

Sydney Holistic Dental Centre Is Offering Cosmetic Dentistry Services with a Holistic Approach

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Sydney Holistic Dental Centre (SHDC) is highlighting the many ways in which cosmetic dentistry procedures can have a lasting impact on an individual?s overall physical and mental health.

Cosmetic dentistry focuses on improving the appearance of an individual?s teeth, mouth, and smile. Cosmetic dentists have a variety of tools, procedures, and modalities at their disposal that can correct, tweak, or overhaul several dental shortcomings. This includes the color, position, shape, size, and alignment of the teeth.

Patients who opt for cosmetic surgery procedures report an improvement in their self-image. During a 1998 study titled ?Psychological Effects of Aesthetic Dental Treatment,? researchers from the University of Sheffield School of Clinical Dentistry, UK, psychologically assessed a study group of 17 patients before and after they were administered veneer restorations. The researchers found that highly significant changes in a positive direction were observed in the study group in responses to a Body-Esteem questionnaire at each

stage in the procedure.

Practice Manager at Sydney Holistic Dental Centre, Robyn Farley talks about how better-looking teeth help boost self-confidence and happiness by saying, ?It?s no secret that happy people live longer. Your body?s physical health is intrinsically linked to your mental health. If you look good and feel good about yourself, your mood will improve, and your outlook toward life will turn positive. Once you experience the liberation that comes with knowing that your teeth are as perfect as they can be and people are not judging your looks based on your dental health, you will feel more confident in social situations, relationships, and your career. A lot of our patients tell us how their cosmetic dental procedure was almost a turning point in their lives.?

Moreover, the holistic dentists at SHDC also vouch for the effectiveness of cosmetic dentistry procedures in improving a patient?s overall physiological health. A full set of restored teeth makes it easier to eat food more healthily which helps the digestive process and improves energy levels. Misaligned teeth are known to hinder optimal breathing techniques and the right cosmetic dentistry procedure can help patients breathe and sleep better, adding years to their lives. Patients can also opt to replace damaged teeth, that regularly cause pain, with dental implants and significantly improve their quality of life.

SHDC offers several popular industry-standard cosmetic dentistry procedures. For patients looking to fix teeth alignment issues, it offers Invisalign, a revolutionary orthodontic treatment that can straighten a patient?s teeth without the need for installing metal train track brackets and wires. The treatment uses near-invisible aligners made from strong biocompatible plastic materials.

SHDC supplements its Invisalign treatments with computer-assisted planning technology to accurately predict the gradual movement of the patient?s teeth over time. For children, SHDC also offers the Myobrace treatment, a series of soft mouth aligners that can help solve mouth breathing issues.

The holistic dental clinic?s teeth whitening procedure can help restore the natural shade of the teeth for patients who smoke or consume foods and beverages, such as coffee, soda, or wine, that are known to stain teeth. Patients can either choose to use an at-home teeth whitening kit or to have in-chair whitening done by one of the dental clinic?s highly qualified cosmetic dentists.

Dental implants are small titanium screws that are placed within the jawbone to replace the root of a tooth. They are a long-term solution to replace single, multiple, or a full-arch of teeth. Dental implants don?t impact healthy adjacent teeth while also preserving the structure of the jawbone.

Dental veneers are a simple solution to fix discolored, chipped, or crooked teeth. They are thin shells that are bonded to the front surface of teeth to improve their appearance. Dental veneers are much less intrusive than equivalent options such as crowns or braces.

Readers looking for the best holistic cosmetic dentistry Sydney has to offer can contact SHDC at (02) 9221 5800 from 8 AM to 6 PM from Monday to Friday to inquire about its services or to 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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SYDNEY HOLISTIC
Dental Centre