

## Porcelain Restoration (CEREC)

At Holistic Dental we believe in the design and science of nature, when ever possible we try to emulate nature whether it's related to your bite, smile or the fillings we provide for you.

Which is why we are so excited and happy to recommend cutting edge Cerec computer aided technology to precisely mill your fillings from Cerec compressed porcelain blocks, and go on to fit them in one appointment!

Compressed porcelain has the closest characteristics to natural tooth from all dental materials at present, meaning we can provide long term predictable fillings that will restore the strength and beauty of your teeth copying nature the best we can.



Cerec fillings are provided in one appointment meaning less anaesthetic shots, no need for temporary, interim fillings which can sometimes breakdown or leak causing sensitivity, less time taken from your hectic schedules and less cost to you. It is unquestionably the best clinical, and most cost effective, option where medium to large fillings are necessary.



## Orthodontics / Invisible Braces

We provide traditional braces as well as clear "invisible" braces where suitable. At Holistic Dental we understand that everything is interconnected especially when it comes to your bite. That is why we take care not just to straighten teeth, but to correct your bite so that your gums, joints and muscles are in harmony, thus improving your overall well being.

If you are too conscious to wear braces there is a revolutionary way of straightening your teeth without bands, brackets or wires. Invisalign invisibly straightens your teeth with a series of clear custom-moulded aligners that are so thin no one will notice them unless you tell them. A computer generated stimulation will show you the outcome before you say yes so there are no hidden secrets. Comfortable to wear, the aligners are also removable so you can eat, drink, brush, and floss as usual. In suitable cases you can also whiten your teeth at the same time!

After comprehensive diagnosis we will give your options such that you make the right decision for yourself, whether it be traditional braces or "invisible" braces.

Hundreds of thousands of people have already perfected their smile. Maybe it's time you were one of them.



**invisalign**

## Cosmetic Dentistry

First impressions count, today with advances in technology and materials we are fortunate enough to give everyone the smile they want. Whether it's a slight change or a complete smile makeover you require we are happy to discuss the range of options best suited to your expectations, time and cost constraints.

Our promise to you is to use the latest, predictable techniques and biocompatible materials, whether it is whitening, veneers, implants or crowns and bridges that you require. A holistic approach means your smile will last for years to come.

We have learnt from previous clients changing a smile leads to a positive feeling, improved confidence and self esteem which we all know helps in our quest for fulfilment and success. We are changing lives!



## Fresh Breath (CloSys)

If you suffer from Bad Breath or Halitosis and have not found a successful treatment for it, then we have the answer. The CloSys II Oral Rinse and Toothpaste.

One of the most common causes of Bad Breath is advanced Gum Disease and sometimes this is the only sign that gum disease exists. In most cases even your closest partner won't even tell you of your problem.

Bacteria accumulating under the gums produce odour causing volatile sulphur compounds called VSCs which are a similar odour to rotten eggs, which also promote the advancement of the gum disease.

The CloSysII ® oral rinse and toothpaste not only cover up the odourcausing Bad Breath, but will actually destroy them. CloSys II can also assist in the prevention of gum disease in your continuing care and maintenance program.



## Laser Dentistry

Say goodbye to needles and drills. Lasers can be used to induce anaesthesia so in most cases we will not need to give you shots for routine fillings nor for most gum treatments. We all want to have a healthy mouth. With the advent of dental lasers you can now receive a better quality of holistic care, with fewer visits and without many of the discomforts of traditional dentistry.

Lasers are the only effective way we have of killing all the harmful bacteria that cause decay and gum disease, this has simply revolutionised the outcome of treatments, particularly gum treatments. There is no need for repeated appointments, no multiple shots and best of all the clinical results show much better, faster healing with far less discomfort during and after the treatment.

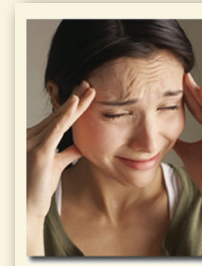
Laser dentistry has been researched for more than 20 years, and recent evidence based advances have enhanced considerable benefits and in many areas it is simply the best option for you.



## Headaches? Neck ache? TMJ Pain?

Experiencing headaches, migraines, dizziness, a stiff neck, back pain, ringing in the ears, ear ache long term facial pain and / or popping and clicking jaw-joints?

You could be suffering from TMJ (Jaw Joint) Syndrome most often caused by a bad bite. With the assistance of Joint Vibration Analysis, Electromyography (to assess facial muscles), models, x-rays we are able to determine the causes of your problems and treatment plan for long term definitive solutions.



Chronic (long term) pain can drain you immensely without you realising. Upon relief of pain many of our patients experience increased energy levels, better posture, better sleep at night and therefore a more positive state of mind.

We believe in avoiding invasive surgery or the use of drugs, relieving symptoms by eradicating the cause.