

show us your smile

Welcome from everyone at Dental Excellence and Smilefocus. We are pleased to provide you and your family with quality dental service in a comfortable environment. Our team of highly qualified local and expatriate dentists are here to give you a fabulous smile using the latest dental technology. We value our patients and our aim is to help you achieve the best smile possible.

In order to keep your mouth healthy, it is important to have regular check and cleaning appointments. This allows the dentist to detect dental problems early, show you how to maintain good oral health, and discuss a treatment plan should there be any conditions that require follow up appointments.

For patients who are having Orthodontic (braces) treatment, we recommend visits every 3 months with your regular dentist for a dental hygiene check and cleaning. In this way we can minimise the likelihood of decay and gum disease occurring in areas which are difficult to clean.

For your convenience, you can call, email or visit our website, www.dentalexcellence.com.sg to make an appointment. Attending to your dental health is not only good for general health, but also important in maintaining your beautiful smile.



smiletalk

crowning glory - procera crowns

In general teeth are extremely strong, however there are ways they can be damaged through trauma, decay or excessive grinding. If a tooth has been weakened, it is important to save and strengthen it again to maintain a natural bite. A crown is often the best way to reinforce and save a tooth.

Crowning is a dental procedure that covers or "caps" a tooth entirely. They can be made of either metal or porcelain or a combination of the two. The dentist will take into consideration the area in your mouth that needs a crown and the best solution to get the maximum aesthetic result.

One of the latest developments is the Procera® all-ceramic crown. Although industrially produced using computer-aided machines; Procera crowns are customized to ensure an accurate result. The main advantage of Procera crowns is the enhanced translucence that mimics real teeth thereby achieving a natural appearance. Some other advantages of Procera crowns include:

Strength and Durability - They may be placed on any tooth in the mouth including back teeth, which need to endure more pressure and stress

Cosmetic Aesthetics - Due to the optical properties of the material used, Procera crowns are highly esthetic and natural looking .

Biocompatible - The polished, gentle surface of the Procera porcelain is biocompatible and kind to gums and opposing natural teeth.



Precise Fit - Procera crowns maintain a precise fit, with no black lines visible at the gums.

Low Wear - The surface of the Procera porcelain is smooth therefore reducing wear to opposing natural teeth.

Masks Discoloration - Stained or discolored teeth are easily masked by the crowns and will not show through.

Fracture Resistance - The underlying ceramic core is exceptionally strong and comparable to conventional porcelain-fused-to-metal crowns.

If you need a new crown or require an old unsightly one to be replaced, make an appointment with your dentist to see if a Procera crown is your solution. Now with the full range of modern dental procedures and treatment available, why not have the best, most natural smile possible.



Dr Dennis Leong

B.D.S., M.S., Cert. Prosthodontics, MBA

Dr Leong is a Prosthodontist, a dentist with specialist training in crowns, veneers, implant prostheses, full mouth reconstruction and aesthetic dentistry. Dr Leong completed his dental degree in Singapore and attained a Master of Science degree as well as a Certification in Prosthodontics at Northwestern University in Chicago, USA.



medication - dental side effects

The health of your mouth is a good indication of the overall health of your body. With regards to the use of medications, some - including vitamins, minerals, and herbals - can have a harmful effect on your oral health. It is important to inform the dentist if your medical history has changed and give a list of all medication you are taking including over-the-counter pills and prescription drugs. Here are some common side effects from medication that impact your mouth.

Dry mouth

The most common side effect is Xerostomia or dry mouth. Saliva is needed to help wash food particles off the teeth, keep the mouth relatively clean and assist with digestion. Some medications decrease saliva flow increasing the risk of tooth decay. Drinking plenty of water or chewing sugar-free candy or gum will help encourage the flow of saliva and alleviate the discomfort of having a dry mouth.



Soft-tissue responses

Mouth ulcers, inflammation or discoloration are a few common reactions the soft tissue can have with prescriptions for blood pressure, oral contraceptives and some chemotherapy agents. The dentist may recommend an oral hygiene program to limit the discomfort associated with such side effects.

Abnormal bleeding

Reduced blood clotting is a common side effect with aspirin and anticoagulants - often prescribed for heart disease and stroke patients. However, they can cause bleeding problems for a person who needs a tooth extracted or periodontal surgery.

Other conditions

Teeth discoloration is seen in patients who were exposed to tetracycline medicine during tooth development. A variety of dental treatment is available to improve the appearance of stained teeth. Speak with your dentist to find out the best solution for you to have a beautiful smile.

As more drugs become available, patients should be aware that they may encounter side effects. Use prescription and over-the-counter medicine only as directed and visit the dentist if you notice any changes in your mouth. Talk to your dentist about the medication you are taking and how any reactions in the mouth may be alleviated.

did you know?

Morning breath can be blamed on your saliva. Bacteria in the mouth that breaks down food produce sulphur compounds in the process. These sulphur compounds give breath its terrible odour, which saliva normally dissolves away. During sleep, saliva flow is decreased considerably resulting in smelly morning breath. Brush your teeth and tongue and limit the intake of coffee and alcohol before sleeping to keep bad morning breath to a minimum.

announcements



With regret we say goodbye to Angela Henry who will be moving to Hong Kong to work as a Dental Hygienist. Angela has assisted us over the past 2 years with general public relations and has been a wonderful asset at reception. We thank Angela for her dedication to the clinic and take this opportunity to wish her the very best in the future.



Dr Sian Jenkin will be joining Dr Winston Tan at The Oralmaxillofacial Practice and Myohealth Clinic to pursue her special interest in oral surgery and oral medicine. She will also continue to see patients for general dentistry and for her other special interest in gum disease (periodontics.) Dr Jenkin will be based at **The Myohealth Clinic at #10-02 Camden Medical Centre, 1 Orchard Boulevard** with effect from 5th September 2006 and patients wishing to make an appointment with her after this date should **phone 68367986**. Congratulations to Sian and we wish her every success in this new venture.