

From the front desk,

Don't choose favorites, every tooth deserves to be flossed! With school holidays ending very soon, book your kids in with the fantastic team here at Divine Smiles to get their 6 monthly clean. While you're at it, book yourself in too! We all know you've been putting it off for long enough now, so why not show your kids how important oral hygiene is even as an adult.

If you want to keep those pearly whites clean, fresh and natural for as long as possible then book in with our friendly hygienists. C'mon, we know that stubborn calculus has built up over the Christmas and New Year period. Why not wipe the slate clean for the entrance of another new year and let our hygienists get you sparkling again.

The New Year has brought with it new possibilities and changes, we've got a few new fresh faces at the front desk, who are ready to meet and greet all of our fantastic patients! We would like to thank our family, yes you; our patients for a fantastic 2013 and we cannot wait to hear what 2014 will bring for you and your families. If you haven't already been in for a new year clean then don't hesitate to contact us and we will be pleased to find a time that suits your busy lifestyle!

Just a quick laugh to start the year off!

"I came in to make an appointment with the dentist", said the man to the receptionist. "I'm sorry sir" she replied, "He's out right now, but..." "Thank you", interrupted the obviously nervous prospective patient, "When will he be out again?"

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



Our Family looking after yours!



Wishing you a

Happy & Prosperous New Year

At Divine Smiles we provide our 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.



If you are interested to see whether Divine Smiles can provide you or a family member with their dream smile, please do not hesitate to call us on 07 3256 9566

This year Divine Smiles opened another chapter in our book, by providing Orthodontics at our practice.

Orthodontics at Divine Smiles

At Divine Smiles we are proud to announce we now have Orthodontics at our practice.

Questions and Answers about Orthodontics:

Q: What is the right age to start orthodontics?

A: Earlier the better. In some cases intercepting the problem before it gets out of hand is the best way to achieve spectacular results. In cases where it has been left too long, do not fret we offer multiple treatment options for all our patients.

At Divine Smiles we try to get the best results for our patients and we believe in a non-extraction approach, if possible.

Q: Can adults benefit from Orthodontics?

A: The answer is YES, Orthodontic treatment can be successful at almost any age.

Orthodontic technology has advanced over the last few years with appliances becoming smaller, less visible, more comfortable and most importantly more affordable.

Q: How much will treatment cost?

A: The cost of Orthodontic treatment does depend on many factors, including the severity of the problem, its complexity and length of time needed for treatment. Our Clinician will be glad to discuss the cost of all treatment options given, as well as answer any queries you may have. We do break down the cost into convenient installments to assist our patients through the treatment process

Q: What causes Orthodontic problems?

A: Most Orthodontic problems are a direct result of bad habits. The most common of these habits are Mouth breathing, Incorrect tongue positioning, Thumb sucking and Poor lip seal. It used to be thought genetics were the main factor for crowding. Research now shows that genetics may contribute to some of the problems; however it is not the leading cause for the requirement of braces.

Signs to look out for: *Early or late loss of baby teeth, Difficulty in chewing or biting, Breathing through the mouth, Thumb sucking, Crowded teeth, Biting the cheek, Poor lip seal, Protruding teeth, Jaws that are too far forward or back, Upper and lower teeth that do not meet or that meet in an unusual way, Unbalanced facial appearance, Incorrect tongue positioning & Grinding or clenching of the teeth.*

Why mouth breathing is harmful to our health:

We all know that we need to breathe, but most of the time we do not pay attention to what we are breathing with - we believe as long as air is going in there is nothing to worry about. This is **not** the case the way we breathe affects the way our face and jaw grows as a child and in adults the face and jaw bones remodel with age. Mouth breathing can also contribute to a

large quantity of health problems. The common signs are Dry mouth, Tonsillitis and Sleep apnea.

Why do we breathe through our mouths?

Most likely it started off very innocently. We might have had a cold or allergies and over time it leads to mouth breathing as a habit. Other reasons could be the enlargement of the tonsils or adenoids or we could have a deviated nasal spectrum. Have you ever heard the saying “If you don’t use it, you lose it” it’s exactly what happens with the body. If we don’t use our nose for what it is meant for it starts to shut down, when we try to breathe through our nose it becomes difficult and we feel like we aren’t receiving the amount of oxygen required and we become habitual mouth breathers.

Some signs to look out for: *Snoring/Sleep disordered breathing (and in severe cases Sleep Apnoea), Recurrent upper airway infections, Dark circles constantly under your eyes and when you feel and sound “stuffy” during the day.*

What is incorrect tongue positioning?

The tongue should always be up in the roof of our mouth, not pressing on the teeth but not far enough back to feel your soft palate. The reason we recommend keeping your tongue up there is because your tongue is a very strong muscle. If you constantly push your tongue into your front teeth when you swallow it has the ability over time to push your teeth forward creating the ‘buck’ tooth look.

Q: Why is it important to get Orthodontic treatment?

A: Not only is it difficult to clean and maintain misaligned teeth, it can also develop into more serious

problems later in life. A bad bite can lead to abnormal wear on the teeth, difficulty in chewing and speaking, and added strain on supporting bone and gum tissue.

Without proper care and treatment problems with the teeth, jaw and posture may become worse over time and could lead to more expensive treatment options later in life. In extreme cases a poorly developed jaw can lead to TMJ problems.

Here at Divine Smiles we like to intercept these issues before it becomes a major problem for our clients. To get more information on anything discussed please call our front office to book a consultation with one of our Dentists.