

Cathy O'Connor, Renowned Stylist, on how visiting Kreativ Dental Clinic improved her confidence

Cathy O'Connor has one impressive CV. As one of Ireland's top stylists she is regularly featured in Newspaper articles, magazines, on television programmes such as Ireland AM and Xpose and she frequently dresses some of the most stylish women in Ireland. So who would have thought the Clonskeagh native would have confidence issues?

"I have always had issues with the way my teeth looked," admits Cathy. "I had two gaps in my teeth that I was very self-conscious about.

"They were close enough to the front of my mouth that you could see them so I was very conscious of the way they looked when I was speaking or smiling."

Although Cathy wasn't altogether happy with her teeth, she never did anything about it, as the dental cost in Ireland put it out of her reach.

"Like many Irish people, I only ever visited the dentist when there was something wrong or I felt pain. I am very nervous about going to the dentist therefore, it was something I just kept putting off"

It wasn't until a friend highly recommended Kreativ Dental Clinic in Budapest, that Cathy made the decision to fix the gap in her teeth with a dental implant. She contacted Mary Flanagan the Irish representative for Kreativ Dental (a previous patient 10 years ago) who brought her through everything step by step. Cathy says Mary was an immense help and guided her and reassured her throughout the whole process.

"I was apprehensive about travelling abroad to get my teeth done but the reality was that the implant was going to cost me a fortune in Dublin."

As soon as she stepped into Budapest airport her fears began to dispel, due to the high numbers of people travelling, from all over the world. Kreativ Dental Clinic are the only clinic in Budapest to have their own airport desk, with a very friendly representative and drivers who drive everybody to their hotels. "This experience alone was extremely professional and reassuring for me," says Cathy.

So far over 7000 Irish people have travelled to Kreativ since it's inception 17 years ago.

"Prior to arriving at the clinic I thought that this clinic may not be of as high a standard as Ireland.

"When I arrived to the clinic, I was totally taken aback and pleasantly surprised. Kreativ Dental Clinic is a five storey, state-of-the-art clinic that has 14 highly-trained dental specialists, oral surgeons and a maxillofacial surgeon. They also have their own on-site lab and employ in excess of 85 staff.

"At my consultation with the dental specialist, he explained everything to me in great detail, while referring to my X Ray in front of him. He explained why the work was needed, what my teeth would look like afterwards and also my daily aftercare routine. It was the



Cathy O'Connor

comprehensive consultation, that really reassured me.

"I was then handed a comprehensive treatment plan, drawn up by him, detailing everything and the cost. Everything was itemised. There was a written guarantee on my treatment plan, which again I found extremely reassuring. I was also advised that there are aftercare dentists in Ireland, should the need be required. It ended up being such great value for money that I decided to have everything done that I had put off for all of those years. I was receiving a complete over-haul of my mouth and teeth. I saved at least 60% compared to Irish prices in a clinic that I could only rate as a five star clinic."

Cathy ended up having an implant and crowns fitted, as well as a number of fillings. Cathy says the fact that she had the same dental specialist for the duration of her treatment and that he spoke superb English was one of the best things about Kreativ Dental Clinic. "There was never any concern about the dentist understanding what I was saying or vice-versa and that made the whole process easier."

Having had the work completed, Cathy couldn't be happier with her new smile.

"It has changed my perception of myself and my oral health. I now have regular check-ups as I've learned if you don't make regular dentist visits your teeth will disintegrate and will

end up costing you more in the long-term.

"This experience has been hugely beneficial to my confidence. Having a smile you are proud of is really important as no one wants to feel embarrassed about their teeth. It has also given me the ability to chew my food properly."

Cathy stresses should you require dental treatment, do not leave it too late, especially if you require dental implants, as our bone density decreases with age.

If you'd like to finally get the teeth you've always dreamed of why not log onto www.kreativdentalclinic.eu or call Mary Flanagan - the Irish representative - on (01) 8055526 or 086 0299998



Mary Flanagan

SOME SECRETS TO SUCCESS

As a busy stylist, Cathy knows a thing or two about reaching your full potential. Many people are looking to move jobs or to get back on the career ladder, Cathy has some simple however extremely important tips for making it beyond the interview stage

1. Do your research
2. Know your strengths and be confident about relaying these.
3. Arrive groomed - 'First impressions are lasting impressions'. When you feel you are well-groomed you will feel so much more confident. A nice healthy smile with good teeth, always sends out a good signal at an interview. Smiling is of the utmost importance at interviews. Never speak with your hand covering your mouth trying to hide your teeth.
4. By following these simple tips, this should help you on your pathway to success.