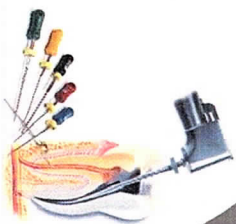


What is root canal treatment?

Root Canal Treatment is needed when the blood or nerve supply of the tooth is infected through decay, injury or leaking fillings. The result of such trauma causes severe pain or even an abscess which may be accompanied by swelling.



Root Canal Treatment (sometimes referred to as Endodontic treatment) is the process of removing the infected dead tissue from your tooth and subsequently cleaning, shaping and filling the hollow system in order to restore the tooth either with a filling or a crown.

Procedure

Procedure of root canal treatment:

Root canal therapy is a 2 visit treatment

1st visit

- The dentist administers a local anesthetic
- The dentist accesses the root canal system by using drills, and then the infected pulp can be removed by utilizing fine dental instruments and chemicals.
- Medication and a temporary filling is placed to kill any remaining bacteria

2nd visit

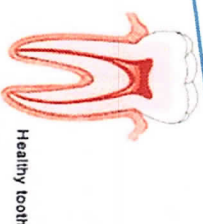
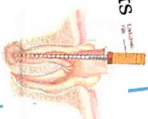
- Local anesthetic is administered
- The temporary filling and medication from the 1st visit is removed.
- The canals of the tooth are checked to ensure that they are now free of bacteria and any remaining infection, before the tooth is filled permanently.



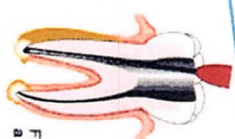
Post-operative instructions

Instructions for at home:

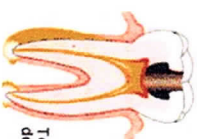
- It is not unusual to feel tenderness or discomfort in the area surrounding the root canal treatment because the ligaments attaching the roots to the bone reacts similar to a muscle spasm in any other part of your body – this is part of the natural healing process.
- Tenderness may also be felt with chewing and biting.
- Anti-inflammatory medication will help with the healing process.
- In some severe cases of bacterial infection the use of antibiotics may be necessary to help with the healing process. Indications for this may include throbbing pain, swelling and fever. Please contact our offices if you experience any of these symptoms.
- Continue with oral hygiene as before your root canal treatment including regular brushing and flossing and bi-annual visits to the oral hygienist



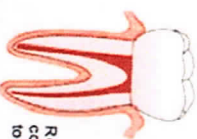
Healing tooth



File in place to clean and shape root canal



Tooth with dental abscess



Root canal treatment completed and tooth crowned

Extraction

What to expect?

The initial healing period takes between 1-2 weeks. Gum tissue takes about 3-4 weeks to heal, and complete healing of the bone can take up to 6 months.

Some discomfort, bleeding and swelling should be expected in the first 24 hours.

Bleeding

Usually a cotton roll will be placed on the area, and you should use it and keep firm pressure on the roll for at least 5-10 minutes. Change the dressing if the cotton roll doesn't stop the bleeding. If the cotton roll is soaked with blood, it is considered a heavy bleed. Change the dressing with a clean one. If the tamonic acid in black tea helps to control the amount of bleeding (the tannic acid in black tea helps to control the amount of bleeding for 30 minutes). Some bleeding for the first day or so is considered normal.



Swelling

Swelling or pain and bruising can occur after surgery. Apply ice packs for 15 minutes at a time (with a 15 minute break in between) until bedtime. This will keep swelling to a minimum. Also keep your head elevated until bedtime.



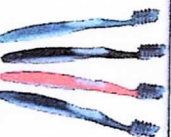
Pain and discomfort

It is normal for the affected area to be tender for the first few days. Take your pain medication as prescribed by your dentist. Avoid aspirin after tooth extraction as it may prevent a blood clot from forming and increase bleeding.

Do's and Don'ts

Do's

- Take it easy - limit activities and don't exercise for at least 12-24 hours.
- Brush your teeth with care
- Keep the extraction site clean
- Rinse with lukewarm salt water after the 2nd day (3x per day)
- Start with soft and/or liquid diet
- Take your medication as prescribed



Don'ts

- Don't poke at the extraction site
- Avoid sucking, spitting and blowing your nose
- Do not drink alcohol for at least 48 hours
- Avoid hot drinks and hot food
- Do not smoke - if you do smoke during the first days following the extraction healing will be slowed down and soft tissue will not be able to fill the socket or to form a blood clot.

