



178 Main South Road, Morphett Vale 5162
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Appointments available occasional Saturdays and Monday Evenings.

NEW PATIENTS WELCOME



ONE VISIT DENTISTRY – crowns or partial crown in a single visit

Crowns and partial crowns are a great way to help restore broken, decaying or stained teeth. They're used for a variety of reasons and are long-lasting, durable ways to create a healthier and more aesthetic smile!

Better yet, you don't need to wait a long time to restore your tooth; we understand it can be hard to make room in a busy schedule for even one dental visit. Multiple visits in a short period of time can be even harder! Luckily, using advanced dental technology; Southside Dental Options offer fast, efficient treatment.

CEREC technology (Chairside Economical Restoration of Esthetic Ceramics)

After the consultation, a camera captures the area to be treated. The crown or partial crown is then designed and created as a 3D model on the computer. The restoration created on the computer is then milled from a ceramic block. The finished ceramic restoration is then inserted just a little while later. Say goodbye to impression material. With CEREC the final prosthesis is inserted directly without any temporary crowns being used. CEREC enables your dentist to insert aesthetic ceramic crowns or partial crowns in a single session. The advantage of this is that only one appointment is necessary.

Long-term stability

More than just a theory: With CEREC you can rely on quality that has been proven millions of times over in the practice. Furthermore, thanks to your new dental prosthesis made by CEREC, your smile will be just as lovely many years later as it is directly after receiving the prosthesis.

Like a real tooth

- Due to the translucency of ceramics, the dental prosthesis looks like a real tooth.
- In a ceramic dental prosthesis, no dark edges are visible as is so often the case in conventional crowns.
- Ceramic is very close to the hardness of the natural tooth, thus preventing wear of the tooth, which unfortunately so often occurs with other materials.
- Ceramic is very well tolerated so allergic reactions are largely excluded. This is not the case with other methods and materials.
- The CEREC method is a gentle treatment for your teeth. Only the carious tooth surface is removed. The remaining healthy tooth substance is preserved.



CEREC[®]
One-visit dentistry

Does your child suck their thumb or finger?

Some Children grow out of thumb/finger sucking by the time they are 4-5 years old. However, others will continue their sucking habit, which is when it may be necessary for your child to see an Orofacial Myologist to help them discontinue the habit.

Problems caused by thumb or finger sucking:

Long-time thumb sucking may lead to:

- **An over bite (buck teeth)** – for example, the front teeth may be pushed further forward than normal. This can change the shape of the face
- **An open bite** – when the top and bottom teeth don't meet. With teeth together you would expect top and bottom teeth to overlap a little bit. If there is a gap between them where the tongue could poke through, this could be an open bite.
- **a lisp** – pre-school children who suck their fingers and thumbs can push their teeth out of their normal position. This interferes with the correct formation of certain speech sounds.

Southside Dental Options have developed a programme to help stop thumb/ finger sucking.

Book a consult with one of our Therapists today. 83822436



How to clean your tongue and avoid bad breath.

You may brush twice a day, but until you learn to clean your tongue, you may not be able to get rid of lingering halitosis, or bad breath.

Tongue brushing techniques:

It is simple enough to use the bristles on your toothbrush.

The tongue harbours bacteria and food particles trapped under a thin layer of mucus. Remove the odour-causing build up by using a small dab of toothpaste and carefully brushing the top of your tongue. Finish by rinsing your mouth.

Using a Tongue scraper:

For a more thorough cleaning, use a tongue scraper. This tool is made of flexible plastic and gently peels the thin mucus layer from the tongue.

Clean your tongue morning and night. Remember maintaining fresh breath goes beyond routine tooth brushing. Getting into the habit of giving your tongue adequate attention will help keep your breath natural and fresh.

Tongue scrapers are sold at Southside Dental Options.

Obstructive Sleep Apnoea (OSA)

Sleep apnoea is a disorder in which breathing is repeatedly interrupted during sleep. An apnoea is defined as a complete cessation of breathing that lasts 10 seconds or greater. There are 2 types, central and obstructive. Obstructive sleep apnoea results from repetitive collapse or the upper airway due to loss of muscle tone. Some of the symptoms include excessive daytime sleepiness, occasionally waking up with a choking or gasping sensation, restless sleep and morning headaches. SNORING (loud and chronic) is one of the most common signs of OSA even though not everyone who snores has sleep apnoea.

The recognised risk factors for OSA include gender (male), age, BMI>30, neck circumference> 42cm, enlarged tonsils, alcohol, smoking, post menopause and sleeping tablets.

Patients with OSA are at increased risk of hypertension, diabetes, heart disease, strokes and driving or work related accidents. A sleep physician who may carry out some sleep related tests investigates OSA.

Treatment of OSA would involve making lifestyle changes in relation to weight loss, smoking, alcohol and sleeping positions. Continuous Positive Airway Pressure (CPAP) machines and Surgery are also other modalities of treatment.

Your dentist can help treat mild to moderate cases of OSA +/- snoring with the use of a MANDIBULAR ADVANCEMENT SPLINT (MAS). This works by holding the mandible forward which in turn prevents the tongue from falling backwards and obstructing the airway.

It is very important that the device is manufactured properly and customized to the patient by a dentist who has an interest in the area. A number of cheaper appliances are available over the counter or from the internet but are generally not recommended.

For further information regarding Snoring and OSA please contact our clinic to organise an appointment to discuss your case and concerns.

Phone 8382 2436