

CBD
DENTAL
CARE

Suite 301, Level 3
135 Macquarie Street
Sydney NSW 2000

P 02 9247 8242
F 02 9251 1104

paul@cbddentalcare.com.au
www.cbddentalcare.com.au

Welcome to our Newsletter

CBD Dental Care

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May, 2011

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- Dr Jacob Smith
- Preventative Care
- New Patient Offer
- Orthodontics
- Fillings
- Dental Lasers
- Take Home Whitening Offer
- And more...

Feedback

We welcome and appreciate your feedback. If you have any comments or suggestions please email us at paul@cbddental.com.au

Congratulations to...

Dr Jacob Smith on his 3rd year Anniversary with CBD Dental.

Dr Jacob Smith has been with CBD Dental Care now for 3 years. He has experience with Minor Oral Surgery, Minor Orthodontics, Implants and Laser Dentistry. He completes study for his Diploma in Implant Dentistry in 2 weeks.

Jacob is a proud first time father to a baby boy named Oliver.



Why 6-monthly preventative care?

Every now and then we all need reminding of why we need to see the dentist for a check-up and professional clean and polish every six months.

The reason is because it is impossible to clean our teeth well enough using a regular toothbrush. We recommend all our patients have a professional clean by a dentist to prevent development of decay and gum recession.

Even when dental floss and piksters are used, there are many surfaces that are missed. After 6 months, any retained plaque becomes dangerous and the risk of gingivitis and decay increases.

Call our team to schedule your preventive care appointment. **Phone: 02 9247 8243**



An example of the lower front teeth after 6 months. Calculus has built up where a tooth brush is not as effective as a professional clean and polish.

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CBD Dental Care offers patients comprehensive, quality service and treatment from highly qualified and experienced dentists using state of the art equipment and materials.



Amalgam and Composite Resin Fillings

Silver Amalgam has been the basic filling material for dentists for more than 100 years. It is easy to use, durable, and economic, however is not cosmetic (grey colour).

It has been shown that when amalgam corrodes (it is a metal and eventually suffers corrosion) it expands (creating internal stress on the tooth) and releases minute amounts of mercury which is toxic. These levels released are well below that which would cause health problems in an average patient.

It is generally agreed amalgams should be replaced when they begin to corrode (they start to turn black and there begins to be chipping of the margins of the filling) after 15 – 30 years. The controversy is the material to be used to replace them.

The relatively new white fillings (composite resin and glass ionomer cements) are cosmetic, but are not as durable (5-10 years), more susceptible to recurrent decay and a little more expensive as they are more difficult to place and are more technique sensitive.

Some practices do not offer amalgam due to the mercury content (Holistic Dentistry) and others do not offer amalgam as they are promoting their practice as cosmetic.

The World Health Organisation recently decreed there is no evidence to show amalgam less than 20 years old is hazardous to human health.

As a rule of thumb, if the filling is less than half the biting surface of the tooth, the white fillings last quite well (up to 10 years), but are not as good as amalgam when the fillings are bigger or if cusps of the teeth need to be replaced.

In our practice we discuss with you the merits of both materials in each situation, make a recommendation, then you decide. Most patients are choosing the white fillings and accept the need for earlier replacement. When a filling becomes larger than half of the biting surface or more than 1 cusp needs to be replaced or the tooth is cracked we will usually recommend a crown or onlay made of either porcelain or gold to protect the tooth since neither an amalgam or composite filling will last well in these situations.

Amalgams



Composite Restorations



Simple Orthodontics



Before



During



After

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Orthodontics

Have you ever considered orthodontic treatment to improve your smile or to correct the crowding of your lower front teeth?

Recent advances in technology have allowed us to provide simple orthodontic solutions for patients that can be completed in as little as 3 months.

Using super elastic wires and brackets on the inside of your teeth we can gently move your teeth into a new, more aesthetic and hygienic position very quickly. With the brackets and the wires on the inside of your teeth the process is practically invisible and most patients have little discomfort or difficulty with the process.

We also offer clear aligners that can move teeth without any brackets or wires and are also practically invisible.

If you would like to find out some more information please feel free to contact us or make an appointment for a complimentary initial orthodontic assessment.

The treatment in the photo took 12 weeks.

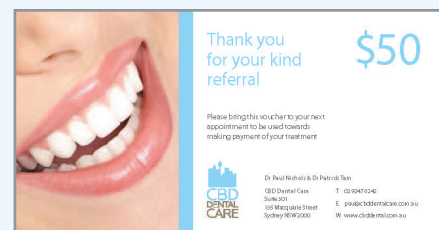
Comprehensive Dental Assessment Offer - \$200

We welcome and appreciate referral of your family and friends to our practice. Whenever you refer someone to our practice you will receive a \$50 service voucher that can be used towards your next dental treatment.

As an added bonus the person that you refer to us will be able to take advantage of our new patient offer of a comprehensive dental assessment for \$200 (normally valued at \$530).

This comprehensive assessment includes:

- Full comprehensive examination
- Professional clean and polish
- Check up x-rays (if required)
- Fluoride treatment
- A guided tour of your mouth using digital imaging.



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Dental Lasers

CBD Dental Care is proud to be able to offer our patients treatments with the new Picasso Dental Laser. The dental Laser is used to perform minor surgical procedures that will heal more quickly and with less discomfort than conventional treatments. After the procedure is completed with a dental Laser the area is left sterilized and sealed with minimal or no bleeding.

Gum Recontouring and Gum Lifts

When performing cosmetic procedures it is often necessary to correct the level of the gums on the front teeth before veneers or crowns are made. Gum recontouring may be desirable in the following situations.

1. The gum may be at a different height for one tooth compared with another. This would lead to one of the teeth looking either shorter or longer.
2. The gum may be overgrown making all the teeth appear short.
3. When a patient has a high smile line or a 'gummy' smile.

Depending on how much gum tissue needs to be recontoured, a dental laser

At CBD Dental Care we believe that a visit to the dentist should be a pleasant experience resulting in beautiful smiles and happy patients.



is often able to achieve the desired results quickly and without stitches and with very little post op discomfort. Healing is usually effected in about 1-2 weeks.

There are many other uses for the dental laser including Gingivectomies, Frenectomies and in Root Canal Therapy. If you would like any more information about dental lasers please feel free to contact the practice Dr Smith will be happy to answer any of your questions.

Take Home Whitening Offer - \$300

CBD Dental Care are pleased to announce that we are offering a Take Home Whitening Kit for \$300 (normally valued at \$550) which includes:

- Customised trays and a Colgate mini kit 9% Hydrogen Peroxide.
- The dentist will perform a 30 minute assessment and if you are a suitable candidate impressions for customised trays will be taken.
- Upon clinical assessment, if deemed unsuitable, whitening treatment cannot proceed until dental needs are met, which will incur an additional fee.

Please call us to make an appointment for a complimentary whitening assessment.

