

The logo for 'mydental care' is displayed in a grey rectangular box. The word 'my' is in a light green color, 'dental' is in white, and 'care' is in a dark grey color. Below the main text, the tagline 'love to smile' is written in a smaller, white, lowercase font.

mydental care  
love to smile

@ North Strathfield & Meadowbank



[www.mydentalcare.info](http://www.mydentalcare.info)

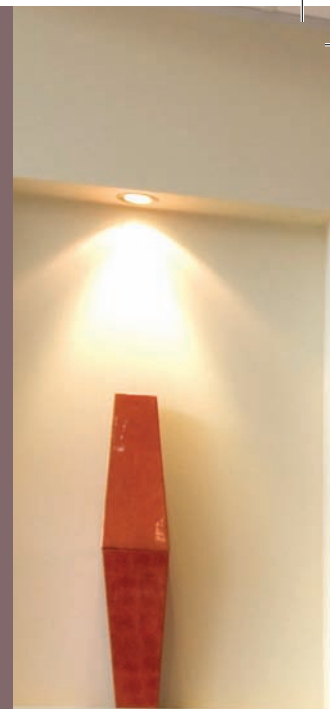
## Welcome to Mydental Care

From all the team at Mydental Care, welcome to our practice. Our philosophy is to provide excellent dental service and education, in a caring and gentle manner. We create healthy, aesthetic smiles that impact on our patients' complete wellbeing.

In our welcoming, ultra-modern dental practice we've invested in state-of-the-art equipment and techniques, to provide the ultimate in comfort and results.

In addition to general and cosmetic dentistry, we also provide orthopaedic-orthodontic treatment which focuses on non-extraction teeth straightening, leading to a better facial profile.

You'll be amazed just how much a brand-new smile can affect your general wellbeing and appearance. We look forward to meeting you.



## Cosmetic Dentistry

### Tooth Whitening

Because your smile is your most personal and expressive feature, an effective teeth whitening treatment can greatly increase your confidence. To suit your personalised needs we offer both in-chair and at-home teeth whitening systems. And for your safety, we conduct a thorough examination prior to your whitening procedure, to ensure it's suitable for you.

### Porcelain Veneers

If you are looking to improve your smile, beautiful, custom-fitted veneers can provide the answer. Applied to the fronts of teeth, veneers cover unattractive gaps, and mask stained, misshapen, or crooked teeth. Veneers last for many years, and unlike most bonding materials, will not change colour over time.

### Crown & Bridges

Crowns can cap a tooth that has a large filling, or is severely damaged by decay, to restore, strengthen and protect the tooth, and improve your smile.

A bridge is one or more replacement teeth, anchored by one or more crowns on each side, to help keep your teeth and gums healthy, and improve your appearance.

### Smile Design

Smile design by Mydental Care can transform your life, enhancing your smile using a combination of methods, and taking into account your eyes, lip line colouring, gum tissue contouring and face. Our goal is to redesign your smile so that it fits you, is beautiful, strong and natural looking.

### Orthodontics + invisalign

Invisalign gives you stunning results without braces. The Invisalign treatment consists of a series of individually manufactured aligners that are changed about every two weeks, to gradually shift your teeth into place. And because Invisalign is custom-made for each patient, you know you'll end up with a smile that truly fits.

### Orthopaedic Orthodontics

Mydental Care can provide non-extraction orthodontics for young and adult patients, to guide and correct growing and mature orofacial structures, adjusting the relationship between teeth and facial bones for a more pleasing aesthetic effect.



## General Dentistry

### Preventive Dentistry (cleans and fissure seals)

Children's teeth in their early development are especially vulnerable to tooth decay, which is why we recommend pit and fissure sealants. In a pain-free procedure, the fissure sealant makes teeth smooth, easier to clean and forms a protective barrier against plaque and bacteria build-up.

### Tooth coloured restorations (composite resin and Cerec)

CEREC is a cutting-edge technology allowing dentists to quickly restore damaged teeth with natural-coloured ceramic fillings, often within a single appointment.

