

Holistic Dentistry Melbourne - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/general-dentistry/holistic-dentistry/>

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Holistic Dentistry Melbourne - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 our services Holistic Dentistry At Smile Solutions, we deliver dental care with the whole body in mind, considering the health of your entire body, not just your teeth. What is holistic dentistry? Holistic dentistry focuses on preventive care, minimising environmental toxins, and recognising how changes in your oral health can affect your overall well-being. Our treatments combine advanced technology with a calm, patient-centred environment for a truly holistic experience. The principles of holistic dentistry Holistic dentistry focuses on introducing safe, biocompatible materials into the mouth, such as porcelain, which do not interfere with bodily functions. Key principles include: — Proper nutrition to prevent or reverse dental disease — Avoiding toxins in dental materials, such as amalgam fillings — Preventing and treating bite problems (malocclusion) — Addressing gum disease at its biological source How Your Oral Health Affects Your Overall Health Research has established links between periodontal (gum) disease and a number of serious systemic conditions: Cardiovascular disease – gum bacteria entering the bloodstream can contribute to arterial plaque formation Diabetes – a bidirectional relationship where each condition worsens the other Pregnancy complications – periodontitis is linked to preterm birth and low birth weight Respiratory illness – oral bacteria can be aspirated into the lungs At Smile Solutions, board-registered specialist periodontists understand these connections and integrate periodontal care with your broader health management. Specialist Periodontists The benefits of holistic dentistry Unlike conventional dentistry, which primarily focuses on the teeth, gums, and jaw, holistic dentistry considers the link between oral health and overall physical health. This approach uses minimally invasive techniques and carefully selected materials. Holistic treatments at Smile Solutions 1 Occlusal Assessment Technology Myowise electromyography measures masseter and temporalis muscle activity. Bite force measurement quantifies occlusal stress. Digital scanning creates heat maps of dental contacts. The prosthodontist and orthodontist collaborate to correct bite dysfunction at its source. Learn More 2 Airway, Breathing and Sleep Smile Solutions' TMD and Sleep Apnoea clinic assesses breathing, tongue posture, and airway function through a multidisciplinary team including a prosthodontist, orthodontist, in-house osteopath, myofunctional therapist, paediatric dentist, and sleep physician. Myowise electromyography measures muscle activity. Bite force measurement quantifies occlusal stress. Digital scanning creates heat maps of dental contacts. Mandibular advancement splints are fabricated in-house by the Smile Lab. Learn More 3 Laser Dentistry Laser dentistry is ideal for patients who want minimally invasive care and a more comfortable experience. Benefits include:

Pain-free small fillings and gum surgery
Faster healing compared to conventional surgery
Improved accuracy in detecting dental decay through diagnostic lasers
Reduced risk of infection and tissue trauma due to precise laser application
[Learn More](#) 4 Mercury-Free and Amalgam Replacement
Smile Solutions is a mercury-free practice. CEREC porcelain fillings are a biocompatible alternative to traditional amalgam (silver) fillings, and existing amalgam fillings can be safely removed and replaced with high-quality porcelain restorations in a single visit. CEREC porcelain restorations: Can be designed, milled and fitted in a single appointment, reducing the need for multiple visits and additional anaesthetic injections. Closely match the appearance of natural tooth enamel for a seamless, aesthetic result. Are stronger and more durable than conventional resin (white) fillings. Are made using only TGA-approved materials through The Smile Lab, with no unregulated imports or cost-cutting substitutes. [Learn More](#) 5 Children's Dental Development
At Smile Solutions, our specialist paediatric dentists and specialist orthodontists work together to take a holistic, long-term view of your child's dental and facial development. Rather than waiting until problems become complex and invasive to treat, we focus on early intervention – guiding growth during the years when it can make the greatest difference. [Learn More](#) 6 Multidisciplinary Care
A general dentist working alone cannot practise truly holistic dentistry because they cannot treat beyond their scope. At Smile Solutions, when a patient presents with gum recession, bite dysfunction, and sleep-disordered breathing, they see a specialist periodontist, a specialist orthodontist, and the TMD team – all in the same building, all sharing the same patient records and diagnostic imaging. Our in-house osteopath works alongside the dental team. Our myofunctional therapist addresses breathing and tongue posture. Our sleep physician reviews sleep studies and reports directly to the clinical team. All under one roof, coordinated through shared treatment planning. [Learn More](#) The Smile Solutions experience
Advanced Technology for Accurate Care
Our 40 modern dental suites are equipped with digital X-rays, while our in-house Collins Street Imaging department provides digital OPG and CBCT scans with specialist reporting. Digital imaging uses significantly less radiation than conventional X-rays and provides immediate results to support accurate diagnosis and treatment. A Complete Team of Dental Specialists
From dental hygienists and general dentists to board-registered specialist orthodontists, periodontists and other specialists, our multidisciplinary team works together to deliver comprehensive care tailored to your individual needs. Prevention at the Heart of Everything We Do
Our dedicated hygiene department has been helping patients achieve healthier smiles since 1993. Through regular preventive care, education and early intervention, we aim to keep your teeth and gums healthy for life. An In-House Dental Laboratory
The Smile Lab, our on-site dental laboratory led by Master Ceramist Greg Karabasis, designs and manufactures high-quality restorations using only TGA-approved materials, never unregulated imports or cost-cutting substitutes. A Calm, Welcoming Environment
Located within Melbourne's iconic Manchester Unity Building, our practice has been thoughtfully designed to help you feel at ease. Natural light, calming music, essential oils, water features and our caring team all contribute to a relaxing dental experience. A Holistic Approach to Dental Care
We believe a healthy mouth contributes to overall wellbeing. By combining evidence-based dentistry, advanced technology, biocompatible treatment options and a preventative philosophy, we provide care that supports both your oral health and your general health. [Book an appointment today](#) [Book Now](#) [Contact Us](#) [Call Us](#) 13 13 96
Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000
Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment
Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry
Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links [Contact Us](#) [Articles](#) [Packages & Offers](#) [Dental Payment Plans](#) [Understanding Your Treatment](#) [Sitemap](#) [Privacy Policy](#) Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. [Close](#)
Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants

All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now