you get to stay in one of the most historic cities in Europe and don't

forget your MED 2 form to claim tax back on your treatment costs!!

Gerry Brown (Ireland)

I have just returned from my second visit to Krakow after completing the restoration of my teeth. I had just seventeen teeth of my own with many gaps including one of my front teeth after an old crown broke down. I now have twenty eight teeth, a balanced jaw and I can smile without again with new bridges. The consultation process that allowed me to make up my mind what to do was professional, in good English and quite transparent. I never felt that the advice given had anything in mind other than my dental health. The surgery is equipped to hospital standards, staffed by highly qualified specialists and nurses and every procedure is completed with the greatest attention to detail by friendly people. The trip was easy to arrange and the city is full of history, fascinating and lively with good cafes and restaurants. The local trains can take you all over Southern Poland, or arrangements can be made for you by the agency. English is spoken everywhere and tourists are offered information written in their own language everywhere they go.

Hilary Kay (United Kingdom)

I have recently returned from Poland after having extensive dental treatment. I would just like to say that the service was second to none right from the beginning. My trip was well organized and a great success. The cost of the treatment I required was very reasonable (about one third of the price quoted to me in the UK) the dental hospital itself was the most modern and clean I have ever encountered. The staff were friendly and spoke perfect English so could understand and assist with any query. This dental hospital is perfect for people who are scared or apprehensive of dental treatment as all of the highly qualified dentists put you at ease and make it as comfortable as possible. All this plus the added bonus of being in such a beautiful country with so much to see and do.

Eleanor Gilmour (United Kingdom)

It is an understatement to say I am thrilled with the results and extremely pleased that I put my trust in Indexmedica. After such extensive work, it is amazing to me

that very rapidly everything feels comfortable, functions correctly and looks so much better than before. I am very impressed with the standard of care, professionalism, sensitivity and kindness of the staff. On the strength of my outcome, several of my friends are now interested in getting treatment. It has been a very positive experience for me and I would certainly recommend you to one and all. Incidentally, thanks for making the hotel booking for our last trip, it was one less thing for us to worry about and the hotel was great. It was very reassuring to have a taxi from the airport on each visit, and contributed to feeling things were well organised. In addition, we have come to love Krakow over our four visits, have explored it thoroughly and found it to be beautiful, interesting, elegant and welcoming.

Although we have made little progress with the Polish language, we have learnt a few words, so I send you a huge Dziekuje.

Susan W. from the UK

Top service.

The people make me feel at home at Indexmedica.

I have all my life been afraid of dentist. But this changed at Indexmedica thanks to the professional staff and job well done.

I will come back here if I need more work. The prices are very good.

Geir from Oslo, Norway

Very pleasant environment considering the nature of business. Highly recommended. Good value for money. Exceptional service all round. And pain free experience. I would definitely be returning for further treatment when required.

Cathy from the UK

I underwent major work and was nervous about the treatment. I was treated over a period of 32 months, my first trip lasted one week and whilst I had my doubts, by the end of week 1, I knew absolutely that it would be a good ending as all the foundation work was to a very high standard. Now my treatment is complete. I would give 10/10 and recommend to anyone.

John from the UK

We use only
state-of-the-art
materials

3M ESPE

VOCO

OsteoBiol[®]
by Tecnos

MIS[®]
MAKE IT SIMPLE

beyond[™]

DS e.max[®]

GC

ECOLAB[®]

OSSTEM[®]
IMPLANT

Carestream
DENTAL

VDW[®]
INSTRUMENTS

ivoclar
vivadent[®]

Celebrity
endorsement



Dominic Littlewood from
the programme BBC Holiday
has had his dental treatment
in our clinic. The programme
about his visit to us was broadcast
to over 6 million people!





INDEXMEDICA Dental Clinic has been established to provide our patients with the maximum comfort and satisfaction. Thanks to the experience and skills of our staff combined with the modern facilities and techniques we can guarantee our patients a stress-free dental treatment at the highest level for reasonable price.



- friendly atmosphere
- high-qualified team of experienced dentists
- full range of dental services, remedial and cosmetic
- modern equipment and materials
- clear rules of treatment
- guarantee

Prophylaxis

- Individual dental hygiene programme for each patient
- Highly qualified dental hygienists
- The newest ultrasonic devices and sand-blasting machines made by the Italian company Mectron



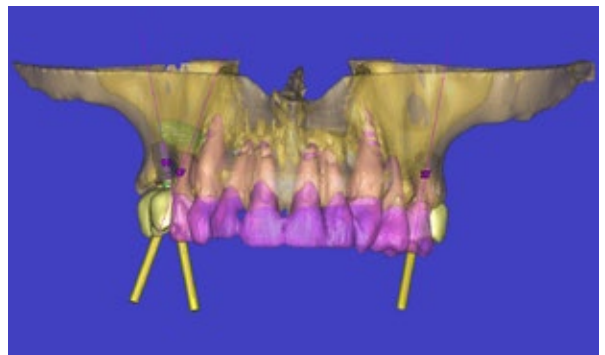
Conservative dentistry

- The newest aesthetic materials
- Immediate effect
- Biological treatment of reversible dental pulp inflammations



Diagnostics

- RVG – Radio Visio Graphy (digital X-Ray)
- Panoramic X-Ray and Cephalometric X-Ray (for orthodontic treatment)
- CT scan (Computer Tomography) before implantological treatment
- 3D reconstruction before implantological treatment
- Intraoral camera
- Bacteriological and mycological examinations
- Histopathological examinations (biopsy and segments)



Teeth whitening

- 5 modern and safe whitening techniques
- Whitening of all teeth in just 1 hour (Beyond USA System)



BEFORE



AFTER

Painfree treatment (local anesthetics)

- Completely painless procedures
- Anesthesia techniques which are convenient for patients including pharmacological sedation
- Computer Controlled Systems: The WAND, STA
- All our dentists have completed specialist training and use routinely the Atraumatic Technique for local anesthesia in dentistry
- Special arrangements for children



Aesthetic dentistry

- Metalfree crowns and bridges (Procera and e.max ceramic)
- Ceramic inlays and onlays
- Full-ceramic veneers
- Office whitening with Beyond system
- Aesthetic composite fillings



