

Sydney CBD Dentists Explain Importance Of Cosmetic Dentistry

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Sydney, New South Wales based Sydney Holistic Dental Centre is reaching out to explain the importance of cosmetic dentistry. The Central Business District (CBD) dental clinic has made a name for itself by providing a number of quality services to their community, including holistic dentistry, cosmetic dentistry, amalgam removal and replacement, dental implants and teeth whitening.

Robyn Farley of Sydney Holistic Dental Centre explains, ?Whether we like it or not, our appearance makes a difference in our lives in many ways. People judge us, consciously and subconsciously. In many ways, we judge ourselves, too. How confident we are when we talk, how confident we are when we smile, how others perceive us ? it all plays an important part of our day to day lives, so this means that the way that our mouth looks is always a priority. Maintaining our dental hygiene is very important, but cosmetic dentistry can ensure that we will always have a winning smile.?

The global cosmetic dentistry market is expected to grow at a CAGR of 2.2% in the forecast period of 2020 to

2025. The industry will be expected to reach USD 1.8 billion by 2025, from USD 16.5 billion in 2019. Cosmetic dentistry is classified based on type or application. By type, it is classified as teeth whitening, veneers, implants, crowns, shaping and bonding. By application, it is classified as redress or beauty.

There are three important aspects of cosmetic dentistry. The first is tooth whitening. As people age, their teeth start to darken. While having bright, artificially white teeth is not recommended, having a fresh, clean look can significantly differentiate how someone is perceived and how they perceive themselves.

The second component of cosmetic dentistry is teeth alignment. Aligning teeth will create more space if the teeth are crowded. Teeth crowding is quite common, with either lower or upper teeth. Given how negatively misaligned teeth can affect a person?s life, teeth alignment is more than just a cosmetic procedure. Teeth aligning can help improve breathing as well because well-aligned teeth will ensure the tongue sits comfortably in the mouth, allowing enough room for air to flow through the airway. In addition to that, having well-aligned teeth also makes it easier to maintain dental hygiene. Of course, there is also the aesthetic benefit of having a straighter and more confident smile.

Finally, according to Sydney Holistic Dental Centre, cosmetic dentistry provides practical support for oral and general health when the patient has heavily filled teeth, heavily worn teeth, or missing teeth. With the use of a crown and bridge, an implant, or other significant dental procedures, cosmetic dentists are able to transform a person?s smile, improve their ability to chew and elevate their overall health and wellbeing.

The dental centre also points out that good chewing enhances good nutrition, which is in turn connected to better cognitive function. A fascinating study from Sydney University published at the beginning of 2020 shows how chewing and cognitive function are closely related. This means that, with fixed teeth, people are also able to boost their cognitive function. Learn more here: https://sites.google.com/view/bestsydneyholisticdentalcentre/cosmetic-dentistry.

Farley says, ?While people might think that cosmetic dentistry is just about looking better, that is not the case at all. Cosmetic dentistry and holistic dentistry are closely aligned. The reasons for pursuing these improvements extend far beyond the fundamental fact that it just looks better. In fact, having ?better looking? teeth can actually improve your lives in measurable ways. With how important this has been proven to be, it is no surprise that cosmetic dentistry has become a rapidly emerging field within dentistry.?

Those who are looking into getting cosmetic dental work done should consider the services of Sydney Holistic Dental Centre. With an experienced team of dentists, Sydney Holistic Dental Centre has proven its dedication to providing optimal oral health care for over 30 years. Patients who want to learn more about the range of services provided by Sydney Holistic Dental Centre are encouraged to visit the dental centre?s website to get started.

Alternatively, Robyn Farley can be reached via phone or email. Social media users can find Sydney Holistic Dental Centre on Facebook, Twitter, Instagram, YouTube and LinkedIn.

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For more information about Sydney Holistic Dental Centre, contact the company here:Sydney Holistic Dental CentreRobyn Farley(02) 9221 5800shdc@shdc.com.au17/111 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.

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SYDNEY HOLISTIC
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