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Opening Hours:

Monday 9am – 7pm

Tuesday to Thursday 9am – 5pm

Friday 8am – 3pm

We are also open Saturdays



Patient News

We are proud to be an accredited dental practice:

Accreditation is an internationally recognised evaluation process used to assess the quality of care and services provided in a range of areas.

We have policies and procedures in place so that we are able to provide the best care that we can to our patients and ensures that we are compliant with existing national, state and territory legislation and guidelines.

Orthodontics and Oral Hygiene:

Orthodontic treatment is an important investment for your future. Everyone helping with your orthodontic care wants you to have the best results possible. While you are wearing your braces, it is really important that you take care of your teeth and gums. There is a greater risk of tooth decay and gum problems while you are wearing braces so it is important to pay special attention to cleaning your teeth everyday and to your diet. Permanent damage to tooth enamel can occur if the teeth and brackets are not kept clean. Areas on the surface of your teeth may begin to show early stages of tooth decay leaving unsightly white spots. You may also develop inflamed, bleeding gums.

While you are having orthodontic treatment it is important to continue to have your regular Check-ups and cleans.



DENTAL IMPLANTS solving the problem from the root

Dental Implants are a safe and reliable treatment solution to replace missing teeth. What is a Dental Implant? Dental Implants are a great way to replace missing teeth and are used to support single or multiple replacement teeth and dental bridgework. Dental Implants are made from titanium which is inserted into the jawbone to which crowns, bridges or a denture can be attached once the surrounding tissues heal. Implants may be a great option for you.

We place implants here at Southside Dental Options.

Book a consult appointment today.

SUGAR

It is essential to be aware that tooth decay is related to eating foods rich in sugar, especially foods that stay in the mouth longer because they are soft and sticky. Cavities can begin in between teeth before you can see them. Encourage your child to drink, or rinse with water after snacks.

Your goal as a parent is to encourage moderation and to teach good food habits early on. Get children involved in planning and preparing meals. Encourage your child to drink water frequently, and to brush their teeth morning and night.

THE TOOTHBRUSH:

The first people to use a toothbrush were the Hindus of India who used the end of a fresh twig, which was frayed into fibers, in 4000 B.C. The Babylonians in 3500 B.C. called their toothbrush a "chewing stick." A toothbrush made of hog bristles was used in China in 1600. In 1780, William Addis of England invented a brush used to clean teeth. The handle was made from cattle bone and the bristles were from swine. It wasn't until 1938 that nylon brushes with plastic handles were invented. The nylon bristles were less abrasive to the teeth and gums. Daily tooth brushing habits were not talked about as a public health issue until the end of World War II.

MOUTHGUARDS



The amount of sugar in common food items



Government of South Australia
SA Health

For more information:
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Anyone who participates in a sport that carries a risk of contact to the face should wear a mouthguard. This includes obvious sports such as football, boxing and rugby, and also collision sports where unexpected contact often happens. These include basketball, hockey, water polo, lacrosse, netball, baseball, softball, squash, soccer, BMX bike riding, horse riding, skateboarding, in-line skating, trampolining, cricket (wicket keeping or batting without a helmet) and water skiing. Why do you need a mouthguard? A mouthguard helps absorb the shock experienced by a blow to the face, which might otherwise result in an injury to the mouth or jaw. A heavy collision can result in chipped or broken teeth, internal damage to a tooth, tooth loss, injuries to the soft tissue of the mouth, and, in severe cases, concussion or a broken jaw. Injuries like these can lead to long and potentially expensive treatment to restore teeth and the mouth back to normal function and appearance. When should I wear a mouthguard? Mouthguards should be worn whilst playing and training for any sport that could involve contact to the face.

Myobrace® Update:

Last year we introduced the breathing programme to the Myobrace programme and have already seen some great results.

We would like to thank all the kids and parents for your commitment to the programme and look forward to continuing the programme with you in 2016.