Root canal treatment (endodontics)

- Microendodontic and microsurgical treatment with dental microscope
- The newest techniques and materials (rotary computer controlled instruments, hot guttapercha condensation units)
- One visit treatment
- Endodontic retreatment (removing of broken instruments and foreign bodies from the root canals)
- Closure of perforation

Prosthetics

- Traditional crowns and bridges
- Full-ceramic veneers, crowns, inlays and bridges
- Bridges on glass-fibre – FRC Fiber Reinforced Composite
- Standard and custom-made post and cores
- Crowns, bridges, dentures on implants
- Acrylic, frame, vinyl dentures, splint dentures
- Treatment of functional changes of temporomandibular joints



BRIDGE WORK

BEFORE



AFTER



Gum diseases (periodontology)

- Removing of supra-and-sub gingival deposits
- Curettage
- Treating of gum (gingival) recession and bleeding gums
- Periodontal surgery (aesthetic gum correction)



Dental surgery

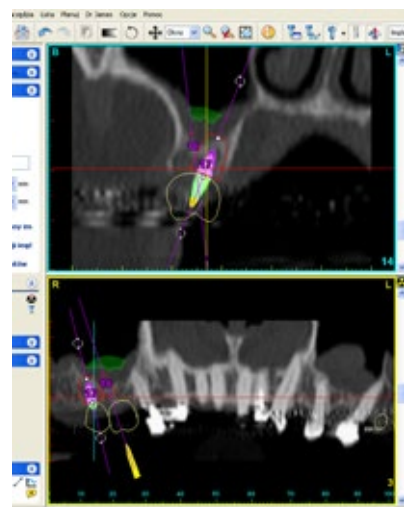
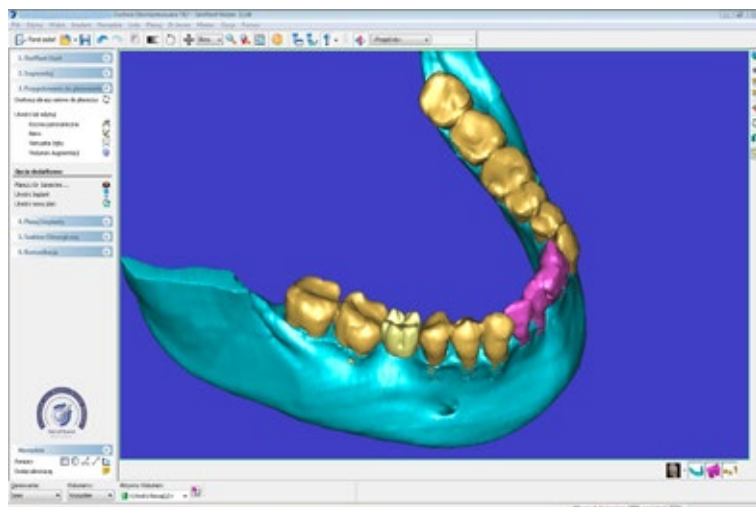
- Implants (Nobel Biocare® and 3i® system)
- Guided Tissue Regeneration – bone regeneration with bio-materials
- Sinus lift
- Painless teeth extractions
- Surgical extractions of unerupted teeth
- Procedures on alveolar process (the so called "osteoplasty")
- Plastic correction of frenulum of the tongue and lips (frenuloplasty)
- Microsurgery procedures



Implant treatment

Accurate diagnostics and treatment planning are necessary to achieve satisfying treatment results. Our clinic is equipped with a state-of-the-art cone beam computer tomograph, produced by Carestream KODAK and with a digital X-ray and radiovisiography machine. The pictures are ready immediately and are handed out to the patient either on a CD or on photographic paper. We make 3D CT scans of your teeth, jaws and paranasal sinuses. At INDEXMEDICA dental clinic nothing is left to chance, that's why we have introduced computer-planned implant treatment. Patients who are suitable for implants, have a CT scan examination of upper or lower jaw done at our fully digital X-ray room with our CS KODAK 9300 CT-scanner. Thanks to the special KODAK software the surgeon can precisely analyze the structure and size of the natural bone and assess the type, size, amount and area of implantation, to optimize the quality and durability of treatment results and to minimize potential risk of destroying important anatomic structures e.g. nerves. Thanks to the 3D model of patient's jaws it is also possible to assess possible indications for Guided Bone Regeneration (so called bone grafting procedures) and for lifting of the sinus (so called sinus-lift). Both procedures are used in case when there is not enough natural bone left. Additionally, planning of the dental treatment and 3D reconstruction in the software allows the patient to see his own jaws with virtually placed implants and new teeth before the treatment.

The best quality of 3D CT scans and minimal radiation dose – your safety is our priority.



Modern treatment with implants, with application of special implants, biomaterials, Guided Tissue Regeneration is safe, effective and makes it possible to achieve perfect aesthetic and functional effects.

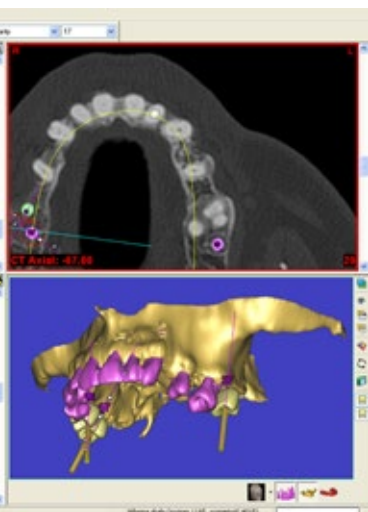
Several years ago, people with missing teeth could only have a bridge done, now they have choice! The demand is huge: on average each adult has a 2,7 teeth missing and almost 2 millions of elderly people

don't have any teeth at all. What is the best strategy to close the gaps in an aesthetic way? Financial and technological issues regarding an ordinary bridge versus an implant are diverse. Particularly, when the patient doesn't have enough bone.

In the case of a young patient, who will replace one missing tooth with a 3-unit bridge, it will be necessary to exchange the bridge two or three times in a lifetime because of caries or tooth break. The initial

cost of replacing one missing tooth with an implant can be higher than the cost of a 3-unit bridge, but already after 7 years the costs become even. Despite the fact, that implants initially seem to be more expensive, when we add all the expenses connected with traditional prosthetic treatment, most of us will agree that it is worth investing in implants.