Using CAD/CAM technology, CEREC incorporates a camera, computer and milling machine in one. Taking an accurate picture on the computer screen, the dentist uses CAD technology to design the restoration. CAM then takes over and automatically creates the restoration, which is bonded to the old tooth.

### Root Canal Treatment

Though root canal treatment has a reputation as a painful procedure, in fact it helps relieve the pain of an infected nerve, restoring a tooth back to its full function and appearance.

### Wisdom Teeth Extractions

Impacted wisdom teeth can cause serious problems. Our experienced dentists carry out a thorough assessment before making an individual recommendation.

### Sports Mouthguards

Every year, dentists are frustrated by treating dental injuries caused by people not wearing a mouthguard whilst playing contact sport. Typically covering the upper teeth, mouthguards cushion blows to the face, minimizing the risk of broken teeth, injuries to the mouth, jaw fractures and concussion.



## Implant Dentistry

Dental implants are small titanium screws designed to replace the root of a tooth. Integrating with the jaw, dental implants support prosthetic devices such as artificial teeth, restoring physical appearance and chewing function after tooth loss.

All our patients undergo a medical evaluation to determine whether the implant procedure poses health risks, and whether any factors exist that may affect their healing capacity.

## Laser Dentistry

Our state-of-the-art Biolase offers gentle and effective endodontics, periodontology and dental surgery. With high surgical precision, the Biolase enables precise tissue removal with minimal damage to the surrounding area, reducing the need for anesthesia and with virtually no postoperative wound pain.

## Gum Surgery

More than one third of the population suffers from some form of gum disease. Symptoms include bad breath, bleeding gums, sore gums and teeth, as well as changes in the bite. Laser gum surgery is used to treat gum disease, using the remarkable speed of the laser, with reduced anaesthesia and increased comfort for our patients.

## Laser assisted Root canal treatment

Laser assisted root canal treatment offers more comfort and eliminates the noise and vibration of a traditional drill. The laser improves efficiency, minimises the risk of infection, reduces bleeding and swelling, and often means that no anaesthesia is required.

## Frenectomy

Tongue tie occurs when a baby has a restricted or tight frenum, impairing the tongue's movement, and causing difficulty breastfeeding, poor dental health, and impaired speech, appearance and self-esteem.

With diagnosis and treatment, tongue tie can be alleviated. Our treatments establish a normal range of motion and function, including feeding pattern and phonetic ability.

## Fillings without needles

With laser dentistry, many procedures require no local anaesthesia. Lasers lack the heat and vibration of a dental drill, and for soft tissue procedures often eliminate the need for suturing. Healing is also much faster due to wound sterilization and the fact that the laser doesn't affect surrounding tissues.



## TMJ

TMJ disorders are caused by stress-induced clenching or grinding of teeth during sleep, or by damage to the muscles or jaw in an accident. TMJ can cause pain, misalignment of the teeth, and clicking and grating noises when eating.

With a personalised treatment program, most patients find relief from the pain of a TMJ disorder.

## Bruxism Splints – Teeth Grinding

Bruxism, or excessive teeth clenching or grinding, can lead to extreme wear and may cause permanent damage. We supply custom made splints and night guards to help alleviate bruxism.

## Snore Appliances

Snoring can be an indicator of a serious medical condition called sleep apnoea. Relaxation of the muscles during sleep partially blocks the airway, causing snoring as air vibrates through.

When this obstruction completely cuts off the air supply, Obstructive Sleep Apnoea occurs, which can cause high blood pressure, heart attack, stroke, and other serious conditions. A custom-fitted dental appliance can help alleviate sleep apnoea.

## Occlusion rehab

My Dental Care can reconstruct a patient's bite, altering the jaw bone into the normal state prior to excessive teeth wear, or a normal state the patient never had due to developmental issues or other events.

