

At Divine Smiles we provide patients with multiple treatment options, instead of limiting what you can do with your teeth we try and provide helpful and accurate information that can assist you in making the right decision for your mouth.

Before

After



Cases completed by Dr. Chitra Das

A Squeaky Clean Dental Practice!



As Infection Control Officer and Practice Maintenance manager I am committed to implementing and maintaining a clean and health safe environment for patients, staff and the general public. Dr Das and Dr Chitra both place a high priority of cleanliness and maintaining the practice and equipment in sterile and tip top condition. (And just to mention Dr Chitra has OCD in cleanliness!)

Our practice follows all the relevant government documents and updated guidelines for Workplace Health and Safety and Infection Control. Staff and new staff are trained by our Infection Control Policy/Management Plan which is reviewed yearly to comply with all applicable government legislation.

The instruments we use on all our patients go through a very efficient and thorough cleaning and sterilization method. Our staff are well trained in this area and I am always checking or supervising procedures. The equipment and sterilizers we use are regularly cleaned, maintained and serviced.

So coming to Divine Smiles you will know that we care; and you will be safe and well looked after!

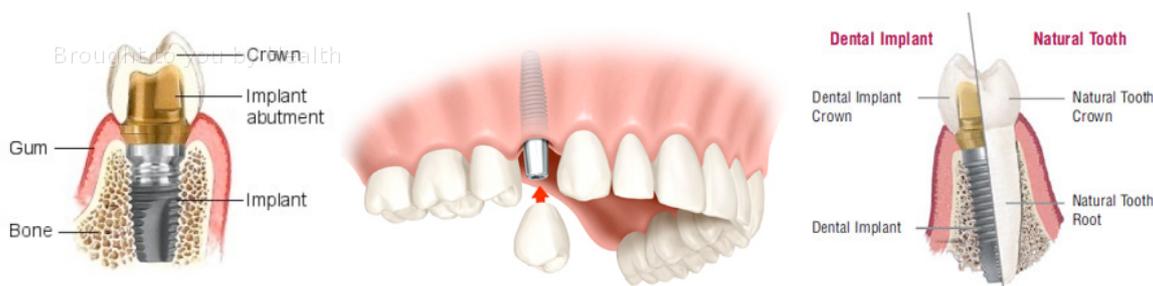
Elizabeth Kwiotowski

Infection Control Coordinator

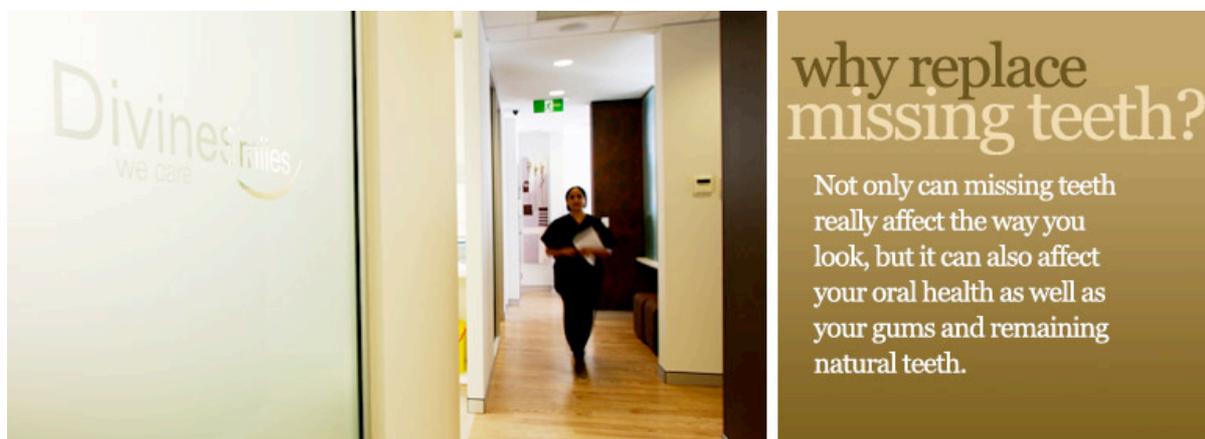
Certificate III & IV in Dental Assisting.