In case of a young patient, replacing one missing tooth with a 3-unit bridge, it will be necessary to exchange the bridge two or three times in a lifetime because of caries or tooth break. The initial cost of replacing one missing tooth with an implant can be higher than the cost of a 3-unit bridge, but after 7 years the costs become even. Despite the fact, that implants initially seem to be more expensive, when we add all the expenses connected with traditional prosthetic treatment, in the longer term it is worth investing in implants.

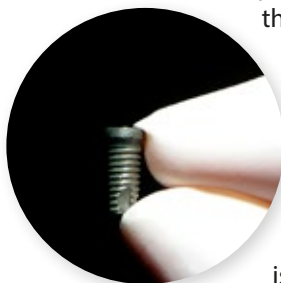


Thanks to new technologies, virtual Op Planning, painlessness during the implantation and Guided Bone Regeneration, many people are choosing implants. New Nano-Titanium surfaces anchor the artificial teeth roots in the jaw bone very tightly giving greater durability. According to recent studies the probability that the implant retained bridge will “stay stable” in the jawbone after 10 years is approximately 93%.

Crowns on implants look like natural teeth and usually look even better than the original. Research studies prove that just in the first seconds of conversation the interlocutor looks on teeth particularly prospective employers. Who sends a manager with yellow plaque on teeth or with cavity in a tooth to a client?

Because of low financial costs bridges are still often considered to be a standard treatment when single teeth are missing with bridges used in 8 out of 10 cases. This means the adjoining teeth also need to be grinded, so often two healthy teeth are damaged to replace the one that is missing, despite the experts stating that saving healthy teeth as the main goal in dentistry.

Implant procedure is easy, especially if only a single tooth is missing. At the beginning, diagnosis is based on the analysis of the panoramic X-ray. In case when the patient is suitable for implants, a CT scan of the jaws is done to confirm the previous assessment and to select an appropriate size, amount and position of the implants. The surgeons need 20 – 40 minutes to place a single implant, without bone grafting. If the 8 – 15 mm Titanium screw is inserted in the jaw bone the dentist stitches the wound and if a front tooth is missing, the patients gets a temporary appliance during healing period.



On the day of implantation the patient is given painkillers and cold compresses which help to minimize any swelling and pain after the operation. The Titanium screws grow into the jaw bone after 2 – 6 months. After this time the surgeon prepares the surface over the implant to accommodate a new tooth which consists of an abutment and crown. After a further 2 weeks a specially made crown can be fixed based on impressions made previously.

The general rule is: the steadier the basis, the better will the implant „take“. Often there are two methods of bone regeneration (so called bone grafting) which are used:



- 1 If it's possible the surgeon gets bone fragments from patient's natural jaw bone with a special instrument (bonescraper)
- 2 If there is not enough bone, a new artificial bone material can be used without any problems

Gaps which are not closed with a prosthetic restoration can cause:

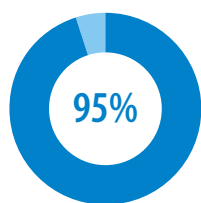
- ageing, losing of youth appearance
- increased amount of mimic wrinkles
- disturbed lips' harmony and profile
- shortened distance between nose and chin, which makes the face look distorted
- problems with chewing the food
- alimentary problems due to incorrect chewing
- faster bone loss in upper and lower jaw because of lack of prosthetic restorations

Replacing missing teeth with implants offers:

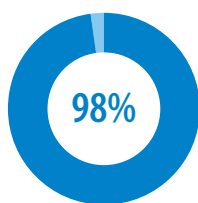
- therapy which functionally and aesthetically mimics the nature
- enhanced face expression and aesthetic
- possible reducing of bone loss in implants area
- correct chewing
- more stabilizing full or partial dentures
- improved quality of life

Exemplary work schedule:

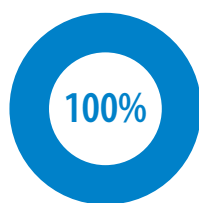
Implants	2-5 days
Sinus lift	4-6 days
Bone regeneration	3-5 days
Framework denture	5 days
Acrylic denture	5 days
Bridges	5-7 days
Crowns	4-5 days
Conservative treatment	1 day
Root canal treatment	1 day
Teeth-whitening	1 hour



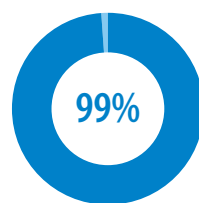
I got full and detailed information on my dental treatment



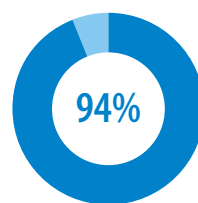
The dentist was focused on providing the best dental treatment solution in my individual situation



I feel comfortable at the clinic



I would recommend INDEXMEDICA to others



The treatment was performed precisely and painfree

Question and answers

Why would I need a crown?

There is a number of reasons. For instance:

1. the tooth may have been weakened by having a very large filling
2. you may have discoloured fillings and would like to improve the appearance of the tooth
3. you may have had a root filling and a radix post inserted and a crown will protect the tooth
4. you may have had an accident and damaged the tooth
5. a crown is an abutment tooth in a bridge

What are crowns made of?

Crowns are made of a variety of materials including:

1. Porcelain bonded to conventional metal. This is what most crowns are made from. A metal base is made and layers of porcelain are then applied over it. Good mechanical resistance and good aesthetic (metal is not visible).
2. New full porcelain (zirconium crown – e.g. PROCERA or LAVA): these crowns are very strong and they look very natural. This is the top quality reconstruction combining the best mechanical properties combined with excellent aesthetic.
3. Conventional full porcelain and composite: conventional porcelain (e.g. EMPRESS) and composite resin materials can sometimes look the most natural. However, these crowns are not as strong as bonded metal crowns or Zirconium crowns.
4. Porcelain bonded to titanium: these crowns look very natural, they have excellent durability and are usually used over the implants.
5. Precious metal (gold and palladium): these crowns are very strong and hard-wearing, but are usually used at the back of the mouth, where they are not visible.



