



NORTHSIDE
DENTAL SOLUTIONS



OUR SERVICES

GENERAL, PREVENTATIVE, COSMETIC & CHILDREN'S DENTAL

northsidedentalsolutions.com.au

OUTSTANDING, AFFORDABLE DENTISTRY

WE OFFER A COMPREHENSIVE RANGE OF SERVICES

We are here to help. We offer a comprehensive range of general dental treatments from preventive dentistry to extractions and replacing teeth with bridges and implants. We offer cosmetic solutions to improve the appearance of your smile and offer a full range of children's dental services. We believe dentistry should be available for all and offer interest free payment plans for all our dental treatments.

DENTAL EXAMINATIONS

\$85 or Gap Free with your Health Fund

A thorough dental examination is the most important part of dental care. We examine the teeth and gums as well as checking for oral cancer of your soft tissues. A comprehensive examination is essential to making the correct diagnosis of existing conditions and important in forecasting the future of your dental health. At Northside Dental Solutions, we ensure that all examinations include:

- An accurate recording and charting of all existing teeth, any missing teeth, existing dental work including fillings, dental crowns, bridges, implants and dentures, and any damaged teeth with cracks, tooth decay and tooth wear.
- An accurate charting of all gum and periodontal tissues for signs of gum disease or gingivitis.
- A thorough examination of the jaw joint (temporomandibular joint or TMJ) for any clicks, creaks or signs of degeneration.
- A comprehensive oral cancer check looking at all soft tissue surfaces of your face and mouth including your lips, tongue, cheeks, floor of mouth and throat.
- A radiographic examination with all X-rays (we don't charge for X-rays, they are free!) to look for hidden problems under old dental work or between the teeth such as tooth decay, abscesses, infection and other issues with the jaw, nose or sinuses.
- A full set of photographs of your mouth to serve as a base line record and to show you what we can see.

- A full written treatment plan and quote (that is set in stone and doesn't change!) with all costs and payment options including our interest free payment plans.

Most dental diseases such as tooth decay and gum disease are preventable, however, sometimes problems arise even with good home care routines. These problems can be easily fixed if picked up early but can become more difficult and expensive to repair as they get worse. This is why we recommend six monthly check ups and cleans for our patients. Our Maintenance Plan is a low cost and easy way of keeping on top of your dental health and covers all preventive six monthly examinations, X-rays and cleans.

TEETH CLEANING / GUM DISEASE TREATMENT

\$145.45

We offer tooth cleaning at Northside Dental Solutions to prevent gum disease, the leading cause of tooth loss in Australia.

Gum disease is like a battle between your body (your gums are the front line) and the bacteria that like to live in the warm, moist environment of your mouth and feed on the sugary foods that you eat. Sometimes these bugs and their by-products calcify, stick to your teeth and are impossible to remove with your toothbrush and floss. These calcifications are called calculus or tartar. This tips the scale towards disease and your gums start to drop down away from your teeth. This can make teeth loose if left long enough.

We need to regularly clean your teeth every six months to keep the bacteria and calcifications away, ensure good gum health and keep your gums as high up on the tooth as possible. We use safe, comfortable instruments to remove the calcifications from your teeth and gums. Tooth cleaning is \$145.45 and is part of our Maintenance Plan.

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TEETH WHITENING

\$360 - \$550

Teeth come in all shades of yellow. That's right, most teeth are a creamy, yellow colour rather than white. Your teeth can become discoloured with food and drinks like tea, coffee and red wine. Smoking and some medications can also make your teeth darker in colour.

We offer two types of whitening to reverse the colour change and make your teeth whiter. Firstly, we can whiten your teeth in our practice. It takes one hour, costs \$550 and results are immediate. You will also receive custom made trays with whitening gel for you to top up and maintain the results at home. Secondly, we can make these same custom 'Take Home' whitening trays for \$360. You use them for one hour each day for 14 days.

Both methods are equally safe, effective and affordable. All teeth and gums must be free from disease for whitening to work best and to keep you free from pain. This will be examined at your comprehensive examination.

WHITE DENTAL FILLINGS

\$195

White dental fillings are used to fill small to medium sized holes or cavities in teeth. These cavities are generally caused by tooth decay but can also be caused by trauma. White fillings often work well where there is little to no pain or discomfort in a tooth. A toothache generally indicates that the hole has grown into the middle of the tooth or pulp, and may require further attention like root canal treatment.