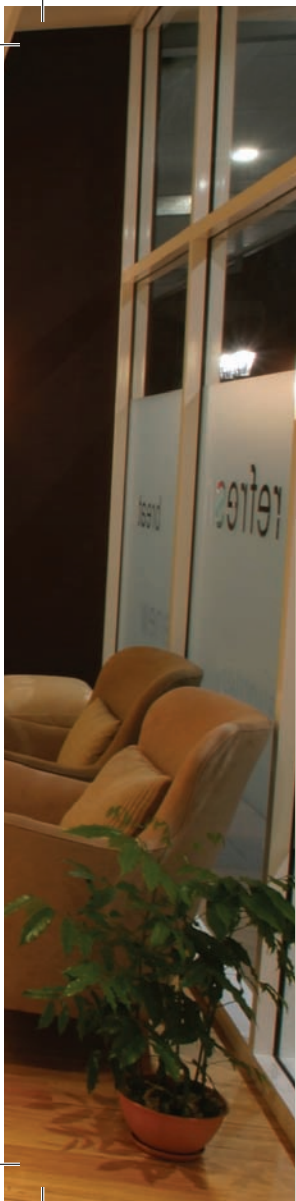
Our most popular occlusal adjustment procedures include dentures, fixed bridges, posterior crowns, posterior inlays and overlays, certain types of jawbone surgery and dental orthotics.

## Sleep Dentistry

For our anxious or frightened patients, we offer a medically administered and supervised intravenous sedation. This advanced form of dental sedation is safe and highly effective, and can help overcome anxiety and discomfort that may accompany dental treatment.

## Latest Technology

Our surgery offers state-of-the-art technology, such as our digital x-ray machine, which reduces your radiation exposure; our tiny intraoral camera for a comfortable magnification of your mouth; an in-house OPG machine for maximum efficiency; Cone Beam CT Scanners providing a 3D view of your mouth; and Pentrox for nervous patients. Plus our in-chair entertainment with ceiling mounted screens for lengthy procedures!



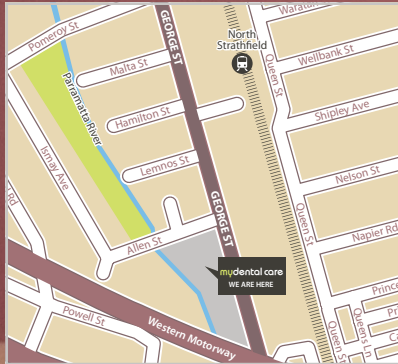
## Contact Us

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North Strathfield NSW 2137

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**Fax:** (02) 8756 5746

**Email:** [info@mydentalcare.info](mailto:info@mydentalcare.info)

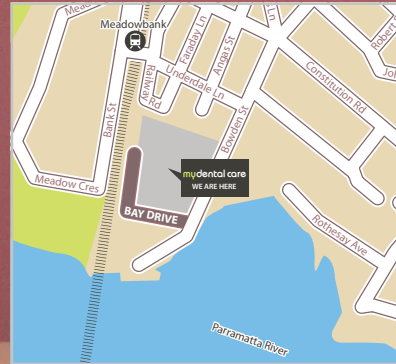


Shop 7.4 & 7.5/11 Bay Drive  
Meadowbank NSW 2114

**Phone:** (02) 9807 7300

**Fax:** (02) 8065 1071

**Email:** [meadowbank@mydentalcare.info](mailto:meadowbank@mydentalcare.info)



## Our Opening Hours are:

**Mon** 9:00am to 6:00pm

**Tue** 9:00am to 6:00pm

**Wed** 9:00am to 7:00pm

**Thu** 9:00am to 7:00pm

**Fri** 9:00am to 6:00pm

**Sat** 8:30am to 1:30pm

**Sunday & Public Holidays Closed**



## Payment Details

We offer HICAPS facility which enables you to claim for dental treatment with your health fund card - you will only need to pay the remaining gap.

We accept cash, eftpos and credit card payments.

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