How is a tooth prepared for a crown?

The dentist will prepare the tooth to the ideal shape for the crown. This will mean removing most of the outer surface, and leaving a strong inner "core". The amount of the tooth removed will be the same as the thickness of the crown to be fitted. Once the tooth is shaped, the dentist will take an impression of the prepared tooth, one of the opposite jaw and possibly another to mark the way you bite together. The impressions will be given to the technician, along with any other information they need to make the crown.

How long will a crown last?

The life of a crown will depend on how well it is cared for. The crown itself will not deteriorate, but decay can start where the edge of the crown joins the tooth. It is very important to keep this area as clean as your other teeth, or decay could endanger the crown. Properly cared for crowns will last for many years – your dentist will be able to tell you how long.

How are crowns fixed to teeth?

Once the fit and appearance of the crown has been checked – and approved by you – it will be cemented in place with special dental cement which also forms a seal to help hold it firmly in place.

Will the crown feel different?

Because the shape of the crown will be slightly different from the shape of your tooth before it was crowned, you may be aware of it to begin with. Within a few days it should feel fine, and you will not notice it. The crown may need some adjustment if it feels higher than the surrounding teeth. If it is at all uncomfortable ask your dentist to check and adjust it.

Why should I replace missing teeth?

Quite apart from appearance, the gap left by missing tooth can mean greater strain on the teeth at either side. A gap can also mean your "bite" is affected, because the teeth next to the space can lean into the gap and alter the way the upper and lower teeth bite together. This can then lead to food getting packed into the gap, which causes both decay and gum disease.

How are missing teeth replaced?

This depends on the number of teeth missing and on where they are in the mouth. The condition of the other teeth also affects the decision. There are two main two ways to replace the missing teeth. The first is with a removable false tooth or teeth – a partial denture. The second is with a fixed bridge. A bridge is usually used where there are fewer teeth to replace, or when the missing teeth are only on one side of the mouth.

What are veneers?

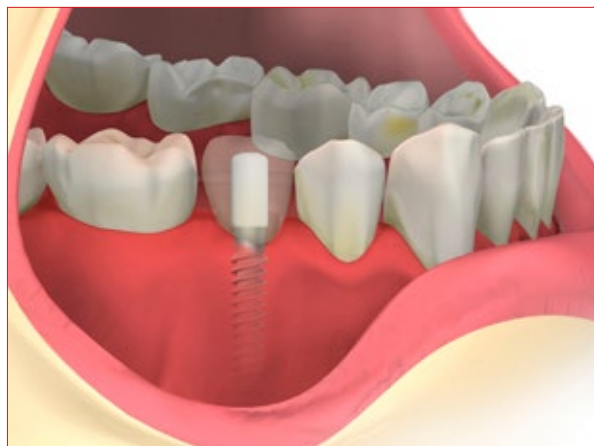
The principle of veneers is similar to that of false fingernails. Veneers are laboratory-constructed custom-made facings, which are mechanically bonded to the tooth surface.

How will my teeth look like with veneers?

Veneers provide excellent aesthetics because the lab can actually incorporate characteristics such as greater opacity and special stains and colours that allow an almost perfect match to your own tooth structure.

What are the advantages of veneers, compared to fillings?

One of the most exciting techniques in cosmetic dentistry today involves bonding a thin veneer made of porcelain to the etched enamel tooth surface. The primary advantages are the beauty, durability and flexibility of the material. Because porcelain doesn't stain like composite resin, it remains attractive for a much longer period of time. In addition, gum tissue tolerates porcelain well, thus reducing the likelihood that gum problems will develop.





Consultations in the UK

At our dental office in the UK (Wakefeld, near Leeds) INDEXMEDICA offers dental consultations at an easy accessible dental office in the UK including intraoral examination, panoramic X-rays, plaster diagnostic models, arrangements of treatment plan and cost estimate. The consultation are always performed by one of our specialists who speaks English fluently, is registered as a dentist in the UK and has all necessary permissions to perform diagnostic consultations and treatments. During the appointment after a detailed examination our specialists will introduce you to several possible treatment options and a suggested treatment plan and cost estimate. You will have the opportunity to see examples of prosthetic restorations on models help you to choose the best reconstruction to suit you. This UK consultations costs £39 and includes all X-ray pictures.

It is also possible to have some simple treatment done, as follow-up to a clinic visit:

- check-ups
- removing of stitches
- correction of prosthetic reconstructions
- help in emergency situations

Contact and arranging of appointment

To arrange an appointment in the UK contact our UK representative

Jan Ozdoba

phone 0800 334 5967

or by e-mail: office@indexmedicauk.co.uk

Index Medica UK
6 Rishworth Street
Wakefield, WF1 3BY

We are
the one and only
Polish dental clinic
that offers consultations
and follow-up
in the UK and Ireland.



Consultations in Ireland

If you would like to visit our partner office in Dublin for assessment or follow-up, please contact Value Dentist Consultancy

43/44 Lower Dorset Street Dublin 1
Ireland

by e-mail: office@valuedentist.ie

or phone: 01 430 30 70

Mobile: 0874 596 202



Guarantee

We take full responsibility for our services, giving our patients

- A three year guarantee for fillings
- Guarantee for fillings, crowns, bridges, inlays and veneers.
- One year guarantee for firm periodontal and relaxing splints and acrylic dentures
- Longlife guarantee for dental implants (material defects)

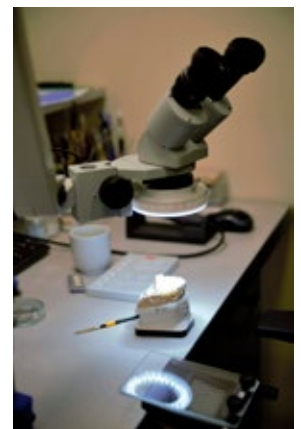
INDEXMEDICA

Our Dental Prosthetic Laboratory

INDEXMEDICA Dental Clinic cooperates only with selected and renowned prosthetic laboratories (eg. W&K LAB with the CAD/CAM system & 3shape, Aurum Dental Lab or Technica Dental Lab by eng. Adam Majewski certified Dental Technician) which are equipped with the newest devices and provide the best quality of services. Our staff consists of experienced professionals who participate in advanced trainings in Poland and abroad on a regular basis. We use only state-of-the-art materials and instruments. Thanks to the highly qualified staff and advanced technologies the prosthetic restorations are made within the shortest possible time and with the highest quality.



