On going appointments

At the completion of your appointments, our Smile in Style Dentists and Hygienists will recommend a suitable time for your next preventative care appointment and check up with the dentist. Regular dental cleans and check-ups, together with a thorough home care routine, are an important investment in your oral and general health. This will ultimately lead you to saving time and money.

Moonee Ponds
821 Mt. Alexander Rd,
Moonee Ponds, VIC 3039
p. 03 9375 3277

Sunbury
9 Dornoch Drive,
Sunbury, VIC 3429
p. 03 9740 5044

Don’t hide behind your smile any longer!

Visit our smileinstyle DENTAL HYGIENISTS to have that healthy smile you’ve always wanted.
What is a hygienist?

Our hygienists at Smile in Style are highly skilled members of the dental team. Their training enables them to work with our dentists to deliver you personalised preventive care and treatment. New patients are required to see a dentist for a thorough dental examination before they see a hygienist. Then, as part of your treatment plan, your dentist will refer you to the dental hygienist for further preventive care appointments. Research is showing that healthy gums can help protect you from many systemic diseases. The hygienist will educate you about the causes of dental disease and what you can do to help prevent it. Keeping your mouth healthy is important for your overall health. This is why we recommend regular preventive care appointments for both adults and children with the hygienist and regular check ups with your dentist.

What you can expect at your hygiene appointment.

A standard hygiene appointment at Smile in Style lasts 45 minutes, but this time can vary depending on the treatment that needs to be done. Your appointment may consist of the following:

- Review of your medical history
- Assessment of your gums and supporting tissues
- Laser decay detection to detect decay in the grooves of your teeth
- Scaling of your teeth to remove any build up of plaque and tartar
- Polishing of your teeth
- Oral hygiene instructions
- Advice on the prevention of decay
- Dietary education
- Discussion of findings

A treatment plan will be devised, depending on the assessment. If the treatment required is complex, then more than one appointment will be needed. If necessary we can provide pain relief in the form of desensitising paste / gels or local anaesthetic during your visit.

We recommend taking x-rays every 2 years to locate decay between teeth and under fillings which can be difficult to see. We use a laser decay detector to detect decay in the grooves of your teeth that may be difficult to find as part of a regular dental check up. If your gums have deep pockets where the hygienist is unable to treat, you may be referred to your Smile in Style dentist for laser treatment of your gums.

How Gum Disease Occurs.

The bacteria in your mouth are constantly trying to attach to your teeth and gums. Once attached, they arrange themselves into a film of plaque. This plaque contains bacteria that can cause tooth decay. If the bacteria are not removed, they eventually die and become hardened and calcify forming tartar on your teeth. As tartar builds it creates a framework where more bacteria can live. Redness, bleeding, gum tenderness and bad breath then occur. If the plaque and tartar are not removed effectively and regularly then your teeth and gums are at risk of disease.

The link between oral health and general health.

Medical research has found that gum disease can contribute to the risk and severity of systemic diseases such as heart disease and stroke, respiratory disease, certain cancers, diabetes, osteoporosis, digestive disorders and premature labour in pregnant women. Gum disease can also stress the immune system and lower the body’s resistance to infections. Therefore it is vital to address oral health issues, so that your overall health will not suffer.

Regular visits to our Hygienist can assist in the prevention of gum disease.

Some surfaces of the teeth and gums are easy to access but other areas that are more difficult to access, can be the ones that experience disease. Therefore by attending regular hygiene appointments at Smile in Style, we are able to:

- Monitor and assess all your gums and supporting tissues
- Remove plaque and tartar build up on your teeth
- Assist in the maintenance of a healthy dental environment and the prevention of disease
- Educate you in correct brushing and flossing techniques
- Provide you with dietary education

www.smileinstyle.com.au