Holes generally start to form in the deep grooves on the biting surfaces of teeth or between the teeth where food can get caught. The size and shape of the holes can be investigated using dental x-rays and is important to know before the tooth is treated. To fix a hole, the infected tooth structure and bacteria are cleaned out leaving a clean, healthy surface to bond a white filling. White fillings are placed in the hole to seal the tooth from bacteria and restore the shape of the tooth.

Traditionally, silver or amalgam fillings were used to fill holes. We DO NOT use this type of filling material anymore in preference for the newer white fillings. White fillings work well for small to medium sized holes but tend to break when used to fill larger holes. A more suitable treatment for large holes are ceramic dental crowns.

ROOT CANAL TREATMENT

**FRONT TEETH \$750 / PREMOLARS \$800 /
MOLARS \$950**

Root Canal Treatment is indicated when a hole has grown deep enough into the tooth that it has reached the pulp, nerve or root system of the tooth. Deep cracks and abscesses can also be treated with root canal treatment. When patients present with considerable pain, the nerve inside the tooth is often dying. Occasionally, the tooth will die (dead tooth) without any initial pain although pain might arise down the track.

Dead or dying teeth can only be treated with root canal treatment or by removing the entire tooth. Many people cringe at the thought of root canal treatment. Historically, it used to be a painful procedure but today, root canal treatment can be pain free if carried out carefully and methodically. Sometimes this can take up to three visits. The success rate of root canal treatment is 90%. The downside to root canal treatment is that the tooth becomes weaker as it is dead and has no blood supply. This weakness can be overcome by covering the tooth with a hard ceramic dental crown to prevent it from breaking.

Lastly, even though root canal treatment is predictable, the complexity of the tooth can sometimes mean a tooth cannot be saved or can only be saved in the hands of a specialist endodontist.

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CERAMIC DENTAL CROWNS (CAPS)

\$1160

Dental crowns or caps are used to strengthen teeth that are cracked, heavily broken down or decayed, heavily restored with fillings or in teeth that are likely to break. Crowns can also be used to strengthen teeth that have had root canal treatment or to improve the appearance of your smile.

Ceramic crowns are made from strong, reinforced glass ceramic materials and are made in a local laboratory by a dental technician. They essentially replace the outside shell of the tooth down to the gum line. They are metal free and shaped to look exactly like a natural tooth.

Crowns are much stronger and better fitting than fillings allowing them to last in your mouth for much longer. Crowns can be destructive to your tooth, however, and should only be used to strengthen teeth that are already considerably weakened. Suitability for dental crowns can be judged in your initial comprehensive exam.

VENEERS

\$1160

Veneers are slim porcelain facings on the outside surface of your teeth. They are designed to improve the appearance of your front teeth but can also be used in the back of your mouth in the right circumstances. Veneers are used to correct the shape, colour or position of your front teeth without the need for orthodontic treatment.

Veneers are made from a similar glass ceramic to crowns and come in a wide variation of colours. They are designed and custom created in a local lab by a skillful dental technician. Veneers are bonded to the front surface of your teeth. Ceramic veneers are not suitable for all people and can break quite easily if bonded into the wrong mouth. The way your teeth come together and the health of your teeth play a role in the success of veneers. These factors can be judged in your initial comprehensive examination.

EXTRACTIONS

\$195

Removing a tooth is a very final decision that we don't make lightly. A tooth cannot be replanted and other teeth start to move into the new space created after the extraction. This can change the appearance of your teeth and face while also making it harder to clean between your teeth.

Sometimes, however, a tooth is too broken down and can't be predictably saved. In this case, it can be gently removed. The cost of most extractions is \$195 although this can jump to \$395 if the procedure will involve gum and bone surgery as well. If this is the case, the cost will be discussed with you BEFORE the tooth is extracted.

SURGICAL WISDOM TOOTH EXTRACTION

\$350

Wisdom teeth give you no wisdom at all. They rarely come through straight and only give you pain. Wisdom teeth are useless teeth as you don't chew that far back in your mouth and there isn't usually enough room for them to come through. They can be left if you can easily clean them and they don't give you any pain.

If they do start to hurt, they can be removed in one of two ways: either under local anaesthetic in our practice or under general anaesthetic with our local Oral & Maxillofacial Surgeon, Dr. Richard Harris.

Before this decision can be made, an OPG X-ray will need to be obtained to check the position of the wisdom teeth and ensure that any important nerves are clear of the teeth. If the teeth can be removed in our clinic under local anaesthetic, the lower two wisdom teeth will cost \$350 each and the upper two wisdom teeth will cost \$195 each. Sometimes, only one or two wisdom teeth need to be removed and the others can be left.

