

FirstBite Newsletter

CEREC Crowns in a Single Visit.

CEREC restoration is one of the latest ways to construct a crown or veneer.

It is an automated process that creates crowns and veneers in an efficient, accurate, and painless way, more effectively than other procedures that have come before it.

Using 3D imaging and special software, the exact dimensions of a patient's teeth are calculated and a digital scan of the required crown is created.



A high precision cutting and tooling machine then sculpts a tooth to create an exact replica of the scan. The crown is then ready for immediate application to the tooth. The whole process can be done in a single visit to the dentist, compared to almost a week using the traditional method.

Traditionally veneers and crowns required two time consuming dental visits. The first visit was to take a mould of the required crown and a second visit to apply it. In between that time a temporary filling may have been needed as well.

The new method removes the need for moulds, which is great relief for those patients who gag. As well it reduces the need for anaesthetics (numbing) to a single visit.

Research has also shown that a CEREC crown is just as strong and durable as a normal one. And the aesthetics are excellent.

The traditional method is still used in certain cases, such as bridges.

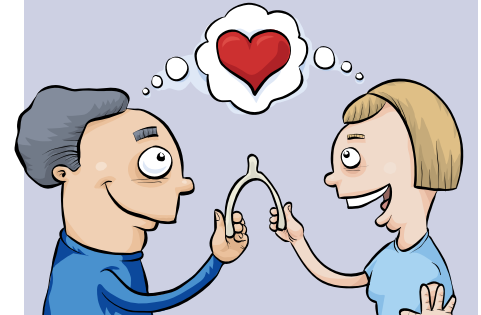
This is one of the most exciting advancements in dentistry today and we at FirstBite have been using it for nearly a year now.



Dating Sites and Your Smile

A research group has targeted users of dating sites to find out what was one of the main draw cards which attracted users and influenced their selection of dates / partners.

A person's smile ranked top of the list for initial attraction.



Did you know?

Dr Hymer has been successfully lecturing overseas and in Australia for about 3 years now.

His lectures specialise in Orthodontics but he incorporates all facets of dentistry as part of this.

His travels have taken him to many varied destinations including America, Singapore, China, Thailand, Malaysia, Spain, New Zealand and across Australia.

This year Vienna is booked in and next year, London.

He is constantly being asked to do more lecturing but has patients and family that need his attention as well.

The lecturing allows him to see what is happening in dentistry across all parts of the world. Feel free to ask him what he's been up to as he is a bit of a nerd and loves to talk about it nonstop.

Special Whitening Offer

Take Home Whitening Kits

Normally ~~\$450~~ **NOW \$360**

Call now! Offer ends 31 July 2010.



Choosing the Right Dentist.

I found this article recently and thought that it might be useful for some of our patients.

Q: Why do all dentists not charge the same amount?

A: This is a common question posed by consumers of dental services. Many people consider dental care to be a commodity, when it should be considered in terms of the actual service provided. For example, I would consider products like televisions and cars to be commodities. There are certainly many different makes, models and options available, but you can at least compare the same make and model offered by two different stores or dealers. Some stores and dealers might provide superior customer service or financing options, but the product itself is the same.

The same can not be said of dentistry or any other health-care service. There are huge variations in terms of technical skill, training, experience, technology, materials, philosophy and laboratory work. There are a tremendous number of details that go into making a crown or providing any other dental service, and these details (and the results) are never going to be identical from one dentist to another.

That makes comparing crowns and the associated fees just about impossible!

Fees are generally based upon the costs associated with rendering treatment and the care, skill and judgment of the particular dentist. That having been said, it is very difficult for patients to assess the quality of care they are receiving.

There are several basic guidelines that can be considered when evaluating a dental team, however. It is important that they ask questions about your medical and dental histories and spend time listening to and recording your responses. They should thoroughly examine your entire mouth and come up with a personalised treatment plan.

Most importantly, you should feel that your dentist and team are your dental advocates and that they really listen to you and want to help you stay healthy.

Your objective should be to receive services at a good value (quality at a fair fee) than it is to receive an inexpensive service that might not stand the test of time.

by Dr Jim Arnold, *Times* Correspondent

Practice News

Kristy the hygienist has had a baby boy called Ashton Gwyn

Julie our nurse/receptionist has had a baby girl called Lilly Jae.

All are fit and healthy.

Candice has come back to the practice after being busy with her own three children. She will replace Kristy as hygienist.

In the past few years we have had about 11 babies born to staff. All mums have returned here to work once the kids are older.

With heart felt thanks for your referrals.

Our business is built on word of mouth advertising and we would like to thank you for referring your friends and family.

Thilini Jayasekara is the winner of one night's accommodation at the **Crown Promenade Hotel**, including buffet breakfast.

Thank you for referring to us, and keep referring to be in the running for the same prize in the next newsletter.

Dental Erosion

Dental erosion is the loss of tooth structure as a result of exposure to acids.

Enamel, which is the hardest material in the body, is the protective cover on teeth that protects the dentine (which is the inside part of the tooth), and the pulp which is made up of nerves and blood vessels.

Erosion can dissolve the enamel and expose the dentine. Once exposed, dentine will wear faster than enamel. Erosion can cause the teeth to become sensitive, yellow in colour, and can lead to decay. Dental erosion is a silent epidemic.

Causes are:

1. Poor saliva quality
2. Beverages, e.g. soft drinks, sports drinks, etc.
3. Medication can dry the mouth or produce poor saliva
4. Diabetes
5. Eating disorders



Tooth erosion can be very costly to repair. Restorative treatment can vary from simple procedures such as resin bonding to more complex treatments such as multiple crowns.

There are some measures you can take to prevent dental erosion. These include:

- drink plenty of water,
- restrict acidic beverages,
- use a soft toothbrush with fluoride toothpaste,
- chew sugar free gum.

Visit your dentist for regular checkups. The cost of regular dentist checkups is minimal compared to what the cost may be if your teeth go unchecked for a long period of time.

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