



Elara Palmer

Dental Therapist
BSc Hons in Dental Hygiene & Therapy Cardiff University 2014

Elara Palmer is a compassionate and highly experienced Dental Clinician who qualified 12 years ago from Cardiff university.

Elara has available appointments for:

- New patient exams
- Restorative treatments on adults and children
- Tooth whitening
- Airflow stain removals
- Composite bonding
- Emergency appointments to do temporary fillings and recementing crowns
- Complex periodontal treatments

To book with Elara call: 02392262045
Email: thedentalcentre@hotmail.co.uk



Elara's areas of interest
Include:

- Calm and relaxed treatment on children
- Cosmetic restorative dentistry on adults
- Complex periodontal therapy

I qualified as a Dental Therapist in 2014 from Cardiff University and joined
The Dental Centre in 2026.

I worked at St Georges Hospital Paediatric Dental Department since 2015. Using my
additional qualification in Inhalation Sedation, I provide extensive dental treatment to
children with severe dental phobias and complex needs.

Since 2021 I have been providing compassionate, high quality dental care to the local
community in Portsmouth.

I am passionate about working with young people and adults with dental anxieties. It's
my belief that dentistry doesn't need to be scary!

In my spare time I love spending time with my family and friends, travelling and trying
out new baking recipes.