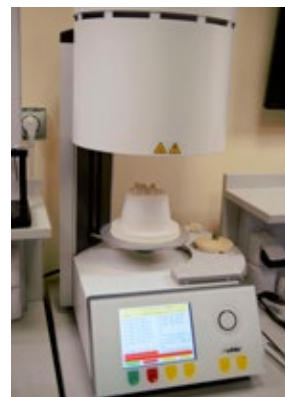
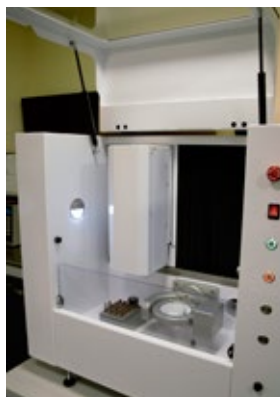
We are proud to offer our patients state-of-the-art prosthetic restorations made in the shortest possible time. Technicians who are working for INDEXMEDICA are specialists with a broad experience and a passion for their work. We make all efforts to offer you dental restorations, which prepared by the dental doctors and technicians meet your expectations regarding not only functionality but also aesthetics. The selected prosthetic laboratories manufacture all kinds of modern prosthetic restorations, such as: metal-ceramic crowns/bridges, titanium-ceramic crowns/bridges, gold-ceramic crowns/bridges, full-ceramic crowns/bridges (completely without metal) made of zirconoxide, also composite and ceramic inlays, overlays and veneers, individual radix posts, retaining elements for dentures





(precise attachments, bolts), acrylic dentures, classic frame dentures, frame dentures on precise attachments as well as all sorts of implant-supported restorations. We offer the possibility to visit the dental laboratory where the technician together with the dentist selects the best teeth colour and

shade. On request we prepare individual characterization of prosthetic crowns or bridges (artificial discolourations and cracks). Thanks to this the prosthetic restorations usually cannot be distinguished from natural teeth.



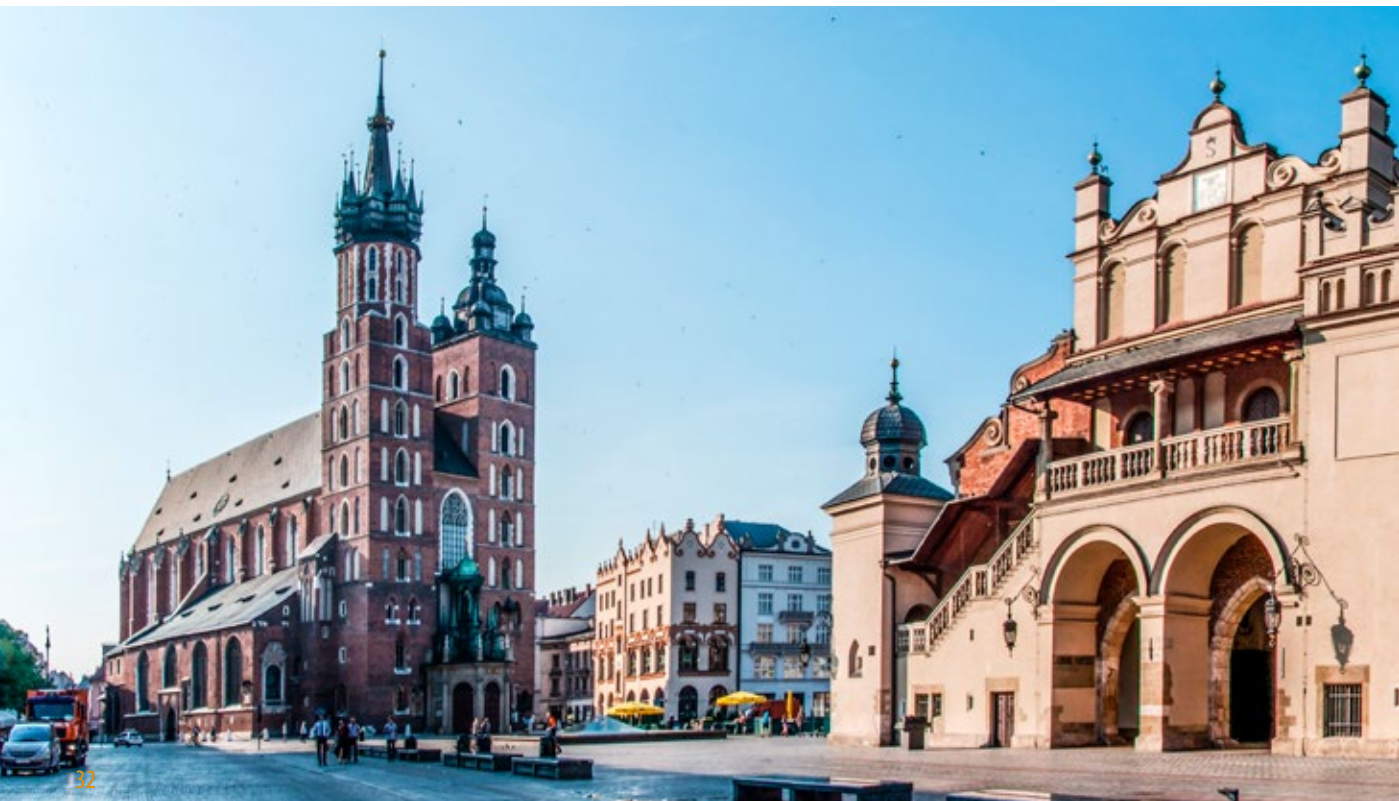
Krakow City

When having a break from your treatment why not get the most of your stay in one of Europe's most beautiful cities? Kraków, proudly bearing a name of „Royal Capital City of Kraków” has so much to offer even to most demanding and seasoned travellers. This magnificent city oozes history out of every corner, starting from the Royal Castle Wawel – a true symbol of Poland's sovereignty and the nation's beating heart, its unique medieval Market Place and finishing up in the socialist district of Nowa Huta. The importance of the historic center of Kraków was recognized in 1973 by UNESCO. Step outside Kraków's Old Town and you will experience a vibrant Jewish quarter- Kazimierz, filled with the sounds of Klezmer music, unforgettable gastronomic experiences and Jewish spirituality – the so-called Old Synagogue (Stara Synagoga) is one of the most important Jewish shrines in Europe.



