

Dental Treatments April 2023

Restore Collection

Brighten & Whiten

As part of your overall Restore Plan you may want to consider whitening and brightening your teeth. Most people will aim to have similar coloured teeth i.e., matching natural and restored teeth. Teeth lose their nice white appearance over time and due to use! There are two types of stains – Intrinsic and Extrinsic. The type of stain your teeth have will dictate what type of treatment you need to ensure you get the results that you want. One of our whiten and brighten solutions is to provide you with Dental Trays made with flexible comfortable material specifically for your teeth, 3 Tubes of whitening gel, an aftercare pamphlet plus we schedule a Follow Up Review. You will have a whitening kit which you can use at home whenever you feel you need a “Top Up” and so you will continue to get value from your spend. We will advise you on the right solution to achieve a brighter and whiter smile. Happy smiles all around.

Implants

Dental implants have become widespread. They can be used to support crowns replacing single missing teeth, bridges that restore a larger span of missing teeth, or even dentures. Dental implants have several important advantages over conventional crowns, bridges, and dentures: Implants look and feel like natural teeth; Implants function in the same way as natural teeth and there are no difficulties with eating or cleaning teeth. The presence of the implant maintains the structure of the bone beneath the replaced tooth which helps preserve a good appearance, both restored teeth and of the face. Dental implants can be used to give removable dentures a firm grip with no glues required to hold them in place. Talk to us and we will guide you through your decision.

Dentures Upper, Lower, Partial or Full Sets

Dentures have been used to replace missing teeth for many years now. Alternative methods used to replace missing teeth include dental implants and fixed bridges. Vard Dental recommend that missing teeth be replaced as soon as possible. The loss of your teeth can have negative effects on your self-confidence, your ability to chew food and your bite. Since your teeth provide structure and support to your cheeks, tooth loss can result in the sagging of your cheeks and make you appear older than you are. Dentures are removable replacements for your teeth, designed to look and function like your own natural teeth. Modern-day dentures can look very realistic and natural and feel comfortable. Dentures can be fixed securely in place by dental implants or mini-implants. It is important to keep your dentures always clean. You should remove your dentures at night to give your gums “a rest” and the chance to be exposed to your natural saliva, which will keep them healthy. Do brush them...

Bridges & Partial Bridges

A bridge is a fixed dental restoration (a fixed dental prosthesis) used to replace a missing tooth (or several teeth) by joining an artificial tooth permanently to adjacent teeth. Dental bridges are false teeth, which are anchored onto neighbouring teeth to replace one or more missing teeth. The false tooth is known as a pontic and is fused in between two crowns that serve as anchors by attaching to the teeth on each side of the false tooth, thereby bridging them together. Vard Dental recommends bridges, where possible, when there are one or more teeth missing, particularly if the effect of the missing tooth is to compromise your speech or appearance. Also, your bite can be altered as adjacent teeth can tilt into the space. A chat with Dr. David will provide you with all the information to make the right decision for you.

Fillings

Fillings are used to repair teeth that have been damaged, either due to injury or decay. By placing a filling, the tooth takes on its normal shape and size, allowing the tooth to continue being used as it should. There are a number of different kinds of fillings available such as composite (white fillings), porcelain (inlays and onlays), and amalgam (silver). It is worth noting that silver fillings are being phased out. We can discuss the pros and cons of each type of fillings which will help you decide which is best for you.

Dental Crowns

A crown, sometimes known as a dental cap, is a type of dental restoration which completely caps or encircles a tooth or dental implant. Crowns are often needed when a large cavity threatens the ongoing health of a tooth. Dental crown procedures may be undertaken for one of several reasons: you have a particularly weak tooth that needs to be held together or requires a bridge; post root canal treatment to protect the tooth; you have a tooth that is extremely discoloured; or you wish to have a crown placed for cosmetic reasons. There are several types of crowns that can be used. Dr. David will assess your specific situation and make a recommendation on the best solution for you. After Dr. David and You agree your treatment, installing a dental crown normally takes at least two separate dental visits. Chat with us about your requirements and we will work out the most appropriate treatment to meet your requirements.

Veneers

Our Restore Collection aims at giving you back a functioning set of teeth that meets your attractiveness requirements. You can influence the restoration design (within limits) to achieve a fresh, age/damage corrected set of teeth. Veneers are used for a wide variety of reasons including transforming crooked, stained, damaged, chipped or worn teeth into a brand-new straight set of white teeth.