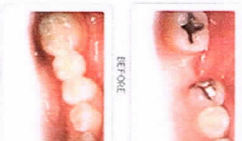
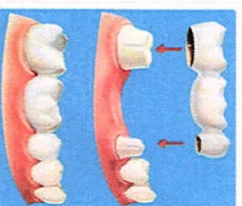


A bridge is a prosthesis that is used to replace one or more adjacent teeth in the same arch. A bridge is cemented in place and cannot be removed by the patient. With proper oral hygiene, a bridge will provide many years of excellent service

Procedure

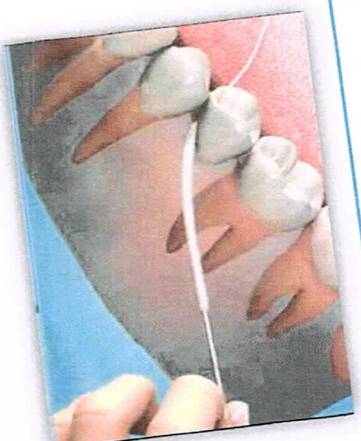
The teeth adjacent to the gap are reduced to leave a stump on either side. The gap is built up onto pins or a post to form an abutment for the crown retainer. There are two possible procedures for creating a bridge:

1. **Laboratory**
Impressions are taken so that the bridge can be made in a dental lab. This manufacturing process normally takes about 10 working days. In the meantime a temporary bridge will be placed until porcelain bridge for cementation.
A 3D scan is taken in order to manufacture the bridge at our practice. This bridge is milled on the premises. The bridge is available for permanent cementation two hours. With our state of the art CAD/CAM technology the whole bridge procedure can be finished within one appointment while the patient enjoys a cup of coffee/cappuccino.
2. **Cerec (in-house)**
A 3D scan is taken in order to manufacture the bridge at our practice. This bridge is milled on the premises. The bridge is available for permanent cementation two hours. With our state of the art CAD/CAM technology the whole bridge procedure can be finished within one appointment while the patient enjoys a cup of coffee/cappuccino.



Post-operative instructions

- Good oral hygiene is very important
- To ensure the longest possible lifetime of the bridge (as would be the case with natural teeth) – regular visits to the oral hygienist are required
- Flossing (with Superfloss™) twice a day is extremely important. Your oral hygienist will be able to answer any questions and give you instructions on how to use the floss with your particular bridge.
- By maintaining good oral hygiene, you can manage bacterial control which will make your teeth and restorations last so much longer.
- Bridges are made of porcelain and the material structure and strength is similar to that of your own teeth. You are therefore advised to treat your bridge with the same care and caution as you would treat your own natural teeth (as they can also be broken by e.g. biting down on hard objects)



Instructions for Denture care

- The Denture should be worn for 24 hours after they are inserted
- Always wear dentures at least 24 hours before an adjustment
- Your dentist will adjust sore spots as they occur when denture settles
- It is natural to experience fullness of the mouth with new dentures
- Expect to have excessive flow of saliva

Dentures



- It may feel as if the denture is a bit loose at first, but you will adjust to it as your tongue learns to handle the new situation
- The lower denture is harder to adjust to than the upper denture
- Start out with small bites of soft food, chew straight up and down and try to chew on both sides



- In biting into hard fruit and vegetables, you exert a force toward the teeth – this could dislodge them
- It is perfectly natural for little food debris to collect under the denture
- It will be more difficult to adjust to new dentures if you didn't have any dentures before or had no teeth for a long period of time

- You should brush the denture inside and out at least twice a day – using a liquid soap which is non-abrasive (e.g. : sunlight liquid)

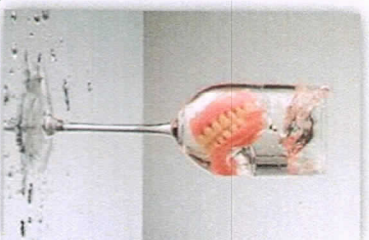
- You may use a small amount of toothpaste just to freshen the taste after brushing with liquid soap

- Clean dentures over a basin or towel to prevent breakage in case they should be dropped accidentally

- To clean calculus or tartar from dentures, soak them overnight in denture cleaner or white vinegar. Then remove loose calculus by brushing. Soak afterwards for 1hr in clean water to get rid of the taste

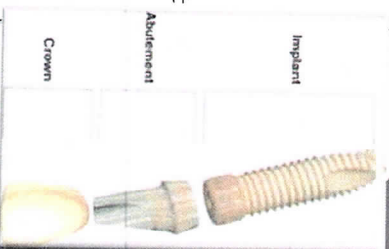


- Whenever your denture is left out of your mouth it should be kept in clean water to prevent them from drying out
- After 8 weeks your denture should be left out overnight to give your gums a rest
- Immediate dentures almost always need to be relined within 6 months to 1 year
- Using excessive amount of denture adhesive to retain ill-fitting dentures invites serious problems and more involved correction at a later date



What is a dental implant?