When you get tired strolling down Kraków's streets, you can always relax in of many cafes and restaurants, where you can eat Polish, Jewish, Italian, Mexican, etc.- for every taste and wallet.

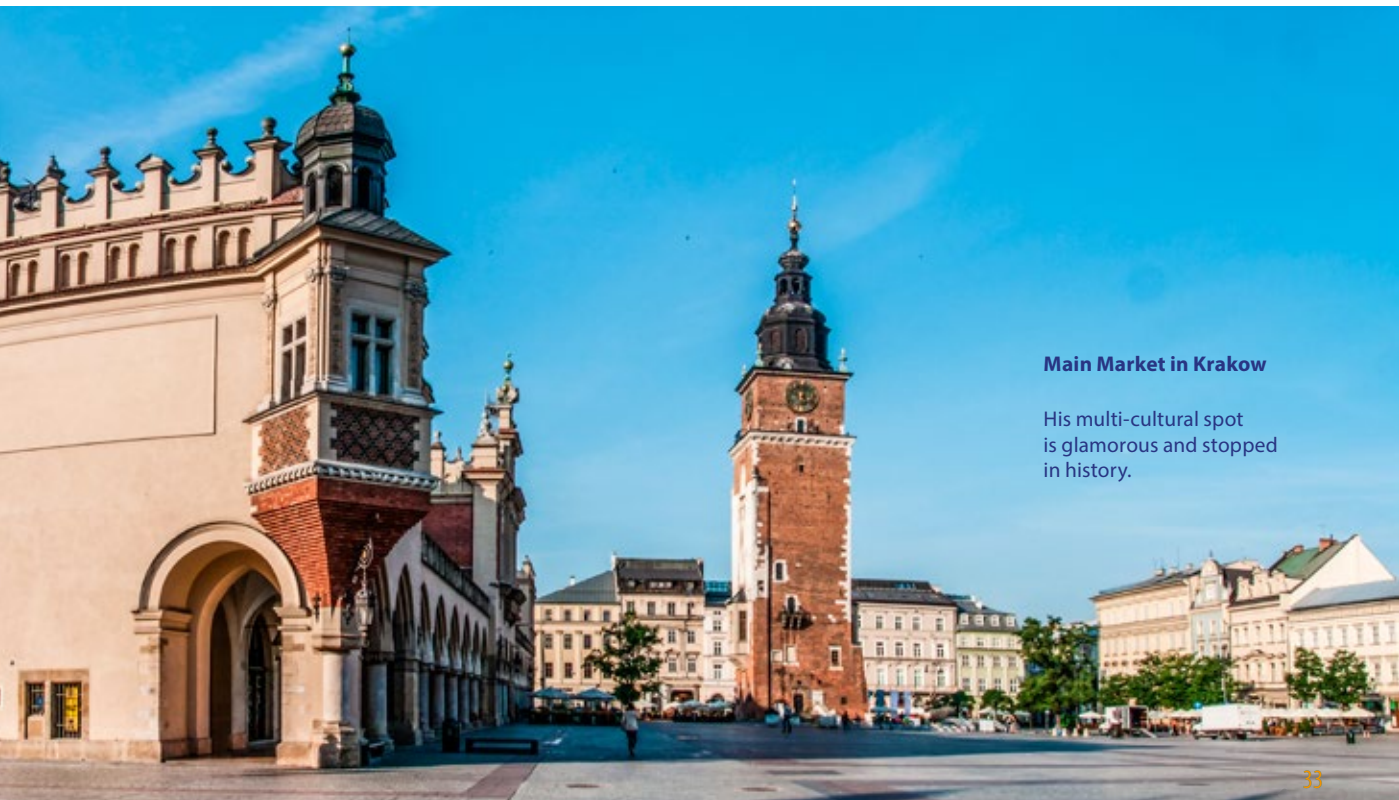
If you are planning to stay longer, you can enjoy breathtaking views of Wieliczka salt mines or might even have time to visit one of Poland's most important catholic shrines – Black Madonna in Częstochowa.





Krakow is a student city, with universities literally round every corner. The most renowned university is Jagiellonian University, second oldest in Europa and among top universities both in Europe and worldwide. The Medical School, so-called Collegium Medicum, is Polands leading medical faculty, and many of our fantastic dentists graduated actually from Collegium Medicum.

You will inevitably fall in love with Kraków and will be coming back for more, as every time you will be discovering new facets of this magnificent city.



Main Market in Krakow

His multi-cultural spot is glamorous and stopped in history.

We are delighted to offer our patients a new dimension of comfortable dental treatment abroad. It is crucial to receive high quality dental treatment at INDEXMEDICA, but it is also important, to have a comfortable and pleasant place to stay in Krakow. By offering our patients two hotels in 4* standard – INX Design Hotel and Metropolis Design Hotel we have achieved a new level of patient care. We are proud to inform that our offer is unique on the Polish market.

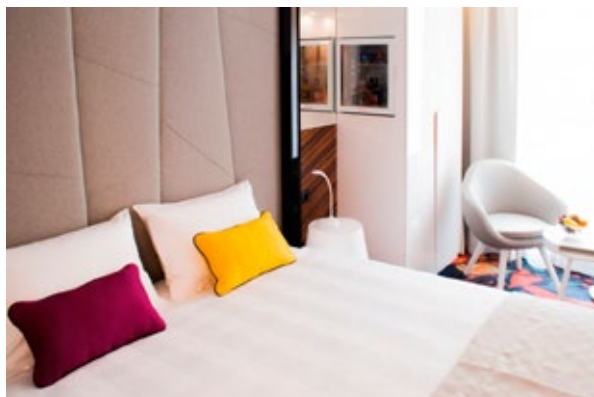
INX Design Hotel****

– opened in August 2017, is located in one of the most recognisable districts of Kraków – Kazimierz. Our hotel is an excellent choice for guests who value art and cultural pursuits, but also those who enjoy design, leading a healthy lifestyle, rediscovering memorable places, meeting new people and exploring history. Our patients enjoy staying in this hotel.