Dental implants are becoming a popular alternative for patients who have one or more missing teeth, which affect the way they smile, chew or have dentures that won't sit correctly just to name the most common cases. Dental implants simulate a tooth root which acts as a new base for a replacement tooth, it is surgically inserted into the jawbone in the existing tooth space available. Implants are made from titanium, which is safe and biocompatible to the human body. The final product is made up of three main components: Implant, Abutment and crown. The abutment is a metal post that connects the implant to the crown, fixed bridge or denture.



The reason implants have become a widespread phenomenon is because they are a long term solution that functions, feels and looks like a natural tooth. Many people suffer from loss of confidence due to missing teeth, it not only effects self-esteem but diet, health and lifestyle as well. Dental Implants are a life-changing commitment that provides a variety of solutions depending on the patient's preference and needs. A lot of people ask "Why should I restore my missing teeth with Dental Implants?" The answer is simple, over time the bone area where the tooth used to stand starts to recede causing permanent damage to the jawline and overall facial features. Without something in the space of the missing tooth there is nothing there to simulate the bone, so it recedes if it isn't being used. This gives the face a concave look, changing your appearance dramatically.



If you are interested and require more information you can ask for Chantelle, our Implant Coordinator. She will answer any initial inquiries you may have; however the best thing would be to book a Consult with Dr. Das our qualified dentist who performs all our Implant procedures.

Our practice prides itself on the diversity of procedures we can offer our patients. One of the services we provide is a sleep study for patients with signs of sleep apnoea. Below is a simple test you can try on yourself, your partner or even a friend.

Epworth Sleepiness Scale



- 0 = would *never* doze or sleep.
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

Situation	Chance of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
Total score (add the scores up) (This is your Epworth score)	_____

If your Epworth score was more than 10, there could be a possibility that you are suffering from sleep apnoea. Sleep apnoea is a condition in which breathing stops momentarily and if left untreated, can increase the risk of cardiovascular disease, stroke and diabetes.

To determine the presence and severity of sleep apnoea, a sleep study is required. At Divine Smiles, we are able to perform a sleep study and depending on the results can help treat sleep apnoea.

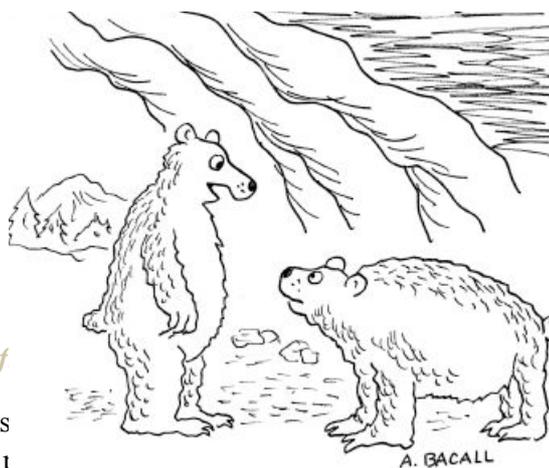
This equipment for the test is supplied by Sleep Services Australia based in Victoria. Sleep study, in our practice is coordinated by our Hygienist, Alana. If you have further inquiries about the sleep study procedure don't hesitate to ask Alana or Dr. Chitra, our dentist who provides our patients that suffer sleep apnoea with exact appliances to prevent sleep apnoea from disturbing your everyday life.



From the

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Don't get stuck on the public holidays friendly dentists to get that treatment, pestering uncles or those weird second ignored they're more likely to become



"I'm going to hibernate in another cave. You have sleep apnea and your snoring kept me up all of last winter."

ok in with our ig off. Unlike on't go away if

Remember dental hygiene is important and should be treated with seriousness for you want to keep your natural teeth for as long as possible. We are here to help you along the way. Don't forget to book in for your 6 monthly clean to remove the hardened calculus that your tooth brush can no longer remove.

Telephone: 07 3256 9566 | Fax: 07 3256 8863 | Address: 1386 Sandgate Rd, Nundah, 4012, Brisbane

Kind Regards,

The Divine Smiles Team

Hours

Monday to Thursday 8:30am-6:00pm

Friday 8:30am – 5:00pm

Saturday, Sunday and Public Holidays CLOSED

This newsletter is to help provide information to our patients with relevant information, if you have a dental topic that you would like to learn more information about please contact the practice and ask for Brittany, our newsletter editor.