

Sydney Holistic Dental Centre Is The Premier Holistic Dentist In Sydney, NSW

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Sydney Holistic Dental Centre is offering a holistic and patient-centered approach to the treatment of dental problems for the residents of New South Wales.

Holistic dentistry looks at the deep connection between dental health and the health of the rest of the body to suggest treatment methods that respect this sanctity and work optimally with each other. There are two aspects to this that Sydney Holistic Dental Centre considers of primary importance.

First, while treating oral health problems, holistic dentists will also pay attention to the patient?s general health. Complaints such as chronic muscle-contraction headaches, neck aches, jaw pain, breathing difficulties, poor sleep, snoring, obstructive sleep apnea, and more will be considered before suggesting a dental treatment. Second, the materials and substances used in the treatment suggested by holistic dentists will always be non-toxic and biocompatible. This focus improves its patients? health and well-being by keeping them safe from materials that have been demonstrably harmful to populations around the world, for

example, mercury amalgam fillings. The Sydney dental clinic uses the SMART (Safe Mercury Amalgam Removal Technique) protocol to reduce mercury exposure during filling removals. The protocol is regarded as the highest international standard for the safe removal of mercury amalgam. Moreover, the clinic also prides itself on not having used mercury/silver amalgam in its practice for over 35 years.

A root canal treatment, which is one of the most challenging treatments in dentistry, carries a significant risk to the patient?s immunity. Bacteria and toxins can get left behind in the tooth and threaten the patient?s health. However, this can be avoided if the treatment is done to the highest standards which ensures that the affected bone regenerates and the presence of any residual bacteria and toxins is minimal. Sydney Holistic Dental Centre achieves this by careful assessment and diagnosis using 3D cone beam X-rays that establish the exact anatomy of a root. It also uses high-powered microscopy and additional antimicrobial measures to achieve the perfect result. If the dentists are forced to remove the tooth, they preserve as much bone as possible by thoroughly curetting the extraction site and using the patient?s fibrin-rich protein to cover and protect the extraction site for optimal healing.

For patients who have difficulty sleeping and breathing freely, Sydney Holistic Dental Centre also reviews their sleeping history and breathing habits in a thorough assessment. The dental centre will then use a custom-made night-time appliance that supports the jaw and tongue to maintain an open airway. Sydney Holistic Dental Centre will also tap into the expertise of sleep physicians, specialists who help patients get a better night?s sleep, to suggest lifestyle changes, breathing changes, nighttime appliances, and CPAP machines to ensure its patients don?t develop a sleeping disorder.

Patients who suffer from chronic headaches are also examined to determine whether their affliction is in any way related to their oral health. The center?s experts will assess the soft tissues around the head, neck, and jaw joints, and the quality of the patient?s sleep. To mitigate their headaches, Sydney Holistic Dental Centre offers its patients appliances such as temporary soft splints to custom-built night guards to relieve stress and tension in the muscles and joints.

The Sydney dental clinic?s holistic dental services are provided in the initial consultation which it claims is a little different and more in-depth than other dental clinics. The initial consultation will include an assessment of both the patient?s general health history, as well as their oral health history, an oral cancer screening, an assessment of the patient?s jaw joints, teeth, and restorations, digital X-rays that use 90% less radiation than standard X-rays, and high-definition photographs to understand the patient?s dental health requirements. The clinic will then give patients a detailed outline of the appropriate treatment options along with their costs.

New South Wales readers looking for a holistic dentist in Sydney can contact Sydney Holistic Dental Centre

at shdc@shdc.com.au or (02) 8188 3718 to make an inquiry or book an appointment.

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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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Dental Centre