



QUALITY PLANT

DENTAL IMPLANTATION **10** YEARS GUARANTEE

- **Bleaching – Tooth Whitening**
- **Inlays**
- **Veneers**
- **Crowns and bridges**
- **Endodontics**
- **Periodontal treatment (Gum disease)**
- **Oral hygiene**

Aesthetic dentistry: tooth bleaching, inlays, veneers, crowns and bridges

Having healthy and strong teeth nowadays is also connected to expectations related to being well cared for and the nice look of your smile, for the quality of your teeth that might influence your self-confidence and your everyday life. Our clinics, apart from implantations, offer cosmetic dentistry as well, using metal-free inlays, crowns, and special filling materials in 5-6 different colours, all with the aim of giving you the most natural feeling and healthy appearance.

Bleaching – Tooth Whitening

A number of the latest tooth whitening methods are used in our implant centres.

Traditionally, one needed to wear a plastic tray that had been prepared to fit your teeth and also made use of a special gel (based on hydrogen peroxide) to bleach your teeth. You had to place the gel-filled tray into your mouth, keeping it there overnight, and for several days, depending on the state of discolouration.

With the new system (BriteSmile - which has also been used by Catherine Zeta Jones, Julia Roberts and other famous Hollywood stars) one is able to obtain the same result at the clinic with an absolutely painless, relaxing treatment - visiting us just once, for a maximum of two hours.

After a photo has been taken of the present colour of your teeth, the gum and lips are covered with a special protective layer. The special, gentle whitening gel (carbamide peroxide) placed on your teeth will be activated by the “blue spectrum” light of a special device, which enables the rapid, safe and effective treatment procedure to occur within one to two hours. Finally, another photo will be taken to show the effect of the bleaching on your teeth.



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Advantages of the new bleaching method:

- Takes only one or two hours, and you need to go to your dentist just once.
- Use of the “blue spectrum” light is the most effective means of treatment here.
- You do not need to use a plastic tray at home for a longer time period.
- This method is painless, and does not damage dental enamel.
- The result lasts for a long time – a minimum of 3 years with proper care and trying to avoid tooth-discolouring foods.

All types of bleaching method should be preceded by plaque removal, polishing and professional tooth cleaning.

Inlays

In the case of a bigger hole appearing in a tooth, where a filling will not be enough to cover the missing part in any long-lasting way, after the decay has been dealt with an impression or a photo is taken with a 3-dimensional camera. The inlay is then carved out from a ceramic cube via a computer-planned procedure, and it is finally cemented onto the tooth.

Veneers

Extremely thin shells of full-ceramic material to cover one’s front teeth, and to improve the ideal shape, position and colour of such teeth. Just as with inlays, veneers are also computer-designed and are made from ceramic with use of the special CAD-CAM system.

Crowns and bridges

Most of the time, we prepare metal-free crowns and bridges - using a computer system, - avoiding any possibility of allergy as this also provides more stability and hardness and is a long-lasting solution.

Crowns are used with broken teeth or holes requiring very large fillings; and in the conventional way a shaped and colour fitted crown will be cemented onto your pre-prepared tooth.

Bridges are artificial teeth, in a block, serving to fill up a gap between your teeth. Traditionally, they are fixed to healthy supporting teeth. There are several solutions regarding how our dentists are able to stabilize the bridge - and also a wide range of materials that can be used, such as plastic, porcelain, a metal-free form of ceramic, or gold.

According to the latest technology, implants are recommended as a way of replacing a single crown and a bridge without even needing to touch adjoining teeth.



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For more detailed information of procedures involved in making full-ceramic inlays, veneers, crowns and bridges click on the **Full-ceramic prostheses** menu.

Endodontics

Dentistry's speciality, dealing with injuries or diseases of the dental pulp or tooth nerves. Includes prevention, root canal treatment and root re-sectioning.

Dental nerves and blood vessels might become infected inside your tooth pulp, which consists of soft tissues and goes from the tip of your tooth to the end of the root. In cases of a major decay the pulp might become inflamed - and the nerve may die. Meanwhile, bacteria develops, going from the crown towards the root - and this causes pain inside your mouth and a sensitivity to hot and cold. Occasionally, you do not feel anything, although pus does accumulate invisibly in your mouth.

In the course of root canal treatment your dentist will remove the nerve from your tooth, and will then clean and disinfect the nerve-canal. Required medicines or antibiotics are applied to the site of the nerve. In the end, a filling or crown is installed, to seal the tooth.

At times, non-treatable and inflamed tissues in the bone holding the tip of the root must be removed.

In both cases our professional team will look after you – and, with the latest technology, will minimize any pain caused by such inflamed roots.

Periodontal treatment (Gum disease)

The word “periodontal” means “around the tooth”. There are different types of diseases of the gum, from so-called gingivitis to chronic periodontitis. These are mainly infections of one or more teeth, arising due to non-appropriate care and/or inadequate oral hygiene. A chronic bacterial infection may affect gums and the bone tissue supporting teeth, which might lead to inflammation, or even to tooth loss.

First of all, the bacteria existing in plaque (a film of sticky material containing saliva and food particles, as well as the bacteria itself, becomes attached to the tooth surface both above and below the gum line) causes one's gums to become inflamed; the gum begins to swell and redden, and in some cases may bleed slightly - yet you may not feel any pain or inconvenience. If it is not treated in time it gets more serious - and the plaque and tartar (the hard deposit of mineralised plaque) spread below the gum line. The bacteria produces different toxins, which later cause more serious inflammation. Finally, the bone tissues are destroyed. Meanwhile, gums become separated from your teeth, forming “pockets” (a place located between the teeth and gums), raising the possibility that one will get a major infection. As the problem becomes more serious, the pockets deepen - and more bone and gum tissue is eliminated.



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This whole process in many cases may not be recognized in time because it has very mild symptoms. Often, it may lead to other body organ problems. If, via a check-up, you are diagnosed as having a periodontal disease your dentist will suggest the most suitable form of treatment for you because, in contrast to what is generally believed, this complaint can be treated.

Oral hygiene

A dental hygienist is a licensed dental professional who specializes in preventive care and professional cleaning.

Careful and frequent tooth-brushing and flossing help to prevent the build-up of plaque and calculus (tartar), which may lead to cavities. A dental hygienist can instruct people on, and demonstrate, proper techniques.

Regular tooth cleaning by the dental hygienist is important for removing plaque that may develop even with careful brushing and flossing, especially in areas that are difficult for a person to reach on her/his own, at home. Professional cleaning includes tooth scaling and tooth polishing and debridement (a medical term referring to the removal of dead, damaged, or infected tissue - to improve the healing potential of the remaining healthy tissue) if too much tartar has accumulated. This involves the use of various instruments or devices to loosen and remove deposits from the teeth.

Plaque is a soft deposit of bacteria that grows on teeth. This can be removed easily by brushing, though within hours it may have re-gathered itself.

Tartar is plaque that has calcified (hardened). It occurs within a few days in plaque that remains undisturbed by brushing (usually in the hard-to-reach areas of the mouth) – and this has to be scrapped off by a professional.