

Dr Ian's Newsletter



POINTS OF INTEREST

New ways to pay

Cerec 3D

Tongue and lip
piercing

Your child's teeth

12 Things not to do

DENTAL BUDGETING

Teeth will last you a through a company called which to settle their lifetime if you treat them G>E care credit. If you accounts as we want to correctly. Most other want to find out more make sure you keep your material things are about it ask Katie, she mouth and teeth as fleeting (holidays etc). will be more than willing healthy as possible for as Therefore, your dental to run through the various long as possible. health should have a options with you.

higher priority. We understand that some Now having dental dental procedures can treatment has become seem quite expensive easily affordable for most and because of this we people as we now offer thought it only fair to offer easy payment options our clients a few ways in



CEREC 3D

Two years ago we purchased a new piece of technology called the CEREC 3. The CEREC 3 uses the latest in computer design and manufacture to produce quality porcelain fillings, veneers or crowns...all in one single visit!

Once we have determined that a CEREC restoration would be the most beneficial for you, your tooth is then prepared and a specially designed camera takes a 3D image of your tooth.

Using a sophisticated computer programme, your new tooth is designed on the screen right in front of you using the 3D image of your tooth.

Once the tooth is successfully designed, a block of porcelain is place into our milling machine and within a matter of minutes, your new tooth has been created to identically match that which has been designed on the computer!

So, what used to take usually **two**

appointments now takes only an hour or two and only **one visit!**

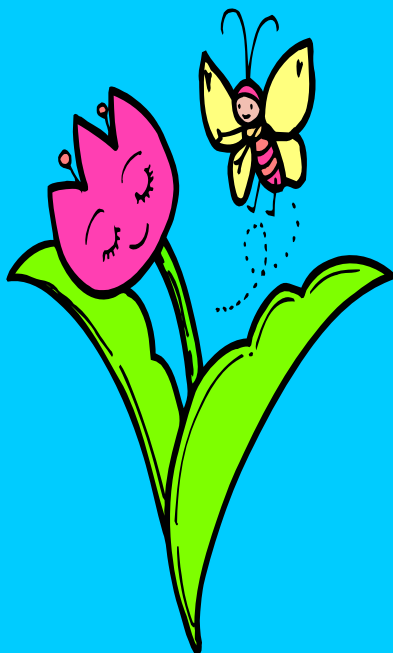
The main advantages of the CEREC system is that it is much more conservative of healthy tooth structure compared to having a crown done and the strength of the porcelain is far greater than any other system available. Long term survival studies show that the superior rigidity of the porcelain bonded onto the tooth structure increase the strength of the tooth to almost its original level.



BEFORE



AFTER



YOUR CHILD'S TEETH



- * Children tend to be better about visiting the dentist if they have a few visits early with no treatment needed
- * Limit soft drinks, sticky sweets and don't let your children chew Vitamin C tablets
- * Don't add anything sweet to your babies pacifier or put juice in their bottles. Bottles in bed at night to settle should be discouraged
- * Babies are born without decay forming bacteria in their mouths. It is only contracted from parents by either putting the baby's dummy in their mouth, testing their food etc. By not passing on these bacteria, your child will have an excellent chance of decay free teeth!
- * The frequency of sugar eaten is more important than the quantity. It is better for a child's dental health for them to gobble down a whole bag of lollies in a few minutes than to suck one lollypop over half an hour.
- * Encourage your child to wear a professionally fitted mouth guard if they play any contact sport
- * Children need help with tooth brushing until the age of about ten. Until then, they do not have the skills to clean adequately.
- * When going to the dentist for the first time, try to use encouraging words. Even if you have a fear, try not to pass it onto your child.

12 Things Not To Do!

Working in a dental surgery, We've heard it all when it comes to teeth. Take a look at the list below and have a go at guessing which one we haven't heard, because believe it or not, we've heard eleven of them! Answer bottom of page.

- * Open beer bottles (find another party trick instead)
- * Extract them yourself (not a good look)
- * Attempt your own Root canal with a power drill.
- * Leave plaque over them, reasoning that it is a protective coating.
- * Revert to pre-historic times and start chomping on bones.
- * Leave a broken tooth for months on end before doing something about it. (by this stage it could be too late)
- * Glue your dentures back together with super glue.
- * Bleach them yourself with household bleach (do not try this at home)
- * Take you dentures out to scare young children.
- * Walk into the surgery and say you hate dentist. (yes, this is insulting)
- * Say you don't have time for the dentist (half an hour, twice a year, is not much)

TONGUE & LIP PIERCINGS

Ever thought of "catching up with the times" and getting your tongue or lip pierced?

Really? Well, before you do, here are some interesting points to consider...

Apart from the fact that *very big* needles are used, did you know that tongue "barbells" can actually chip and break your teeth? Not to mention the fact that they are a haven for bacteria... or the fact that your tongue can swell to dangerous proportions when first done... or the risk you take catching Hep B and C or HIV if not done by someone who autoclaves their instruments...

La Bret (a lower lip piercing) can have nasty effects

on your teeth and gums as well because of the metal backing that rubs against them. We've seen drastically receded gums in patients as young as twenty! As far as we know, rubber backs for a La Bret piercing are not available in Australia.

Still interested? If you must do this to yourself, make sure that you find out about the sterilising protocol of where you are having it done. Even ask to see it! If they are serious about protecting your health, they won't mind giving you a tour of their sterilising equipment!