122 designer rooms

INX Design Hotel**** features 118 comfortable rooms, which are brimming with energy and inimitable design, and 4 exclusive and terraced apartments with a view over the Royal Wawel Castle, the synagogues of Kazimierz, the Wielickie Foothills and the Beskid Mountains.





Design Hotel®

Starowińska 91, 31-052 Kraków, Polska

Phone: +48 12 446 90 90

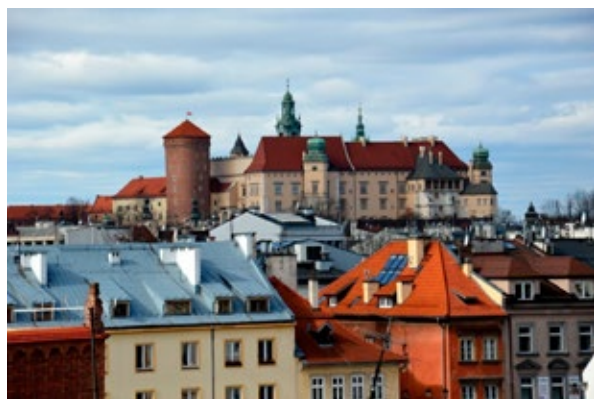
hotel@inxdesignhotel.pl

Negresco Bar

An excellent place to stay in a pleasant and informal setting. The colourful interior of Negresco Bar is a friendly hub where both hotel guests and the residents of Kraków like to catch up on some rest. Settle down in a comfy armchair and enjoy the aroma of an espresso or relax with a drink.

A moment of relaxation

As our guest, you have access to our small but very well equipped gym located on the hotel's lowest floor. A visit to the Finnish sauna will help you relax after a training session or a busy day in the city.



What is so special about INX Design Hotel?

- 122 designer rooms (118 originally furnished single and twin/double rooms and 4 elegant apartments with terraces)
- Great location – within walking distance from Kazimierz and Krakow Old Town tourist attractions
- Negresco Bar – a nice place to have a snack or drink
- 24h/7 Room Service
- Friendly reception staff
- Free Internet access, gym and sauna

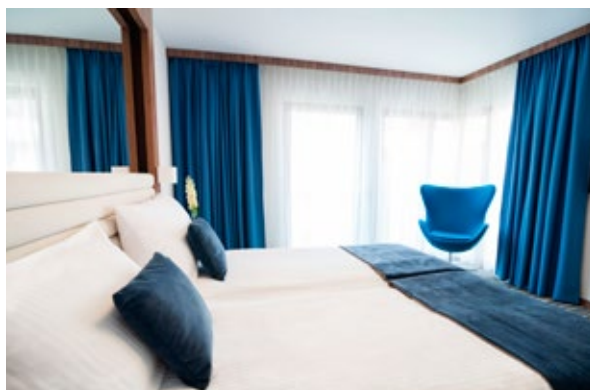
Location

INX Design Hotel**** is located in the historic district of Kazimierz in Cracow. We are only a few minutes walk, along magical streets, near the Vistula river Boulevards. The hotel is situated only 20 minutes (by direct tram No. 24 from Wawrzyńca to Urzednicza tram stop) from INDEXMEDICA Clinic.

Our patients really enjoy relaxing in the exclusive INX Design Hotel**** after treatments at INDEXMEDICA.

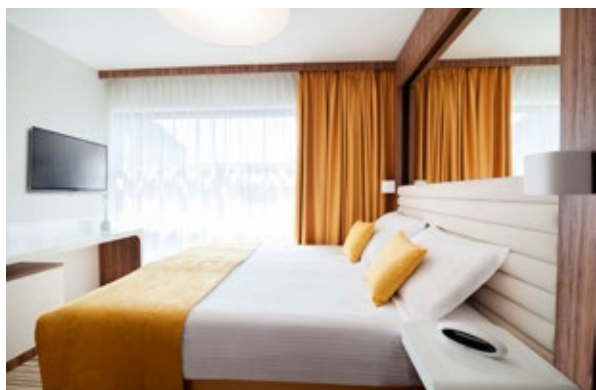
Metropolis Design Hotel

INDEXMEDICA offers its patients an exclusive hotel in the Old Town in Cracow, located near the clinic. Metropolis Design Hotel Sp. z o.o. SKA has been designed based on bold and sensual ideas. It perfectly captures the moment in which modernity combines with functionality. Visual pleasures are delivered by the juicy textures and furniture made on order. Every hotel floor is dominated by different color motifs.



60 designer rooms

Metropolis Design Hotel Sp. z o.o. SKA features 60 esthetic rooms that emanate modernity and warmth. The materials used in the hotel match one another presenting unusual arrangements, whereas colors and deep tones enhance your mood. The varied distribution of rooms creates harmonious spatial compositions.





Metropolis[®]
design hotel

Wygoda 8, 31-106 Kraków, Polska
Phone: +48 12 881 28 02
info@metropolisdesign.pl

Negresco Bar & 3 Elements Restaurant

The stylish and magnificent interiors together with a pleasant atmosphere make it a perfect place conducive to relaxation and meetings. In the privacy of the sunny terrace you can delight in exquisite cuisine that is served here.

