

**Newsletter nr 2.  
(19.06.2009)**

**In this newsletter:**

Kliinik 32 started offering invisible braces  
New Dolphine programme helps to plan orthodontic treatment  
Estonian dentists met for discussions at the prosthetic dentistry conference of Kliinik 32  
One thousand patients have visited the Tooth Spa  
Kliinik 32 encourages cycling in Estonia  
Opening hours of Kliinik 32 in July

**Kliinik 32 started offering invisible braces**

Since April, Kliinik 32 has been offering invisible braces for correcting the alignment of teeth, which are fitted on the inner surfaces of the teeth and are therefore invisible from the outside.

“This is the best and most comfortable solution for people who wish to improve the alignment of their teeth and their smiles, but do not want others to know that they have been fitted with braces,” said Kirsten Nigul, Orthodontist at Kliinik 32.

The new brace system is made individually for each patient using the mould taken of the patient's mouth. The shape and unique features of each tooth of the patient are considered when the braces are made, which means that they are as comfortable as possible and the end results are achieved faster. We use the lingual braces of the Incognito system, which are made in Germany according to the mould taken of the patient's mouth. We will of course continue treatment with braces fitted on the front of the teeth.

**New Dolphine programme helps to plan orthodontic treatment**

One of the most advanced dental treatment programmes in the world, *Dolphine*, is meant for planning orthodontic treatment. The programme helps to plan changes associated with the shape of the face and work done in the oral cavity according to the pre-set shape of the face.

Changes associated with the shape of the face can be planned with X-rays of the skull. *Dolphine* makes it possible to measure the current situation, plan treatment and predict possible changes resulting from the growth of the patient's bones. X-rays can be tied to photos of the patient, which allows us to monitor possible changes during treatment. Since different methods of treatment can often be selected in orthodontics, then the possibility to observe changes in photos makes choosing the right treatment easier for the patient.

The second part of the programme is meant for planning treatment inside the oral cavity. In the case of a lack of space, the programme helps to plan shifting teeth in such a manner that the result suits the planned shape of the face.

Kliinik 32 is the only dental surgery in Estonia where the *Dolphine* programme can be used and it is operated by Dr. Kirsten Nigul.

**Estonian dentists met for discussions at the prosthetic dentistry conference of Kliinik 32**

The fourth event in the series of international conferences organised by Kliinik 32 took place on Friday, 12 June. Almost 150 dentists and dental technicians attended the conference titled *Future Trends of Prosthetic Dentistry*.

The guests speaking at the conference included leading dental technician from Russia Sergei Rusakulov, who gave an overview of the options of zirconium, and respected prosthetics specialist, lecturer at the University of Turku Elina Uusalo, who spoke about the future trends of prosthetic

dentistry. Dr. Martin Martma, who is a dentist at Kliinik 32, made a presentation about ceramic restoration of teeth, from planning to the result.

There was also some entertainment as all doctors made marzipan teeth under the guidance of chef Rain Käärst and Kliinik 32 technicians Piret Mulk, Anneli Rebane, Kristel Laas and Andres Annsou.

### **One thousand patients have visited the Tooth Spa**

Half a year ago, Kliinik 32 launched the oral hygiene programmes Tooth Spa and Tooth Spa Plus, which have by now been visited by as many as a thousand patients.

It is important for people who care about the health of their mouth to take regular care of the cleanliness of their oral cavity in addition to the regular annual examinations of their teeth. 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 your mouth and teeth. The Tooth Spa Plus package also includes whitening your teeth.

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.

### **Kliinik 32 encourages cycling in Estonia**

Kliinik 32 took part in the nationwide campaign Eesti Rattarikkaks (<http://www.rattarikkaks.ee/>) in order to promote a healthy lifestyle and allow its team to cycle to work instead of driving. Each employee of the clinic received a bicycle and our cyclists can be recognised from afar as their license plates consist of their first names and the 32 that is a part of the logo of Kliinik 32.

Our patients can now also cycle to consultations using their bikes that can be parked safely and free of charge in the Euro Car Park on Floor 0 of the Tornimäe Business Centre, two floors below the clinic.

In the last weekend of May, the team of Kliinik 32 went on its first bicycle trip to Laulasmaa to give everyone a chance to polish their cycling skills for the impending cycling season.

### **Opening hours of Kliinik 32 in July**

Kliinik 32 is open from 8 am to 5 pm on business days from 1 to 31 July.

If you have unexpected problems with your teeth, you can get an appointment with a dentist on the same day by calling Kliinik 32 as soon as possible and letting us know about your problem.

---