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REPLACING MISSING TEETH WITH IMPLANTS, BRIDGES AND DENTURES

Once a tooth is gone, it is gone forever. There are three ways to replace teeth: implants, ceramic bridges or dentures.

Implants are the best replacements for missing teeth as they are fixed and act just like a normal tooth. Implants are a two stage process spanning 3-4 months and cost from \$4250 to \$4995.

Ceramic bridges are much like two to three ceramic crowns joined together. They require the teeth next door to be reduced in order to stay in place. This can either be beneficial for the tooth next door if it is already in need of a crown or can be too destructive if the adjacent teeth are perfectly healthy. Dental ceramic bridges cost between \$2155 and \$3315.

Dentures are the most cost effect way to replace multiple teeth (sometimes even all of the teeth) at once. They are removable and cost less than \$1500 each but sometimes can be irritating and annoying. Chewing efficiency is reduced with dentures.

We will discuss these options with you at your initial comprehensive exam.

SPECIALIST CARE REFERRAL

The human body is more complex than we know. Sometimes we come across situations where the mouth is too difficult to predictably treat with the equipment in our dental surgery.

Fortunately, we have close group of specialist dentists and doctors to help our patients in these difficult times. These specialists have spent their whole life studying one type of dental procedure and are experts in their field.

There are many different types of dental specialists for all types of dental problems. Our local specialists in North Brisbane are:

- **Oral Surgeon**
Dr Chris Chahoud - removes difficult teeth and wisdom teeth, Spring Hill.
- **Paediatric Dentist**
Dr Vicky Law, North Brisbane Paediatric Dental Care, Chermside.
- **Orthodontist**
Dr Marcus Tod, ETHOS Orthodontics, Clayfield.
- **Periodontist (Gum Specialist)**
Dr Peter Chen, Periocare Chermside
- **Endodontist (Root Canal Specialist)**
The Endodontic Group, Spring Hill and Aspley
- **Jaw Pain Specialist**
Scott Cook, The Headache, Neck & Jaw Clinic, Nundah.

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CHILDREN'S DENTAL

At Northside Dental Solutions, we believe that dentistry in the future should be different to that of the past. We believe that every adult and child should have the same access to dental services in Australia. We also believe that the steps you take to achieve dental health as a child can make or break the future of your health. We believe in proper education for all kids so they can develop the good habits and hold them for the rest of their life. A collaborative approach between families and health practitioners is needed to ensure our children grown up with healthy, strong teeth.

We provide a full range of children's dental services from preventive education to fillings and orthodontic extractions. Children are not little adults, they have their own set of teeth with their own set of diseases. We are trained in paediatric dentistry to help relieve children of their dental diseases while maintaining the Northside Dental Solutions way of pain free, non-judgemental dentistry.

We like to help kids and parents develop healthy dental habits with six monthly examinations and cleans. This ensures that kids are comfortable coming to the dentist BEFORE a toothache strikes.

We appreciate that raising a child can be time consuming and expensive. We want to give you the best possible chance to keep your child's teeth strong and healthy by making life a little bit easier. We are privileged to offer bulk billing children dentistry through Medicare's Children's Dental Benefits Scheme (CDBS) for eligible children.

BULK BILLED CHILDRENS DENTISTRY (CDBS)

Historically, children used to see the school dentist. Although they were good dentists, they were often underfunded or understaffed and children could only visit once every few years when the van rolled around to the schools. Since 2014, we are lucky enough to have access to the Children's Dental Benefits Scheme or CDBS. This scheme offers eligible children \$1000 over two years to spend at the dentist. The CDBS covers all common dental services like check ups, X-rays, cleans, fillings, preventive fissure sealants and extractions.

ELIGIBILITY

The Department of Human Services assess the eligibility of your children. If you are receiving an Australian government payment, such as Family Tax Benefit Part A or B, or other benefit payments, your children may be eligible for care under the CDBS. You can check for eligibility by calling the Department of Human Services. You will need to have your medicare card at hand.

BULK BILLING

We bulk bill all children eligible for CDBS to keep the cost of children's dental care affordable. There will be no out of pocket as long as the \$1000 limit isn't reached. We are provided with a schedule of fees by Medicare that we follow when claiming children's dental services. If you go over the \$1000 limit, we will give you a complete cost estimate before commencing any work. The fees for this extra treatment will be the same as set out in Medicare's Fee Schedule.

If your child isn't eligible for the CDBS, we still offer our complete range of dental services but at a discounted rate to make it fair for all. If you have a health fund, they will cover part or all of the fees. We also offer our interest free payment plan for children if they require extensive work.



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