

all new patients

Welcome to our quarterly newsletter – Smile Talk. Our aim is to keep our patients well informed about the latest dental treatment available. There are constantly new developments and advancements in dentistry offering more comfortable and painless procedures. So fearful patients don't despair. Feel free to discuss any concerns about your teeth with your dentist. You may be surprised as to how easily your smile can be improved.

We continually receive requests for referrals to specialists. For your information 5 of our dentists have specialist qualifications in the following disciplines:

- Paedodontics (children's dentistry)
- Orthodontics (braces)
- Endodontics (root canal treatment)
- Prosthodontics (crown, bridges and implants)
- Oral and Maxillofacial surgery

For more information on these dentists and their specialities please refer to our website www.dentalexcellence.com



smiletalk

overcome dental anxiety and fear

Dental anxiety can be a major barrier for many people in maintaining their dental health and having the best and whitest smile possible.

Prevention is always the best key and that means stopping problems before they arise. This means practicing good oral hygiene at home and attending regular dental check-ups and cleanings. Unfortunately people who suffer from dental anxiety often fail to visit the dentist for routine care. When they finally do go a small preventable problem has turned into one requiring major dental intervention. Children have no preconceived ideas about visiting the dentist and have no reason to be fearful. Parents should be mindful of this and keep their own childhood trauma stories to themselves.

The most Common Dental Fears and Phobias include

- 1 Fear of injections (needles)
- 2 Dental office smells and sounds
- 3 Previous negative dental experiences (often as a child)
- 4 Embarrassment of dental condition
- 5 Sense of confinement (loss of control and feeling claustrophobic)

Anxious people should be aware that dentistry has progressed significantly over recent years and there are many procedures that are now painless. Dentists are using more modern equipment, better materials and up to date methods to insure

greater patient comfort. Our rooms are equipped with ceiling televisions which provide an enjoyable distraction and you can request head-phones if you don't like the noise of the drill.

Try to avoid scheduling appointments at stressful times, such as just before a major business meeting. Bringing a friend or family member for support can also help to reduce your anxiety. For extreme anxiety, ask your dentist about the various relaxation techniques used in the clinic, such as I.V. sedation and Nitrous Oxide (laughing gas). Never self-medicate prior to dental treatment without discussing this with your dentist beforehand. It could pose a danger if the dentist administers anesthesia or other medications.

Remember, the single most important way to help overcome your fear is finding a good dentist and that means someone who is patient, clearly communicates the various options and recommendations, has a no pressure approach and genuinely cares about you.



Dr Florence Li
D.D.S Michigan USA

new dentist

We are pleased to welcome Dr Florence Li who has joined our Dental Excellence clinic. Florence is from Michigan, U.S.A. and graduated at the University of Michigan in 1990. Dr Li is experienced in crown and bridge, root canal therapy, wisdom teeth extractions, treatment of gum disease, children's dentistry and whitening as well as routine dental procedures. On a more personal note her interests are Tennis, Swimming, Yoga, Travel, Reading, Cinema and Arts.



managing dental emergencies



Did you know that the most injured area of the body during contact sports is the mouth? However your children may not even need to be participating in a contact sport to incur a facial injury. Swimming pools and slippery marble floors so prevalent in Singapore are also hazards making the incidence of accidents to the mouth and teeth even more frequent here.

In case of such emergencies, all parents should be able to quickly identify the extent of trauma to the mouth and know the appropriate action required. It could save your child's teeth. The following guidelines should help.

Tooth Knocked Out If a tooth has been knocked out, rinse it gently to make sure it is clean (preferably in plain milk). Do not scrub the tooth or remove any tissue that is attached to it. Gently try and place

the tooth back into the socket – this is particularly pertinent to secondary teeth. If this is not possible, place the tooth in a small container of milk if available or tap water. Better still, if the person is not too traumatised, try to keep the tooth in his or her mouth by holding it inside the lower cheek. Contact your dentist immediately.

Broken Tooth If the tooth has been fractured off rather than completely knocked out, try and find the fractured piece - often this can be re-bonded. Place the piece in salt water if possible or tap water. Contact your dentist as soon as you can.

Possible broken jaw In case of more serious injuries involving bone fractures to the face, immediately apply a cold press to the area to minimize any swelling. The patient should be taken directly to the hospital with a follow-up visit to the dentist to check for tooth damage.

Lower Jaw breakages will be painful when swallowing or talking accompanied by swelling, tenderness and possibly facial bruising. Also check for irregular alignment of bottom teeth to upper teeth.

Cheekbone and upper jaw breakages can be indicated by nosebleeds with swelling and bruising around the eyes and possibly impaired vision.

did you know?

Parents with cavities can infect their children. Research is unclear as to how caries is transmitted but there is a good chance that it is carried in saliva. As such caries can be transmitted through kissing, feeding, sharing food and utensils and other daily activities. Proper oral hygiene care on your part will benefit your teeth as well as limit transmission of bacteria from your mouth to your children's.

welcome



Welcome to **Caroline Pearce** and **Sarah McAllister** who will be joining our team at reception. **Caroline** is originally from the U.K but has been living in Singapore for the last 5 years. Her previous experience includes customer services in the banking industry. **Sarah** who is also British, has customer service experience in real estate. Sadly we say goodbye to **Simone Buesig** who has relocated to Hong Kong with her husband.



announcements



Our Paediatric Dentist, Dr Ong Yean Sze has changed her hours and will now be working from 8am until 4pm on Tuesday, Wednesday and Friday and 9am until 1pm on Saturdays. Children are more compliant in the mornings so we encourage parents to take advantage of this and schedule appointments early in the day. Dr Ong is particularly skilled in treating difficult children including those with handicaps or disabilities.