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What's in a SMILE

One of the first and most memorable things you notice about someone is their **SMILE.**



A healthy dazzling smile can make you look younger and can lift your self confidence.

Our practice has the materials and procedures to restore virtually any smile back to a healthy state again, it all starts with you picking up the phone!

When speaking with our receptionists inform them that you would like a consultation appointment to discuss your smile.

At this appointment your dentist will ask you some questions about your teeth, ie; what you like, what you would like to change etc. Sometimes, the dentist will need to take some impression and x-rays of your teeth to organise a treatment plan, which either they will give to you at this appointment or either re-schedule to discuss this in detail at a later time.

Ice Cream Headaches

Have you ever suffered an "ice cream headache," brought on by eating something cold? You're not alone! Approximately 30% of people suffer this reaction, triggered by the sudden change in temperature that results when ice cream, or any other chilly food or beverage, is placed in your mouth. When the substance touches the roof of your mouth, the sudden cold causes your body to rapidly compensate and heat up your brain. It's this swelling of blood vessels that causes an ice cream headache, otherwise known as "brain freeze."



Fast claims... on the spot

This is a customer service we provide to our patients, which allows you the convenience of claiming your accounts immediately through your health fund.

Hmmm.....

A tooth said to have belonged to Napoleon is expected to sell up to \$19,000 according to British auctioneers. The tooth is believed to have been extracted from the Frenchman's mouth in 1817 during his exile on the British island of St Helena.



Does your partner keep you awake at night?

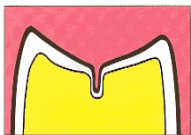
Grinding your teeth is a very common habit, yet most of the time we never know we're doing it. A partner's elbow to the ribs often wakes a person who is grinding because the sound resembles fingernails being dragged down a blackboard or a grinding sound. Either stress or a poor bite can bring this on.

If left untreated it can lead to:

- Worn down teeth & tooth sensitivity
- Broken, fractured, chipped or cracked teeth or fillings
- Loose teeth
- Damage or sore jaw joints
- Headaches and neck aches

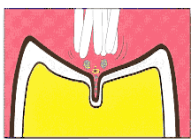
Can this be fixed? YES!

When the cause is related to stress, we often suggest you to wear a "dental night guard" (SPLINT), until the person has adjusted to the stress-causing situation. This appliance is a hard clear plastic material, which is customized to fit over your biting surface of your lower



Will Fissure Sealants help my child?

There's a lot of talk about a simple and inexpensive way to help protect your child's teeth from decay. **Fissure Sealants**, are a clear resin coating that actually bonds to the surface of the teeth, literally sealing out the decay.



All teeth have natural pits and fissures (grooves) on the surface and these places tend to trap bacterial plaque. Fissure sealants cover or fill in the pits, which will then eliminate the places that bacteria can congregate. Children who's permanent teeth are beginning to erupt are suitable to have this procedure preformed. Sealants are quick and painless.