Veneers are wafer-thin “covers” of tooth-coloured material (which can be either porcelain, ceramic or composite bonding material). They are “cemented” to the front surface of teeth to improve the overall appearance.

Dental veneers are also used to treat stained teeth which cannot be improved by teeth whitening. Dental veneers can also be used to treat damaged teeth which are chipped, broken, or worn from excessive grinding. A small chip on a tooth can quickly be repaired with composite bonding or a porcelain veneer. Dental veneers are also used to fill small gaps or spaces between front teeth.

Children & Youths

Youths & Dr. Davids Check-Up

Youths showing their personalities works for us. To encourage Youths to build up great Oral Dental Care we explain why we have the recommendation of "Twice a Year is Best" for both Oral Check-Up and Professional Cleaning and show our commitment by providing this service to Youths and students at a 50% Discount. We spend time with Youths, if necessary, answering questions, explaining the theory behind our oral health care suggestions and demonstrating the best way to use oral health care products. We also explain our Eco Aware Your Dental Care Programme. Prevention is better than cure. Most people come back just to get that lovely fresh clean feeling of an oral hygiene clean. We will also advice, organise and travel the journey with Little Ones or Youth who may need or want specialist treatments e.g., orthodontics.

Children & Dr. Davids Check-Up

We aim to create a friendly and enjoyable experience for your Little Ones by providing a free Treat Bag which includes a "Tooth Brushing Star Chart". Visit Vard Dental so that your Little Ones becomes familiar with our warm, friendly environment and gets to know a friendly dentist. Just opening up your little ones mouth for the dentist to have a look is a simple action which is explained and ideally done with your Little One in the dentist chair, in the presence of the parent. We discuss good oral health routines and habits. It is at this stage that parents could decide to have a fissure sealant treatment for their Little Ones which can last several years and reduces the risk of tooth decay and the formation of a cavity or cavities. Our primary aim is making Little Ones' Dental visits enjoyable, with no dental phobic sensitivities, whilst helping them to develop good oral health routines.

Children & Youths

Visits to us should start at an early age (3 or earlier if you have any concerns). Your child's visit to Vard Dental will be educational and fun with treat bags for younger children (on hold at the moment due to COVID-19) so all Little Ones and Youths will automatically be entered into a raffle.

Fissure Sealants

With Dental Sealants, your child has an extra layer of defence to protect them from tooth decay. Children are especially vulnerable to tooth decay, so getting dental sealants for them can make their early brushing habits easier and prevent cavities. Dental sealants, also known as fissure sealants, are defined as a preventive dental treatment where a resin material is placed in the pits and fissures or chewing surfaces of, primary or permanent molar & premolar teeth, at the back of the mouth. These molar teeth are considered the most susceptible teeth to dental decay or cavities due to the anatomy of the chewing surfaces of these teeth, which, unfortunately, inhibits protection from saliva and fluoride and instead favours plaque accumulation. Once a cavity forms in a tooth it will require a dental restoration to repair the damage, which can be expensive. Prevention is better than Cure.

Sports Dental Mouthguards

Sports gum shields or mouth guards will protect your Youths teeth during sports activities. Accidents do happen...they can't be avoided but the damage to your teeth can be minimised by wearing dental gum shields or mouth guards. At Vard Dental, we make dental gum shields by taking an impression of your mouth that extends beyond the teeth, under the lips and around the gums. It will be tightly fitting thus supporting the surrounding tissues of the mouth and teeth. A properly constructed sports gum shield or mouth guard are made from an impression of your mouth and teeth, they have the advantage of being tight fitting which helps ensure that they won't move around in your mouth, or become unseated, and make it easier to communicate, be it talking or shouting! Protecting your teeth during physical activities by wearing a dental gum shield or mouth guard will help you to avoid the costs associated with repairing the damage which can happen e.g., fractured tooth, knocked out tooth or ...

Oral Maintenance

Clean - Scale & Polish

After your clean you will leave Vard Dental with your teeth feeling lovely and smooth and clean. A professional clean will remove plaque and tartar build-up which along with a good oral health routine should minimise the damage which plaque can cause. The professional cleaning of teeth is sometimes referred to as prophylaxis (or prophy for short). It's a Greek word which mean "to prevent beforehand"

so in this case, apart from lovely smooth clean teeth you are also helping yourself to prevent gum disease. Twice a year is best to remove plaque (soft sticky bacteria infested film) or tartar (brown/black calcium deposits) build-up which if left untreated over a long period of time it may be necessary to have advanced gum treatment/ deep clean. Our cleaning aim is to get you to the stage of only requiring routine twice a year treatment through providing you with advice, tips and techniques of good oral, Eco aware hygiene care in an award winning, friendly environment.

