

## Dental special

# 'I went on holidays and now my teeth are perfect'

In February Caoimhe Stack discovered that she needed a crown and was quoted €1,200 by her dentist in Dublin city centre. Thinking the price was quite high she got quotes from dentists outside of Dublin but the price was still too high at only €150 less than her original quote.

Her cousin's husband then recommended a dentist in Banbridge, Co Down called Adrian Stewart Dental. She telephoned to discuss her needs, liked what she heard and headed north.

Her initial consultation, including x-rays cost £50. The dentist talked through everything with her and even consulting with a second dentist on site. Caoimhe says "the consultation was very thorough and gave me peace of mind. They were also very upfront about the prices". She got her crown for £300 and also required a filling that hadn't been spotted by her Dublin dentist. This cost a further £80. She also decided to get her teeth whitened for £300.

Caoimhe says that as the dental work was being carried out she was talked through what was happening and shown photos from the x-rays. "This level of transparency", she says, "gave me trust and to be honest it's a lot less frightening if you know exactly what's going on".

In addition to the initial consultation the work done took two half days and was carried out four weeks apart. Caoimhe even availed of the trip to do some shopping in Sainsburys while she was there.

After her crown Caoimhe suffered slight pain but understands this to be normal. She contacted Dr Stewart who said she could come back to him for a check-up free of charge and could come in the evening if it suited her better as they are open late on Wednesdays. In the end Caoimhe didn't need to as the pain went away.

"My teeth are perfect now," says a delighted Caoimhe. "I will get all my check-ups done there in the future. The quality, service and price is amazing

and I would recommend them to anyone."

Mother Phylis Monaghan and her actress daughter Sinead both had trouble with their teeth and both resolved everything by going to Budapest.

Phylis suffered from a hereditary problem of receding gums that left some bottom teeth loose. An old accident also left some teeth on top uneven. Her Irish dentist advised wearing a brace and mentioned expensive work for around €40,000. But even that, she was told, couldn't guarantee anything.

Phylis had given up all hope when she heard someone talking of getting their teeth done in Hungary. Interested, she did a search online and found DentalHungary.ie based in Sandyford in Dublin.

She had flights to Budapest booked before she even knew she could get a consultation done at home, but she decided she'd have a holiday anyway. Phylis wasn't expecting anything but she says the trip ended up changing her life.

After a consultation and detailed discussion, the Hungarian dentist told her he could fix her teeth at a cost of just over €10,000. Phylis took a half an



Life-changing: Phylis Monaghan went to Budapest to solve her teeth and gum problems and had a holiday as well



hour to talk it over with her partner and then started treatment there and then.

In all she got two implants, six crowns on top, five root canals, nine bridges and a clean and polish. As she had an under-bite the dentist also recontoured her teeth to form an over-bite. Her first treatment lasted four days. Three weeks later she went back for one day to have extra root canal work done and four months later she made her final trip to complete her treatment.

That was last April and Phylis now says that she would prefer to go to Hungary for any dental work. "My dentist had a vision for my teeth and mouth",

she says. "He was a miracle worker".

Phylis is so enthusiastic about her experience that her daughter Sinead followed her there recently. Sinead was quoted €9,000 for crowns and root canal treatment here, so she contacted Dental Hungary and off she went.

In Budapest, the work cost Sinead €4,000 including the removal of a wisdom tooth that was on its side and a bone removal. The trip took five days and a dentist here later admitted it was an excellent job. Sinead now needs more root canal work and is planning a trip back where she reckons she will save around €600.

Phylis says you can get flights for as little as €50 if you go at the right time and accommodation can be had for €50 a night also. When she travelled with Sinead they stayed in a four-star hotel for five nights including breakfast and taxes, which cost them just €226.

Both Phylis and Sinead are very positive about their Hungarian experience. Phylis had to sell her six-month old car to fund her treatment but has no regrets. She says: "Here, you'd have to re-mortgage your house for the same treatment, but in Budapest you don't have to. And when someone says 'you look great' you know you've done the right thing."



Delighted: Caoimhe Stack headed up North to save money

TINA LEONARD