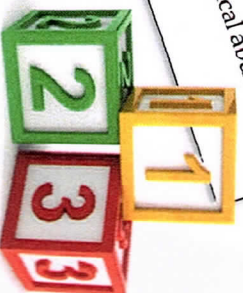
An implant is a natural-looking replacement for missing teeth, and consists of several components.
The body (screw) is an artificial root made of titanium which is placed in the jawbone
The healing abutment helps to shape the gum in the right way and assists in the healing process of the gums (during the first two phases, and is removed when the crown is placed)
The superstructure (crown) is the visible part of the implant that looks similar to the replaced tooth



Procedure

First phase (surgical phase)
The titanium screw/cylinder is surgically placed in the jawbone to represent the root of the missing tooth. The healing abutment is also placed at this stage to ensure correct healing of the surrounding tissue.

Second phase (follow up)
During this phase a follow up appointment is scheduled after 3 months to establish whether the implant has integrated with the jawbone. This appointment is usually half an hour in length to measure the density of the bone surrounding the implant.
If integration is successful, the necessary anatomical abutment is ordered to replace the healing abutment.



Third phase (final appointment)

During this phase the anatomical abutment is screwed onto the implant, and state of the art CAD/CAM technology is used to design and create a crown that fits onto the abutment and matches the rest of the teeth in the patient's mouth.

Postoperative instructions

After surgical procedure (phase 1)

- Take it easy – limit activities and don't exercise for at least 12-24 hours.
- Rinse with lukewarm salt water (3x per day) to promote healing
- Mild pain and tenderness in the implant area is normal. A normal painkiller should be sufficient.
- Do not smoke for the complete period of healing (3 months of phase 1) – it increases the risk of failure of implant integration.



After crown (phase 3)

- Good oral hygiene is of the utmost importance:
 - Visits to the oral hygienist 6 monthly and
 - Annual dental check-ups)
- You will be able to floss and brush normally as before the implant.



What are Porcelain Veneers?

Porcelain veneers are wafer-thin shells of tooth-coloured material that are specifically designed with CAD/CAM 3D technology to be placed over the surface of a tooth. Each custom-made shell is bonded to the front of the tooth, which completely changes the appearance, colour, shape, size, or length as required to give you a picture perfect smile.

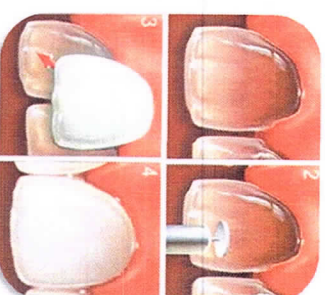
Porcelain veneers are designed to resist stains better than other types of veneers and appear more natural because they better mimic the way light naturally reflects off the surface of teeth.



Porcelain veneers allow us the ability to completely transform your smile into one you can be proud of for years. Advanced technology in the field of cosmetic dentistry has allowed us the ability to give patients white, straight, and natural looking teeth without the use of braces or surgery.

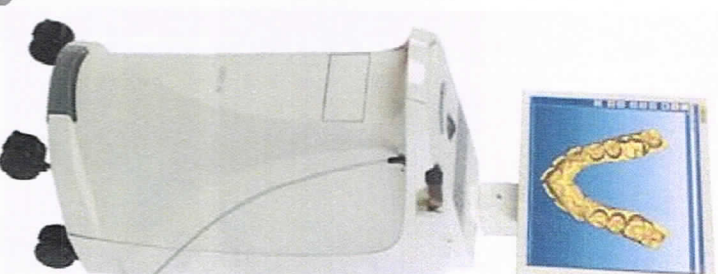
After care instructions

- Maintain good oral hygiene
- Regular Oral Hygiene (x2 year) visits are required a year.
- Floss twice daily.
- By performing 6 monthly scaling/polishing **AND** by receiving advice/guidance about maintaining good oral hygiene, you can manage bacterial control which will make your teeth and restorations (incl. veneers) last much longer



Procedure

- Local anesthetic is not usually required for this procedure
- The protocol we follow includes no or very slight reduction of the tooth structure
- With CAD/CAM technology a single appointment is sufficient for the whole procedure including design and manufacturing.
- The veneers are bonded to the enamel surface which should last for a long period of time



What is a crown?