Check-Up

Dr. David will conduct a detailed check-up of your teeth, gums, and mouth which, may include x-ray and will include an oral cancer check. We will ask about your general health, teeth, mouth, and gums and identify health habits which may be causing oral health problems. We identify the root cause of any pain which you may be experiencing and suggest appropriate treatments e.g., an untreated cavity. We suggest preventative treatments for potential problems e.g., molar decay. We want to hear what you think about your teeth. What niggles you about them e.g., you might want to restore a chipped tooth or restore a bright white smile. We discuss an overall treatment plan and costs to address both the immediate issues, treat potential problems and any restorative treatments to get rid of those niggles. Some of the treatments might be done on the day and some scheduled. We phone you with gentle reminders of your schedule and always look forward to seeing you.

Dental Health

Twice a Year is Best. Twice a Year for a Check-Up and Twice a Year for a Professional Clean. You may need to visit more often if you are susceptible to plaque/tartar build up. Dr. David or Your Professional Hygienist will advise you. We will forward book your appointments and gently remind you of them to help you to keep your oral health maintenance routine fitting in with your schedule. Dr. David's twice yearly Check-Ups will become preventative Check-Ups as potential problems can be Identified, Monitored and Treated. Your maintenance cleans will remove the "stuff" that builds up between your Professional Cleans and difficult to remove during your daily health routine. We will be delighted to advise on how to be Eco Aware within your Dental Care and available for any questions or concerns you may have through our various communication platforms. Ask about our Oral Health Maintenance Bundle

Repair Collection

Brighten & Whiten

Teeth lose their nice white appearance over time and due to use! There are two types of stains – Intrinsic and Extrinsic. The type of stain your teeth has will dictate what type of treatment you need to ensure you get the results that you want. So, first step is to come into us for an examination specifically aimed at providing you with the right teeth whitening treatment plan for you. To ensure you get value, we will conduct our full oral examination including general oral health, cancer, potential problems and developing good oral hygiene habits. We will provide you with Dental Trays made with flexible comfortable material specifically for your teeth, 3 Tubes of whitening gel, an aftercare pamphlet plus we schedule a Follow Up Review. You will have a whitening kit which you can use at home whenever you feel you need a "Top Up" and so you will continue to get value from your spend. Happy smiles all around.

Veneers

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are “cemented” to the front surface of teeth to improve the overall appearance. Dental veneers are also used to treat stained teeth which cannot be improved by teeth whitening. Dental veneers are also used to treat damaged teeth which are chipped, broken, or worn from excessive grinding. A small chip on a tooth can quickly be repaired with composite bonding or a porcelain veneer. Dental veneers are also used to fill small gaps or spaces between front teeth (different to a bridge treatment which is used to fill a gap because of a missing tooth). Veneers do have a finite life span with porcelain lasting longer than composite. Good oral hygiene is also a factor.

[Composite \(White\) Bonding](#)

Composite (White) bonding also called dental bonding and tooth bonding is used for a variety of purposes including filling cavities with white fillings, repairing broken or chipped or fractured teeth, closing gaps between teeth, reshaping, and improving the overall look of a tooth or teeth. It is particularly effective for whitening discoloured teeth. Bonding uses composite resins or porcelain/composite veneers can be used to cover the surface of stained teeth and give a nice, even appearance to broken or misshapen teeth. Composite material is a tooth coloured, mouldable material with a paste-like consistency, which uses a strong light source to set the material. Dental composite bonding is a popular choice for fillings because the material can match the shade of your own natural teeth. Chat with us to identify the type of dental bonding treatment that Vard Dental will use to achieve your goal.

[Dental Bonding](#)

Dr. David will create a plan which will repair your teeth to an agreed state. Dr. David will suggest the right treatments for you to achieve that result. From the full selection of Vard Dental treatments, your treatment plan could include Composite (white) bonding; Composite (white) fillings; Veneers; Brighten & Whiten kit; Cleaning etc. Dr. David will also give you advice on how to keep Time Off Your Teeth with an Eco aware Oral Health Routine

[Detailed Oral Examination & Clean \(Dental Benefits\)](#)

We can check your eligibility for a detailed oral exam and clean for 15€ (PRSI Dental Benefits)

[Scale & Polish](#)

Hygienist all set up for another sunny day of teeth cleaning giving our patients back their sparkly clean teeth.