

# Dental Services





The Department of Dentistry's multi-disciplinary team cares for your oral health and wellness, and provides you with personalised service that is integrated, comprehensive, team-based and affordable in a friendly and relaxed environment. Apart from routine check-ups, we perform general dental treatment and specialised services like dental implants, TMJ (jaw pain/disorders) and bite therapy, braces, gum, wisdom tooth, facial and jaw surgery. Our clinics are equipped with facilities to provide you with an optimal experience. In addition to outpatients and inpatients, we see specialist referrals from other hospitals, polyclinics, the Armed forces, School Dental Services and private dental and medical practitioners.

You are important to us and we aim to make your visit a pleasant one!

# The importance of regular check-up



Good oral health is important for your overall health and wellness.

Not taking care of your teeth, gums, bite and jaws can affect your health and mental wellness. Research shows that poor oral hygiene is associated with medical conditions such as heart disease, stroke, diabetes, pneumonia and other respiratory diseases. It has also been linked to pre-term births and babies with low birth weights.

A dental check-up and cleaning every six months helps to:

- Brighten your smile
- Detect dental problems early
- Enhance overall health and wellness
- Keep your teeth and restorations intact
- Maintain good oral hygiene habits
- Prevent bad breath
- Prevent gum diseases
- Prevent tooth decay



We only have one set of permanent adult teeth. They are meant to last our life-time and are worth investing in!

## What happens at a regular check-up?

Your dentist will examine your mouth and jaw for:

- Tooth decay, faulty fillings, cracks as well as the wear-and-tear of teeth and restorations
- Signs of gum diseases, such as bleeding gums, shaky teeth, etc
- Signs of other oral problems, such as swelling in the mouth, surface changes, etc

X-rays may be taken to help detect and confirm dental problems that are not apparent at a clinical examination.

Your dentist will also advise suitable treatments for you and the costs of specific procedures.

Please highlight any concerns you have regarding your dental treatment as well as changes in oral/dietary habits, which include the unconscious teeth-clenching and grinding that may impact your oral health.



## Who needs a dental check-up?

Everyone needs a dental check-up at least twice a year. You may need it even more frequently if you:

- Are on medication that causes dry-mouth
- Have cancer and are on cancer treatment
- Have complex, long-standing gum problems or frequent gum swelling
- Have dental implants or multiple crowns/bridges
- Have diabetes and heart problems
- Wear braces or dentures



Simple brushing alone cannot remove hard tartar deposits that lead to gum disease!

# Our services

## General dentistry

- Check-up, scaling and polishing of teeth
- Filling of cavities, extractions, crowns and dentures
- Patient oral health education
- Routine root canal treatment

## Advanced dental/specialist care

### Oral maxillofacial surgery

- Correction of jaw-size discrepancies
- Enhancement of bone site and surgical placement of dental implants
- Management of facial and jaw deformities, e.g. cleft lips and palate
- Management of impacted and buried teeth, cysts, tumours and other pathologies in the jaws
- Management of trauma to the teeth, jaws and/or face as a result of accidents
- Surgical management of temporomandibular disorders (joints of the jaw)

### Prosthodontics

- Full mouth reconstruction and rehabilitation of teeth
- Provision of crowns and other restorations to restore teeth damaged by decay, trauma or wear
- Provision of implant-supported restorations, bridges and dentures to replace missing teeth
- Provision of veneers to improve smile

## **TMJ, sleep and sports dentistry**

- Management of jaw function disability and movement problems
- Management of Temporomandibular disorder-related jaw ache, headache and ear pain
- Provision of appliances for sleep bruxism (unconscious clenching and grinding of teeth during sleep)
- Provision of mouthguards for contact sports
- Provision of oral appliances for snoring and sleep apnoea

## **Endodontics**

- Management of complicated root canals, which are calcified, immature or aberrant
- Surgical management of root canal problems
- Treatment of complex cases requiring specialised armamentarium and microscopic facilities
- Treatment of diseases of the pulp resulting from trauma, caries and anatomical abnormalities

## **Orthodontics**

- Modification of growth using appliances
- Provision of removable orthodontic appliances and retainers
- Treatment of crooked teeth
- Treatment of facial deformities and other congenital defects in preparation of jaw surgery, implants and dental reconstructions

## **Periodontics**

- Aesthetic recontouring of gums
- Enhancement of bone site and surgical placement of implants
- Surgical lengthening of teeth
- Surgical management of patients with advanced gum problems
- Treatment and management of complex and chronic gum diseases

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

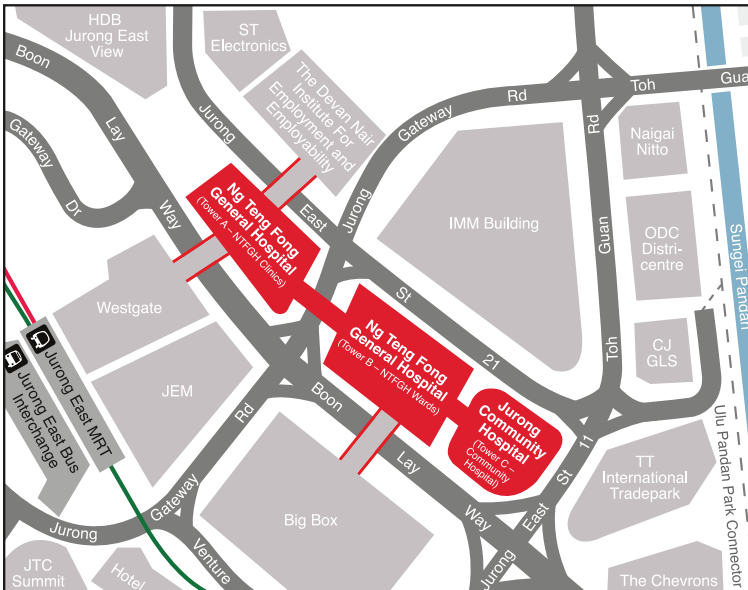
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [NUHS\\_Dental@nuhs.edu.sg](mailto:NUHS_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.