



# FAMILY DENTAL PRACTICE

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WELCOME TO NEWSLETTER NUMBER 4

## Scanned Occlusal Splints

Do you grind your teeth, or wake up with jaw pain? Call our friendly staff to book a consult to discuss your treatment options.

We utilise **3D Scanning** and use the highest-quality dental laboratories to help us create effective occlusal splints to help with your bruxism (tooth grinding). This means no more messy, uncomfortable impressions and a quicker appointment. Because 3D scanning is more accurate, our splints are made faster and fit better.

We only use **Australian** based local technicians to ensure that all our restorations meet safety standards set out by Australian Therapeutic Goods Administration.



## TOP TIPS FOR TEETH

**Brushing too vigorously.** Do you brush your teeth too hard? It might seem like a good idea, but this isn't the most effective way to remove debris. Brushing too vigorously can wear down and weaken a tooth's enamel. Instead, brush teeth gently, using circular strokes, preferably using an electric toothbrush.

## New Year, New Private Health Fund Benefits

Most Private Health Funds roll over at the end of the calendar year. If you've been putting off getting dental work done, now is the time to make an appointment to ensure you get the most out of your private health insurance.

## Familiar Faces

Next time you ring the practice you might recognise a familiar voice on the other end of the phone. Kelsey is back in Australia for a few months and happy to be working with her favourite dental team again.