



Martin Place Dental

Phone : 9232 8599

WWW.MARTINPLACEDENTAL.COM.AU EMAIL : PADENTAL@BIGPOND.NET.AU

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Welcome to the first newsletter For Martin Place Dental. The purpose of this newsletter is to not only educate you on things going on in the dental world but also here in Dr Andersons Dental Practice. We will be sending these newsletters out quarterly. If you have any suggestions regarding content you would like us to research or inform you on please feel free to send us an email with your suggestions : padental@bigpond.net.au

Treatment :

- Remove the causes of bruxism
- Repair any worn/chipped teeth

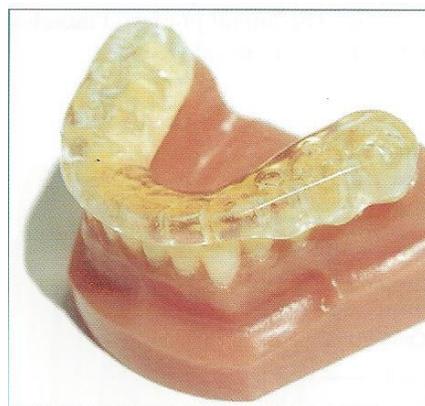
After repairs are completed Dr Anderson would recommend a night guard / occlusal splint. Worn at night, this splint is made of a hard plastic that's has been molded to fit the upper teeth. It prevents further wear of tooth surfaces.

Bruxism.

Otherwise known as excessive "clenching or grinding" of the teeth. It can lead to excessive wear and permanent damage to the teeth. This can happen in both adults and children and has many causes. A combination of both physical and psychological factors are believed to contribute to bruxism. Stress being a common one.

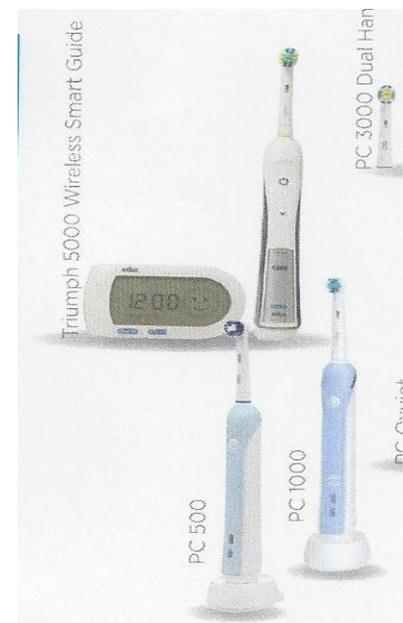
Signs and symptoms :

- Microfractures of the enamel, broken or chipped teeth
- Tension related headaches
- Partners notice the grinding noise at night
- Stiffness and pain in the jaw joint similar to an earache.



DENTAL SHOP!

Need any dental supplies?? Some of the products that Dr Anderson or your hygienist Lynda recommend are not always available at your local pharmacy or supermarket. Feel free to pop in anytime and "stock up".





Do we REALLY know how to brush and floss??

Colgate has published this new handy brochure to help us improve our oral hygiene techniques. Whether you're brushing with a manual or an electric toothbrush, the technique is the same. Use a soft bristled brush for at least 2 minutes 2x per day!

Lynda our dental hygienist can also give some great tips for those hard to reach spots. Just ask at your next check up.



8 Toothbrush Tips.

1. Use a toothbrush with a soft bristles and a small head.
2. Clean not just your teeth but your gums and tongue 2x daily.
3. Don't use anyone's toothbrush but your own.
4. Store your toothbrush in a dry clean space so it can dry out between uses.
5. Store toothbrushes separately
6. Rinse your brush thoroughly after use to remove left over paste, plaque and food.
7. Replace brush at least every 3 months or earlier if it looks shaggy!
8. Replace toothbrush after illness (colds, flu or sore throats)



Tip, and down on one tooth

Tip, and down on the other

Flossing can be difficult for some. Try and rap the floss around your teeth in a C shape and move the floss up and down. Too hard?? TePes or Piksters are a good alternative.