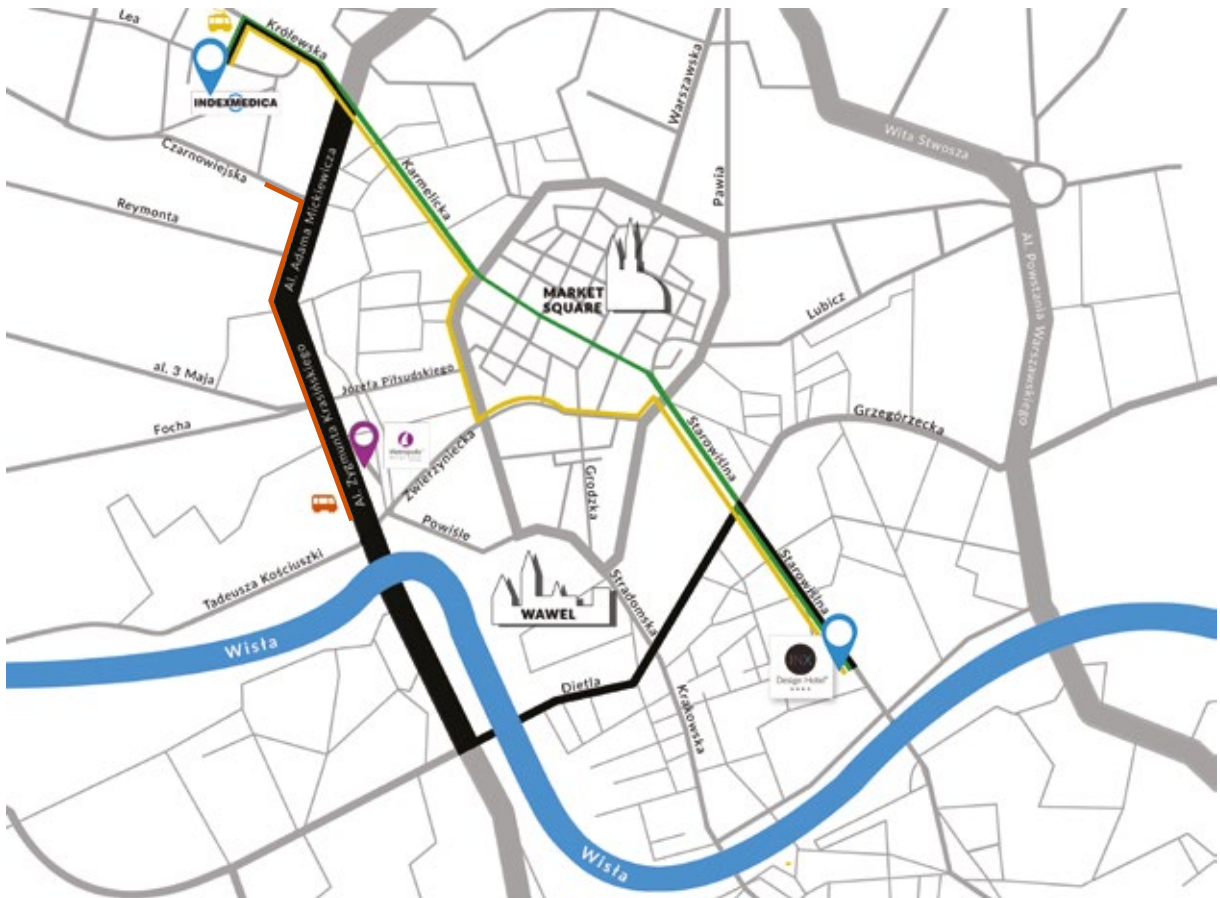






What is so special about Metropolis Design Hotel Sp. z o.o. SKA?

- Virtual Concierge,
- 6 floors sparkling with a number of colors,
- 59 designer, tailor made rooms, such as S DESIGN, M DESIGN and L DESIGN,
- Metropolis OVERSIZE SUITE with a Jacuzzi in the bedroom and windows overlooking the Wawel Castle,
- The 3 Elements Restaurant,
- A conference room divisible into 3 separate rooms,
- Negresco Bar with a fireplace and a terrace,
- Marine Aquarium,
- Play Station,
- 24h/7 Room Service,
- Friendly reception staff,
- Free Internet access.

Map of Krakow

illustrating the location of INDEXMEDICA Dental Clinic
as well as Metropolis and INX Design Hotels.



-  It takes about 23 minutes to get there **by tram no. 24** (from **św. Wawrzyńca** to **Urzędnicza** tram stop)
-  It takes about 15 minutes by direct bus no. 144, 194, 173 (from **Jubilat** to **Czarnowiejska** bus stop) or 30 minutes walk from Metropolis hotel to INDEXMEDICA dental clinic.
-  It will take you about 40 - 46 minutes **to walk** that distance
-  It takes about 10 or 15 minutes to get there **by car**



To Krakow
by plane
from **35€!**

Krakow – Balice Airport has over 40 direct connections with the European and USA airports. For the most updated information please visit www.krakowairport.pl. Most of the flights are operated by budget airlines with the price for the two-way ticket starting from about 35€. The airport is located just outside the city centre and INDEXMEDICA collect patients free for the 20-30 minutes journey as part of our service.

Austrian Airlines

Vienna

British Airways

London

Brussels Airlines

Brussels

Ryanair

Manchester
Oslo
Frankfurt
Eindhoven
Dortmund
Venice
London
Bristol
Belfast
Edinburgh
East Midlands
Birmingham

Malta

Dublin
Shannon
Madrid
Stockholm
Paris
Bologna
Milan
Rome
Lourdes
Brussels
Pisa
Malmo
Berlin

Easy Jet

Basel
Belfast
Bristol
Edinburgh
Geneva
Hamburg

Liverpool

London
Lyon
Manchester
Neapol
Paris
Milan
Venice

Norwegian

Bergen
Oslo
Stockholm
Stavanger
Trondheim
Copenhagen

KLM

Amsterdam

Wizzair

Reykjavik *

Lufthansa

Frankfurt
Munich

Eurowings

Düsseldorf

LOT

Chicago

Jet2

Birmingham
Manchester
Newcastle

Airberlin.com

Berlin

Finnair

Helsinki

SAS

Copenhagen

* Direct flight to Katowice Pyrzowice airport (mini-bus shuttle service from Katowice airport to Krakow center)

INDEXMEDICA

Initial consultations and follow-up
treatment in the UK and Ireland

Guarantee

Highly qualified dentists and state-of
– the art facilities

GPS: N 50°04'10.96 E 19°55'10.89

INDEXMEDICA

ul. Czapieńskiego 2
30-048 Kraków • Poland

Cell: +48 690 808 840

Cell: +48 668 66 33 99

we speak English

Fax: 0048 /12 631 11 56

Monday - Friday 9 am - 9 pm

office@indexmedica.eu

