



## Rejuvenating my smile

Your tailored treatment plan will incorporate various procedures including both restorative and cosmetic solutions. Every mouth is different, so we will look at your oral health in its entirety and take a multidiscipline approach to your care.

If your smile has been affected by any of the problems below, dental rehabilitation can restore your smile and quality of life:

- Gum disease
- Tooth loss
- An accident/ trauma to your teeth
- Teeth grinding (bruxism)
- Excessive tooth wear
- Tooth discoloration
- Teeth and jaw misalignment



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## FULL MOUTH REHABILITATION



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# Rejuvenate your smile for improved health and wellbeing

Full mouth rehabilitation is the term for the total rejuvenation of your oral health. Rehabilitating your smile involves a completely personalised treatment plan that involves a combination of dental procedures.

Over the years, dentistry has evolved and improved. In years gone by it was all about keeping patients out of pain for as long as possible, then when all else had failed replacing teeth with removable dentures. But with new technology and advancement, dentistry now offers more options for restoring teeth and keeping teeth for life.

This is great but is this really enough? Many people are not satisfied just to be able to get by with eating and with teeth that are crooked, discoloured or have spaces. These days, greater demand for better aesthetics and function has resulted in total rehabilitation of the mouth.



## Full mouth rehabilitation aims to:



1. get rid of active dental and gum disease
2. rebuild teeth that have been weakened by previous disease and fillings
3. improve appearance of teeth and gums
4. restore function so you can eat without discomfort or embarrassment
5. replace missing teeth
6. provide a long-term maintenance
7. make a significant improvement to your health and wellbeing

## Treatments used to rehabilitate your smile

**DENTAL IMPLANTS** - are the ideal restorative solution for replacing one or more missing teeth. Made from medical grade titanium, dental implants are placed into your jawbone during a minor surgical procedure and replicate a natural tooth root, becoming a solid foundation to which a crown, bridge or denture may be secured.



**DENTAL VENEERS** - are thin, strong, carefully crafted shells of ceramic placed over front teeth to cover imperfections such as chips and stains. They also close spaces between teeth to create a natural looking, flawless smile.

**INLAYS AND ONLAYS** - are natural looking alternatives to silver amalgam fillings. An inlay sits within the tooth cusps whereas an onlay is larger in size and may cover one or more tooth

cusps. The precise fit of inlays and onlays add to their strength and longevity and the colour can be matched precisely to the rest of your tooth.

**CROWNS** - restore strength and function by encasing a tooth that has sustained a fracture, undergone root canal therapy or had an extensive amount of decay removed. A crown is secured to a dental implant when replacing a missing tooth and may also be used to create a straight, beautiful and natural looking smile.

**ORTHODONTICS** - is the area of dentistry specialising in the treatment and prevention of jaw and bite misalignment and crooked or crowded teeth. Treatment can be performed on both adults and children using a range of treatment options.

**TEETH WHITENING** - can brighten and enhance a smile with in-chair treatments for an instant result, or take home whitening trays which are used in the comfort of your own home.