

## **Newsletter nr. 1 (01.12.2008)**

We started working with the only 3D dental x-ray machine in the Baltic States  
Dental treatment microscope opens new opportunities in root treatment  
We have reopened our Tooth Spa  
Kliinik 32 gift vouchers now available

### **We started working with the only 3D dental x-ray machine in the Baltic States**

Since October, Kliinik 32 owns the only 3D dental x-ray machine based on new generation technology in the Baltic States, which can be used to take 3D x-rays, panoramic x-rays and images of the skull.

3D x-ray machines use two combined systems - fully digital panoramic images and 3D images - in the same piece of equipment, which allows us to quickly and efficiently take x-ray images from different angles that are needed for diagnostics and thereby reduce the risks our patients face in various treatment procedures, especially surgical intervention. Ordinary x-rays produce two-dimensional images, but the 3D machine takes a three-dimensional image of the head and gives a more accurate view of different anatomical structures that need to be considered in treatment procedures. This takes x-ray images and implant planning to a new level and opens up new opportunities in diagnostics and planning the course of treatment.

The broader image field of 3D x-ray machines means that the machine gives information required for diagnoses not only to dentists, but also to face and chin surgeons, plastic surgeons, ENT specialists and all medical specialists interested in the x-rayed area and processing this information with the special software of 3D radiologists.

All Estonian dentists and doctors from other areas of medicine can refer their patients to Kliinik 32 for 3D x-rays. Depending on the examined area and the number of images, the procedure takes no more than 5 to 10 minutes, which includes about half a minute for taking the x-ray and two to three minutes for calculating the 3D image. Patients who wish to obtain copies of their x-rays can have them on electronic media or by e-mail. 3D images come with free software that allows treating physicians to view and process the images.

The doses of the 3D x-ray machine used in dentistry are lower than the doses of computer tomographs used in other medicine. Protective aprons are used in taking x-ray images and the procedure is safe for patients.

3D examinations cost from 1200 to 2300 kroons, depending on the number of images and the extent of the examined area. The price of a panoramic x-ray is 370 kroons.

### **Dental treatment microscope opens new opportunities in root treatment**

#### **Kliinik 32 started using a new special dental treatment microscope, which helps to resolve even the most complicated cases of root canal treatment.**

The microscope magnifies up to 20 times and allows the dentist to see root canals better and to find extra-narrow canals. It can also be used to treat root canals that were previously considered impenetrable, and also to detect fractures and breakages that can go unnoticed by the naked eye.

## **We have opened our Tooth Spa**

**Kliinik 32 now offers Tooth SPA and Tooth SPA Plus packages, which include cleaning your teeth thoroughly and individual advice about tooth care. Tooth whitening is also offered on request.**

In addition to having your teeth checked once a year, it is also important to take regular care of the hygiene of your oral cavity. After the procedures offered by the Tooth SPA, your teeth will be completely clean and it will be easier for you to continue with your everyday oral hygiene in order to prevent the occurrence of serious problems in the oral cavity.

A 60-minute visit to the Tooth SPA includes cleaning your teeth with airflow, which removes plaque, pigmentation and possible tartar on gums; ultrasound cleaning, which removes tartar from gums and below gums and from areas between the teeth; cleaning with a paste for shining cleanliness; rinsing with refreshing antibacterial mouthwash. You will also be given advice and instructions about oral hygiene tools and the cleaning and care methods that are the most suitable for you mouth and teeth. The Tooth SPA Plus package also includes whitening your teeth.

The Tooth Spa is an excellent solution for everyone who wants to keep their youthful smile for a long time with just a little effort – all you have to do is visit the Tooth Spa at least once a year and follow the advice we give you. However, we would like to point out that the Tooth Spa only suits patients who do not suffer from advanced gum disease or gingivitis or gum infection parodontitis. If a patient has been diagnosed with gingivitis or parodontitis, they first need treatment by a parodontologist.

Dr Piret Kolk and oral hygienist Julia Janpol, who have specialised in oral hygiene and oral healthcare, look after our patients in the Tooth SPA of Kliinik 32. We recommend visiting the Tooth SPA once a year after turning 35 years old, and twice a year if you have any serious problems with your oral cavity.

The price of a Tooth SPA package is 1000 kroons, the price of the SPA Plus package starts from 250 kroons. Gift vouchers can be ordered on request.

### **Kliinik 32 gift vouchers now available**

Healthy teeth are important for everyone. If your family member or friend has problems with their teeth and you would like to offer them a consultation or treatment by our dentists, then you can surprise them with a Kliinik 32 gift voucher.

The gift voucher can be used for all services at Kliinik 32. You can choose the value of the gift voucher yourself.

If the cost of the requested service exceeds the value of the gift voucher, the patient can pay the difference in the clinic either in cash or by bankcard. The gift voucher cannot be exchanged for money.

Please contact us if you wish to order a gift voucher. After you have paid the invoice, we will send the gift voucher to you so that you can give it to the recipient whenever you wish.