A crown covers the prepared top part of an individual tooth to restore the tooth to its original contour and function. Usually a crown is placed **only** if the tooth is too badly decayed or fractured to be reconstructed with a more conservative restoration. Also in the case of a non-vital, root canal filled tooth (which is more brittle and likely to fracture) the crown protects the tooth against such fractures.

A crown is made of porcelain with a colour chosen specifically to match the patient's natural tooth colour.

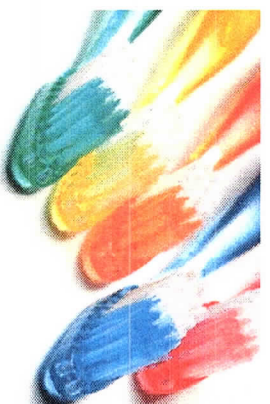
In cases where patients are bruxing (grinding/clenching the teeth), we prefer to use Emax crowns due to the fact that it is a stronger crown, with strength comparable to a ceramic steel.

Procedure

The tooth is reduced or built up onto the roots, depending on each patient's situation to leave a core (stump).
Using CAD/CAM technology, a picture is taken with our new 3D scanner to obtain a complete view of the tooth.
A crown gets designed to fit in with the natural shape and contour of the surrounding teeth and the patient's mouth.
This design is then sent off to the milling unit where the crown is manufactured out of a colour-coded porcelain/emax block.

In the next step, the crown is fitted into the natural shape and comfortable fit, and is then permanently cemented in place.

With this new technology the whole process of crowns requires much less time than ever before, and the patient is able to relax with a cup of coffee or cappuccino while the milling takes place, and walks out with a brand new smile!



Post-operative instructions

- Good oral hygiene is very important after the procedure.
- Regular visits to the oral hygienist (every 6 months) are required
- You will still be able to floss and brush your teeth with the crowns in place without any difficulty
- By performing 6 monthly scaling and polishing and by receiving advice and guidance about maintaining good oral hygiene, you can manage bacterial control, which will make your teeth an restorations (including crowns) last so much longer



Oral Hygiene

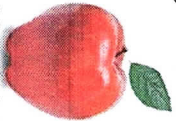
Eating with Braces:

For the first day or so, stick to soft foods.

Foods to Avoid:

Remember we cannot list everything, so you have to think for yourself as well. If you have doubts about something, rather cut or break it in smaller pieces than biting into it. Here are a few examples:

- Ice
- Hard candies
- Sticky toffees like Fizzers
- Gum of any kind
- Hard chips like Doritos
- Carrots, apples, pears, etc. should be cut into small pieces
- The hard kernels of popcorn
- Meat should be cut off the bone
- Corn of the cob should be sliced off
- Pizza crust, bagels, and French bread should be broken into bite-sized pieces
- Pens, pencils, and fingernails should not be bitten as they will damage your braces



General Soreness:

For three to five days you may feel general soreness. Biting pressures. You are allowed to take a Panado for a day or two if the pain is too severe. The braces can irritate the lips, cheeks and tongue. You can put wax on the braces to make the surfaces more comfortable.

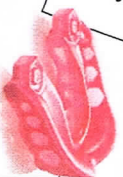
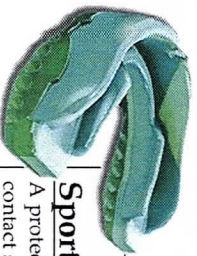


Loosening of Teeth:

Teeth must loosen first so they can be moved.

Sport:

A protective mouth guard is advised for playing contact sports. In case of any accident involving the face, check your mouth and braces immediately. If teeth are loosened or your braces are damaged, phone our office immediately for an appointment.



Flossing



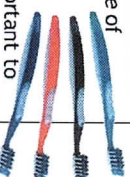
This should ideally be done once every day. Do it at night after supper to not be in a hurry. There are 2 ways to floss:

- **Superfloss** - pre-cut strands of floss with a hard tip on one side
- Using regular floss with a **Floss Threader**

We will show you how to do this. If you struggle with the back teeth, at least try to floss the front teeth top and bottom. As you get more experienced you can do the rest as well.

Brushing

It's more important than ever to brush and floss regularly when you have braces, so your teeth and gums are healthy after orthodontic treatment. Patients are required to schedule appointments with one of our Oral hygienists for a thorough clean every 3 months. This is compulsory and free of charge.



It is especially important to make sure the area between the brace and the gum stays clean.

Rather brush a small area at a time while concentrating on the angle of the hair of the brush: with a 45 degree angle towards the bracket on the gum side as well as the biting surface side, you make short squeezey back and forth movements.

Oral Irrigator:

This is not instead of flossing, but additional. It removes loose food particles. Use it twice a day.

