

# Cosmetic Dentistry

*Enhance your Smile*

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*Make your appointment Online*

**[www.centraldentiststingalpa.com.au](http://www.centraldentiststingalpa.com.au)**



# What is Smile Enhancement?

*A smile enhancement or smile makeover is a series of treatments to help patients improve the overall appearance of their smile.*

*When it comes to re-creating a patient's smile, it is not as simple as placing veneers or crowns on teeth that are whiter and brighter than the patient's existing dentition.*

*The smile is an important reflection of one's self along with communicating a variety of emotions to those around us and it is unique in each individual person. It takes a skilled dentist who is able to create a smile complementing a patient's personality.*

*In fact, there are many factors that must be carefully considered and evaluated in creating a smile that is esthetically pleasing to the doctor and the patient*

***We provide a range of treatments to help improve your overall facial appearance. Treatments include:***

- Veneers*
- Invisible Braces - Invisalign*
- Fixed Orthodontic Braces - Fastbraces*
- Teeth Whitening, In-Chair and Take-home*
- Composite Bonding*
- Crowns*
- Partial and Full Natural Looking Dentures*

*Whatever the reason, at Central Dentists Tingalpa we create customized treatment plans to suit your unique needs.*





# COSMETIC CONSULTATION

*Book your Cosmetic Consultation & mention this ebook for an Obligation Free Consultation Appointment.*

*As we are chosen preferred providers to many Health Funds, your out-of-pocket costs are greatly reduced.*

## ✂ WHAT PAYMENT METHODS ARE YOU INTERESTED IN?

HICAPS       DIRECT DEBIT       HUMM       DMA

*At Central Dentists Tingalpa, we offer dental payment plans for complex dental care costs or for the cosmetic dentistry you have been promising yourself.*

*Our Humm Payment plans are unique from elsewhere, as they offer flexible payment arrangements. Choose from 0%, 10% or 20% Deposit options and 12, 24, 36 month durations.*

*Our Treatment Coordinators, are there to help you and are skilled in formulating the best payment plans with you in mind. Taking into account you as an individual and your personal circumstances.*

*We are chosen preferred providers with BUPA, HCF, MBP and CBHS as well as accept all other Health Fund Membership Cards.*



# Our Cosmetic Consultations

At Central Dentists Tingalpa, our Cosmetic Dentists can provide you with options to help improve your smile. Our Consultations are designed to open the communication lines between yourself and your dentist in order for us to best understand your issues and concerns before we even formulate a dental treatment plan.

During this appointment, your dentist will take x-rays either in the form of a full-mouth panoramic wide view xray and where appropriate will also take a 3-D Digital Scan of your mouth. 3-D Scans are a means of collecting highly accurate pieces of information about your mouth and jaw. It helps us, to formulate equally highly accurate treatment plans for you.

All this cannot be done correctly in a 10-minute appointment. We like to be thorough, and thus our Cosmetic Consultations are full-length.



In this appointment, we will discuss your dental history and evaluate concerns and priorities depending on budgets, comfort levels and cosmetic requirements etc.

For example, if orthodontic work is a priority and teeth straightening is required we will discuss the advantages and disadvantages between different straightening options. i.e. Choosing between Invisible Braces such as Invisalign or fixed braces like FastBraces. Another example would be in the case of dental veneers choosing between porcelain veneers or composite veneers.



# Orthodontics

One of the benefits of choosing Central Dentists Tingalpa for your Orthodontic needs, we have a range of choices to ensure your outcome is the best result in the shortest time possible. When you visit us for your consultation appointment we will demonstrate the benefits of each system that we use and recommend to help you decide which is most appropriate for your needs.

## FAST BRACES

Revolutionary

Fastbraces® Technology is an innovative orthodontic treatment, specially designed to move teeth fast and efficiently with gentle forces giving beautiful, straight teeth in a matter of months... not years!

The triangular-shaped brackets, along with a super-elastic wire, create the ideal combination of gentle forces to move the teeth in a more natural way. Patients will typically start seeing results within the first few weeks and will truly experience the Fastbraces® Difference.

How Fastbraces® work:

1. When teeth come in crooked, this means the root is typically not in the correct position
2. When Fastbraces® triangular braces are applied with a wire instead of square braces, the distance between the braces is almost doubled
3. This extra space increases the flexibility of the wire, allowing the root to be straightened upright in a year to as little as three months. Some patients see results in just a few weeks!

INNOVATIVE MODERN STRAIGHTENING OPTIONS, TO  
STRAIGHTEN YOUR TEETH SAFELY AND WITH THE  
BEST RESULTS IN MIND





# Orthodontics

## INVISALIGN

For many patients, Invisalign opens up new opportunities for better health and greater confidence, because this treatment system eliminates many of the common woes associated with conventional braces.

While a patient might shy away from orthodontic care with fixed braces, he or she may welcome treatment with Invisalign because of the many benefits it has to offer.

### Some of the Benefits:

**Advanced materials for comfort and results.** All clear aligners are not alike. only Invisalign clear aligners are made of SmartTrack material.

**Face to Face Care** with our Invisalign Accredited Dentist. Dr. Paul Sideris will map out your new smile using 3D images. From there, you will receive a customized treatment plan that is right for you. Dr. Paul Sideris will show you using our Outcome Simulator Software the shifts of your smile during treatment.

**More Freedom.** Our clear aligners are discrete when you are wearing them, and easy to remove when you need to.

If you want to explore these benefits for yourself, call us at [\(07\) 3890 0254](tel:0738900254) for your initial consultation.





