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Does your child play a sport?

Did you know that mouthguards have now become a requirement for many contact sports?

A mouthguard is a strong plastic material that is designed to sit over your top teeth to protect them from injury.

Children often don't like wearing their mouthgurads because they feel uncomfortable or because they don't look **COOL....**

We Can Change That!

Your child can have a mouthguard custom-made by one of our dentists, and we offer a **fantastic** range of

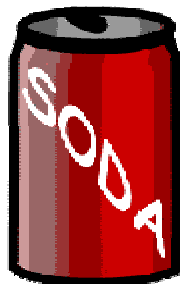
styles and colours. The mouthguard can be customized with team colours, pictures, vampire teeth or even glitter!



You can even have the child's name and contact number put onto the mouthguard for safekeeping!

SUGAR - it's hidden everywhere!

Dental health week has come and gone and one of the hot topics was soft drinks, fruit juices and sports drinks. These types of drinks often contain a significant amount of sugar and can be a recipe for dental erosion because of their acid levels if drank too frequently.



A 600ml bottle can contain the equivalent of up to 13 teaspoons of sugar, as well as high acid levels both of which can potentially damage your teeth.

Studies into regular consumption of these drinks show that they may lead to dental decay, as they are harming to the enamel.

Water is ALWAYS the best option for thirst, your teeth and your well-being.

How long do fillings usually last?

Fillings don't last forever.

There is no real guarantee on how long a filling will generally last. It is safe to say though that a small filling will generally last longer than a large filling, which is why it is important to detect decay as early as possible.

If you have had a large filling for more than 10-15 years you've probably done fairly well for yourself.

Get to know our staff...

Practice Manager: **Denise**

Reception: **Tracey, Kellie & Amanda**

Dental Nurses: **Robyn, Vicki, Amanda, Jessica & Millie**

We pride our practice on happy, warm and enthusiastic staff willing to always help and assist you. If you have the time, say HI!

Make Me Smile 😊

What did the vampire call his false teeth?
A new fanged device!

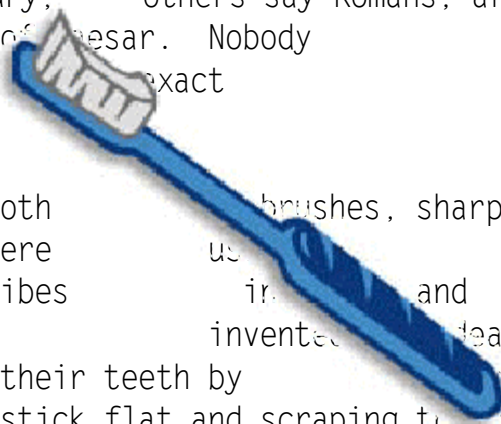
What happened to the man who put his false teeth in backwards?
He ate himself!

What do you call an old dentist?
A bit long in the tooth!

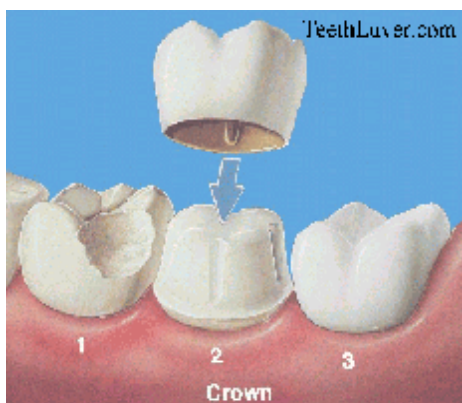
History of the toothbrush

There are many different beliefs about when and where the first toothbrush was invented. Some say it was invented in China around the 11th Century, others say Romans, around the time of Caesar. Nobody really knows the exact history.

Before toothbrushes, sharp objects were used to clean teeth. Tribes in India and Australia invented the idea of cleaning their teeth by using the end of a stick flat and scraping their teeth clean.



Crown



A crown is an artificial cover commonly known as “dental caps”. It is a dental restoration, which encases a whole tooth and is permanently cemented in place. It can be used on any tooth. They are normally used to restore decayed or damaged teeth to their normal shape and size and acts as a strengthening tool. Crowns are used to protect the structure of tooth that is cracked or broken. They can also be used to change the shape of a tooth, to correct a bite or even fix a cosmetic problem. A crown can be made from gold, or from other materials such as porcelain. If you're after a natural look, you might opt for a white porcelain crown, which is matched to the same shade as the rest of your teeth!