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beyondsmiles

where a beautiful smile begins



From the desk of **Dr Karl Scarpin**

I hope this newsletter finds you safe and healthy. This year marks Advanced Dental Centre's 20th anniversary and we are delighted with the way things have progressed for our dental practice. Having started with only myself, one staff member and one treatment room, it was a much quieter atmosphere at work. Having outgrown the previous building which only allowed three treatment rooms, it gave us an opportunity to design and build a state-of-the-art dental surgery which will undoubtedly always continue providing dental care to the local community. My wife Angela and I put many long hours into getting every detail of the build correct. We were meticulous in planning everything and future proofing it all which has allowed us to grow into the space comfortably. Today it is wonderful to be able to share my day with many wonderful people who all have the same passion to treat patients with the highest level of care and empathy we can offer.

We also recall, with some nostalgia, a simpler and easier time pre COVID-19. Although the platform has changed a little, we are still here providing cutting edge dentistry for you. You can also feel safe at our practice, being one of the first practices to be accredited many years ago, it means that the staff have undergone a process to meet a strict set of standards that commit them to continuously improve the safety and quality of the care they deliver to patients at our practice.

We have shifted very much towards digital dentistry. Digital dentistry makes things easier for you, more accurate and gives us more options to treat you than ever before. More importantly it allows us to diagnose and pick up things that are hidden, allowing us to be able to treat you without letting the problem go unrecognised. It allows us to treat you more efficiently and effectively than practices without digital technology.

In particular I am focusing my time to treat more complicated cases such as complete tooth replacement with implants, building up worn out teeth to restore their original shape and length and improving the aesthetic appearance of patients smiles with the use of orthodontic clear aligners, porcelain crowns and veneers. My practice is built on word-of-mouth referrals and I am more than happy to see any of your family or friends even if they would just like a second opinion. Sometimes a second opinion can be invaluable especially when undertaking treatment that is not reversible.

I sincerely thank all of you for your support and for making our days at work enjoyable and happy. We have had many laughs together and we hope to continue our good relations into the future – no matter what is thrown at us next!

Dr Karl Scarpin

BDS (Adel.), MRACDS,
Post. Grad. Dip.Clin. Dent. (Oral Implants) Syd.



Cheers to 20 years!

Can you believe we have been providing cutting edge dental services to South Australian families since 2002, which means this year we are saying “Cheers to 20 years”!

Early July in 2002, Advanced Dental Centre opened their doors for the first time. Starting out with just 1 surgery, 1 Dentist & 1 support staff member, we strived to provide the highest quality treatment using our expertise, state of the art equipment and best quality materials.

In 2014 we knew it was time to expand from our crowded 3 surgeries to a future 6 surgeries. Our vision involved putting a focus on the tranquillity of the space, replicating the original practice. It was meticulously designed, scrutinised and redesigned to ensure excellence in its overall workings. Our patients are our first priority and our aim was to make their experience a relaxed, pleasant and comfortable one.

It took 16 months to complete the construction, fit out and installation of equipment. All staff helped out for a smooth move to get ready for the first appointed patients – the excitement levels were high. Fast forward to now, our current team is made up of our Practice Manager, 4 Dentists, 4 Oral Health Therapists and 14 support staff which is made up of Dental Assistants, Receptionists & lab staff. We continue to provide a full range of services including I/V sedation (sleep dentistry), Nitrous Oxide (laughing gas), one appointment crowns, porcelain fillings, implants, SureSmile, sleep apnoea devices and wisdom tooth extraction.

We thank our loyal patients who give us great pleasure in turning up for work every day and we look forward to the next 20 years!

2002



2022

SureSmile TRANSFORMATION

Perhaps you've heard about Invisalign for misaligned smiles. Whilst Invisalign was the first widely available system for clear aligners, competitors have now appeared on the market. SureSmile (like Invisalign) allows us to create a 3D model of your teeth. We then use advanced computer software to design your new smile. Your set-up is sent to a lab where your aligners are created and printed with a 3D printer. Each and every aligner is custom-made to fit your teeth and move them gradually into a straighter position. Is it time for you to take control of your smile like our lovely patient did with SureSmile clear aligners & ZOOM Teeth Whitening? If you're interested in SureSmile treatment, please schedule a consultation with Dr Karl Scarpin to discuss your unique needs & come up with the ideal treatment plan to get you the smile you have been dreaming of.



Our mouth at night ^{zzz}

While we are sleeping our body goes into full recovery mode. It allows us to rest and recover for the next day ahead; this includes your oral health as well. It's common for people to experience dry mouth when they are sleeping, this mostly occurs in people over the age of 65 but like everything else, dry mouth doesn't discriminate.

Our saliva works to neutralise the acids in our mouth that can cause tooth decay, it also produces the first round of enzymes that we use to digest our food. All in all, our saliva does more than we think for our body so dry mouth doesn't just mean waking up uncomfortable, but it could lead to other health issues.

A common cause of a dry mouth is being a 'mouth breather'. While we sleep it is not uncommon for our mouth to drop open which allows us to breathe through our mouth instead of our nose.

Mouth breathing can be a sign of nasal congestion or illness. If your nose is blocked your body automatically resorts to the only other breathing option, your mouth. Drinking more water will help to combat dry mouth, but many patients benefit from supplementing their normal oral routine with special mouthwashes and toothpastes that are now available.

If you think you might be suffering from dry mouth, speak to our Dentists or Oral Health Therapists and they'll help you with a management plan.





♥ twice the love ♥

Last year Advanced Dental Centre's team had not one but two little additions. Our Marketing Manager Amber welcomed her gorgeous baby girl Charlie Grace on the 9th of July 2021 and Dental Assistant Kelsey welcomed her beautiful baby girl Poppy Ella on the 24th November 2021. Both Charlie and Poppy are doing well and we have enjoyed the cuddles & watching them grow.



When should I start brushing my child's teeth?

You should start cleaning your child's teeth as soon as the first tooth appears in the mouth - usually around 6-10 months of age. Cleaning and caring for your child's teeth early on sets up good dental care habits for life.

To develop strong teeth, your child needs a healthy, balanced diet made up of fresh foods such as vegetables, cheese and lean meats, minimal high-sugar foods such as biscuits and muesli bars, and drink fluoridated tap water.

To make sure your child's teeth and gums are kept healthy, it's a good idea for your child to see one of our Oral Health Therapists every six months. Our friendly team of Oral Health Therapists including Seja Majeed, Diem Tang, Maddie Glen & Zoe Stapley look forward to taking care of your child's dental needs.



we like to make you *Smile* & you can make your friends smile too

Dental health is an important part of our wellbeing. When our patients refer us to their family and friends, we are delighted that you are helping to spread this message to others in the community. Your confidence and trust in us to look after people you refer to our practice is much appreciated. As part of our patient referral program, we like to thank our patients for their referrals by giving them a \$25.00* credit towards their next dental visit. So, please don't keep us a secret!

**This credit is only valid at Advanced Dental Centre. The credit can be used for any treatment required, including regular examinations and cleans. It cannot be redeemed as cash.*

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