



## GAP FREE DENTAL CHECKUPS

20% off for non-health fund patients

\*\*conditions apply

### Medical History Update

#### Why do dentists need a Medical Form?

The Australia Dental Association requires dentists to check a patient's health condition regularly, and especially before any treatment is carried out.

#### Why do I have to fill it in EVERY time? Nothing has changed.

Dentists are not only required to check a patient's medical condition, we must be able to prove we have kept this information up to date and that the information is completed by the patient themselves, this is why a new form and a signature may be required.

#### Why can't I just write "No Change"?

A lot of patients are visiting our practice every 6 months now for their routine Check-up. A lot can happen in 6 months and in between exam appointments things can change. A patient may think that they let us know about the changes last visit, when actually there is nothing recorded on your Medical Form. It would be irresponsible and un-professional for your dentist to accept "No Change" as a satisfactory updated Medical Status. Our Dentists make sure they have an in depth and up to date Medical Form for each patient to allow us to make an informed decision should any treatment be needed.

### Southside Dental Options policy and procedures:

**SMS appointment reminders:** As a courtesy we send an SMS reminder two days prior to your booking. If this appointment is still convenient please reply yes. Our SMS system only reads acknowledgements of the appointment reminder, and can't read other responses so please call us if you have any questions about your appointment or would like to look at rescheduling options.

**Priority list appointments:** As a very busy practice the Dentists and Hygienists at Southside Dental Options are often booked quite heavily in advance, leading to limited appointment availability. We maintain a priority list should you have not been able to secure your preferred appointment, or should your appointment be booked further in advance than is ideal. You will be contacted via SMS or by phone should a suitable time become available.

**Advance bookings:** As our appointment schedule does get very busy, most of our patients like to pre-book their six-month active maintenance appointment (exam and professional clean) so as to secure their preferred appointment day and time. We will remind you of this appointment two weeks in advance.

**Cancellation policy:** We request that you provide 48 hours notice should you need to reschedule or cancel your appointment time. If less than 48 hours notice is provided, we may need to obtain a deposit prior to any other bookings. This deposit will then be used towards your Dental treatment

### Introducing.....

#### Dr Moataz Elgammal.

Dr Moataz joined our fast-growing team in July and we couldn't be happier.



#### RECYCLE YOUR TOOTHBRUSH!

Help reduce landfill – bring in your old toothbrushes, toothpaste tubes and floss containers and we will recycle them!

### Electric Toothbrush vs Manual Toothbrush?

Manual toothbrushes can help you feel like you've got more control over the brushing process, including how hard the pressure is on their teeth. This can be particularly helpful for people with sensitive teeth and gums, who are able to respond to twinges of discomfort by applying less pressure.

Manual toothbrushes are also significantly cheaper than electric toothbrushes, making them much easier to replace. As they're smaller, they also pack more easily when you're travelling, so you never have to go a night without ensuring your teeth are sparkling clean!

One of the main benefits of an electric toothbrush is that they do a lot of the work for you, with a power rotation that helps to loosen plaque. This can be a huge benefit for people with arthritis or other conditions which limit dexterity. The range of variable speeds can also be helpful for people with sensitive teeth and gums, and some of the higher-range electric toothbrushes even have a warning light that acts as an alert if too much pressure is being applied.

Electric toothbrushes are often great for kids who are reluctant to brush their teeth, as electric toothbrushes can seem more fun for them to use. Many electric toothbrushes also include an in-built timer to make sure you're brushing your teeth for at least two minutes, and give guidance about where in your mouth you should be brushing, to help ensure you brush all four quadrants of your mouth.

With both electric and manual toothbrushes, you should look to change your toothbrush or brush head every three months. If you're currently undergoing orthodontic treatment, you'll need to change your toothbrush more regularly, around every six to eight weeks.



# Congratulations

After a lot of hard work....

Dr Tanja Hollfelder has received a distinction in advanced progressive orthodontics. And Dr Vilia Palamountain received a distinction in progressive orthodontics.

## Did you know that we offer Botox and Dermal Fillers?

Get a full face cosmetic dental treatment to rejuvenate and refresh your smile...

At Southside Dental Options Dr Tanja Hollfelder can give you a cosmetic treatment that will have you looking younger and refreshed.

With the use of non-surgical and minimally invasive cosmetic treatments, Dr Hollfelder can refine and rejuvenate your face to compliment your exquisite cosmetic, general or restorative dental work.

Whether you are looking to soften wrinkles, revitalise your lips, or a gummy smile, Southside Dental Options can help by providing aesthetic treatments such as:

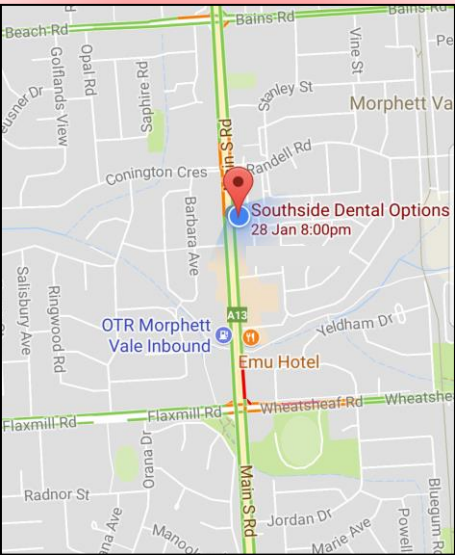
- Wrinkle Treatments -  
Our anti-wrinkles and dermal fillers can give you a rejuvenated appearance.
- Lip Fillers/Lip Enhancement -  
Southside Dental Options has a non-surgical treatment to add volume and reduce lines
- Gummy Smile -  
We can relax the top lip and achieve a quick, simple, less invasive and pain free improvement.

Ask us about facial rejuvenation therapies Available during your next dental visit!!!

## SOUTHSIDE DENTAL OPTIONS 178 MAIN SOUTH RD MORPHETT VALE

### OPENING HOURS

- MONDAY 9.00am – 7.00pm
- TUESDAY – THURSDAY 9.00pm – 5.00pm
- FRIDAY 8.00am – 3.00pm
- Saturdays also available



There's  
always a reason to  
**Smile**