# Veneers

Porcelain veneers are very thin pieces of custom-made ceramic porcelain that is bonded over the front surfaces of your teeth. These veneers are placed at the front of the tooth to provide a safe and effective transformation method. Porcelain veneers can change your tooth's shape, colour, and size to improve your smile's overall look.

Porcelain veneers can be used to hide gaps, imperfections, and acute discoloration in your teeth. Our dentists can solve these irregularities by using our strong and long-lasting veneers to achieve a beautiful new smile immediately in just a few appointments. You will not find a better alternative that offers a long-lasting smile in fewer visits to the dentist.

High-quality porcelain veneers are stain-resistant, making our veneers an extremely popular dental option for patients seeking a brilliant, healthy-looking smile that will last. Porcelain Veneers are more expensive than composite veneers. Talk to your dentist, who will let you know whether a composite or porcelain veneer is suited for your situation.

Porcelain veneers are known for their durability and resistance to stains, as they can last 10-15 years with proper care and regular dental check-ups.

Composite Veneers can also change the shape, size and colour of your smile. One advantage is, it can be done in just one visit. Treatment with composite veneers involves the gradual layering and bonding of high-quality resin material to the teeth. Composite veneers are used successfully to cover-up misshapen teeth, discolouration and defects.

The disadvantage to using composite veneers, the material is weaker than porcelain, and it will need to be replaced more frequently than porcelain.

WE HAVE BEEN CREATING BEAUTIFUL, FUNCTIONAL  
AND HARMONIOUS SMILES FOR OUR PATIENTS FOR  
OVER 20 YEARS.



## WHAT TO LOOK FOR IN A WELL-MADE VENEER

Without a doubt, creating veneers for our patients is a craft. Well-made porcelain veneers are never one shade of colour. They will be layered with several shades of colour to mimic the way natural teeth should look and will feature areas of translucency and opacity. We also ensure our porcelain and composite veneers feel like natural teeth. How we bond the veneer to your tooth is important in order for you to enjoy the longest life possible.



# Dental Crowns

During our Comprehensive Consultation, we will be able to determine what is the right type of crown for your tooth. The right crown will ensure **long-term life** of your crown, will **feel natural**, and will blend in seamlessly with your existing adjacent teeth.

Once upon a time, extracting your broken or decayed tooth may have been the only viable solution. But today, using the right dental techniques and materials we can save them.

This is where Dr. Paul Sideris and his experienced team can help you.

Dental Crowns are generally placed when there is 40% of your tooth remaining visible above the gumline. A crown would not be placed for purely aesthetic reasons if your tooth is in good condition. We would use Veneers for a healthy tooth, which needs aesthetic improvement.

Tooth-coloured composite resin fillings are a great choice when there is more than 60% of your tooth remaining.

An onlay is a conservatively prepared crown, prepared in a similar fashion to regular crowns. They are produced in a dental laboratory.

The type of crowns we produce here are:

- All Ceramic Crowns ( Either Emax, or Zirconia ),
- Gold Crowns and
- Porcelain Fused to Gold Crowns ( PFM's).

During our Comprehensive Consultations, we will take a 3D-Scan of your smile, an impression of your teeth and surrounding area and also discuss your dental history and your needs. All this helps us to design your crown for the longest life possible.

A crown placed very quickly without planning and without taking into account various factors may not give the best long-lasting results.

If you would like to know what is the best way, to help restore your broken tooth, book in for a Consultation or Exam with our Senior Dentists.

*Online appointment available*

[www.centraldentiststingalpa.com.au](http://www.centraldentiststingalpa.com.au)





# General Dentistry

At The Dentist, we have an endless number of options to improve anything about your teeth that makes you shy or self-conscious. Some of the options may be minimally invasive and easily affordable; others may need careful planning and a significant investment of time and finances. Whichever option you may choose, we will support you, making sure you understand the procedures, risks, and expected results before we start on your treatment.

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## WHITE FILLINGS

If your teeth have reached that time when repairs are necessary, you're in need of some restorations or fillings. When a filling is required there are a variety of materials that can be used composite resin is the most common, but depending on the requirements of the tooth and the way your teeth bite together, other materials may be recommended such as: Glass Ionomers, Cement, Porcelain and Crowns.

White fillings also help protect your teeth from being further damaged by decay, by stopping more bacteria getting in. Colour-matched to your natural teeth, white fillings are hardly noticeable.

### Our Work

When you attend your appointment for a white filling, you will notice our dentists taking the time and care to prepare your tooth appropriately prior to placing the filling material as well we take no shortcuts. All bonding steps appropriate to the material we use are followed.

Our fees follow the Australian Dental Association recommended guide and are gimmick-free because we believe our work should speak for itself.

We use high-quality composite materials and bonding agents to ensure your filling is symptomatic-free and the longest life possible.

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## OUR DENTAL CHECKUPS

We are a detailed focused team, and so our Dental Checkups and Cleans are not cut short. In fact, Dr. Paul Sideris insists our dental checkups and cleans are at least 30 minutes in length. If radiographs need to be taken or if treatment is needed to be performed we will book in for at least 45 minutes or longer.





## OUR PROMISE

*The Team at Central Dentists Tingalpa believe in utilising the most up-to-date advancements in dental technologies and techniques with the utmost of care. We work together, hand-in-hand to achieve the results you want.*