



SYDNEY HOLISTIC Dental Centre

Sydney Holistic Dental Centre Offers Invisalign Clear Braces in Sydney While Using a Holistic Approach to Teeth Straightening

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Sydney Holistic Dental Centre, a dental office in Sydney, NSW, Australia is pleased to announce that they are offering Invisalign clear braces to patients in Sydney, while using a holistic approach to teeth straightening. A holistic approach to cosmetic dentistry means they also consider the impact of their cosmetic dentistry procedures and treatments on the overall health of the patient. For instance, their teeth straightening procedures, such as Invisalign braces, are considered not just for enhancing the patient's smile but also how they can improve the position, colour, size, shape, and alignment of the teeth. The dental procedure can also have a positive effect on how the patient breathes and in having a better sleep. With a holistic approach, they can enhance a patient's smile while also offering significant improvement in overall health and well-being.

Robyn Farley, Practice Manager at Sydney Holistic Dental Centre, says, "Invisalign provides a multifaceted solution. As holistic dentists, we focus on the person attached to the teeth, their overall wellness and, importantly, the quality of their sleep. Straightening teeth with Invisalign can enhance the patient's airway for optimal breathing by providing enough space for all of the teeth; enable better oral hygiene, easier teeth cleaning, and less gum problems and cavities; and allow a beautiful smile without resorting to metal braces."

It is important to note that crowded teeth and narrow jaws will typically reduce the amount of space in the sinuses, nasal passages, and the space for the tongue in the patient's mouth. Obstructed breathing can have an impact on the person's health and negatively affect the person's sleep. Furthermore, crowded teeth and narrow jaws tend to lead to more plaque and calculus accumulated on the teeth because the teeth are more difficult to keep clean. Thus, teeth straightening will not just improve a person's teeth and smile but also have a positive impact on the person's overall health.

Using a holistic dentistry approach, the dentists at Sydney Holistic Dental Centre will look at various signs and symptoms in the patient and determine how a dental procedure can also improve other aspects of the patient's health. This allows them to choose and recommend a particular treatment for its impact on the person's overall health.

For instance, before recommending the use of Invisalign clear braces for teeth straightening, they will check on the patient's signs and symptoms. If the patient has narrow arches, their focus would be to expand dental arches to enhance the airway and breathing. If the patient has an underdeveloped lower jaw, they would want to provide more space in the lower jaw, which offers more space for the tongue, which will prevent it from falling back and blocking the airway when the person is asleep.

If the patient has problems with tongue posture and lip seal, the goal would be to correct the tongue and lip posture. They would apply myofunctional therapy to address the primary reason for the crowded teeth. If the patient has improper mouth breathing habits, they will encourage the patient to do nasal breathing because this offers health benefits through better oxygen retention, better filtration, and reduced snoring.

If the patient has crooked or crowded teeth, which makes it harder to clean the teeth, the focus of the holistic dentist would be for the patient to have well-aligned teeth in order to make it easier for the patient to clean the teeth and avoid cavities.

If the patient has stained teeth, the holistic dentist may offer teeth whitening. The gentle whitening procedures that they use will not just whiten the teeth but also boost the person's confidence and attractiveness.

And if the patients are not satisfied with their smile and appearance, the holistic dentist helps them achieve a beautiful smile. This will not only help them become healthier and more attractive but will also boost their self-confidence and their psychological well-being.

Those who are interested in Invisalign clear braces in Sydney and a holistic approach to cosmetic dentistry

can check out the Sydney Holistic Dental Centre website or contact them on the phone or through email.

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For more information about Sydney Holistic Dental Centre, contact the company here: Sydney Holistic Dental Centre Robyn Farley (02) 9221 5800 shdc@shdc.com.au 17/111 Elizabeth St, Sydney NSW 2000

Sydney Holistic Dental Centre

Sydney Holistic Dental Centre has been enhancing people's oral and general health since 1983. Our clinic supports our holistic approach, with a calm and relaxing feel, and with state of the art technology to ensure quick and optimal treatments.

Website: <https://www.shdc.com.au/>

Email: shdc@shdc.com.au

Phone: (02) 9221 5800

