Enjoy safe, friendly care at KND Denture Clinic

At KND Denture Clinic, the team goes out of its way to ensure patients experience high standards of care and satisfaction.

After operating in the St Albans area for over 25 years, the clinic at 192 Main Road East, St Albans, exudes a warm and comfortable atmosphere to reassure and support patients in their dental prosthesis journey. The team also services patients from Caroline Springs Dental every Tuesday from 9am to noon.

"The health and safety of our patients and staff is of the utmost importance, so people can feel very confident to visit in these challenging COVID times," prosthetist Kathy Danoucaras says.

"If anyone feels unsure or has any questions about the process involved, we encourage them to call to make a time for a consultation so that all questions can be answered as accurately as possible to reduce any confusion."

Tips to care for your dentures:

- When cleaning your dentures, always remove them from your mouth to allow a comprehensive cleaning of both the dentures and the mouth.
- If using a toothbrush, make sure it is a soft-bristled brush and that you brush the dentures gently.
- If you have natural teeth, it is still very important to keep them clean and continue visiting your dentist to have regular cleanings carried out.

Many people believe the harder you brush and the more toothpaste you use the better.

However, this is incorrect – the less toothpaste and the softer the brush and brushing motion, the better. If it is too harsh or too stiff then you may scratch your dentures, which will encourage more food to stick and build up on them.

Dental prosthetists Sam Robertson and Kathy Danoucaras provide helpful denture care tips. (Supplied)

Accidents do happen when cleaning dentures. Because they can be quite slippery, we recommend either placing a face washer in the sink or even filling the sink with a couple of inches of water so if they do get dropped in the sink, they don't hit a hard surface but rather something soft, hopefully protecting them from any damage.

If your denture feels uncomfortable or is causing pain, it is important to see your prosthetist to adjust the denture as required to relieve the pain.

Continued pain from dentures over time can cause damage to the tissue that may require a procedure to remove the damaged tissue – it's always best to keep on top of this rather than to try to put up with it.

KND Denture Clinic is currently exercising extra COVID health and safety precautions, following advice from both the Victorian Government and the Australian Dental Prosthetist Association (ADPA), of which KND Dental Prosthetists are proudly members.

"Due to the nature of our work, we are currently following all the guidelines put in place by the Victorian government and our association to make sure both patients and staff are as protected as possible in these challenging times," Kathy says.

"Our appointments are being spaced out in order to meet the guidelines, and social distancing is being practiced in our waiting room. All of these guidelines are continually changing and we are doing as much as we can to accommodate these changes correctly."

Contact the team today to ensure your smile needs are met.

KND Denture Clinic:
open Monday to Friday 9am - 6pm
at 192 Main Road East,
St Albans. Inquiries: 9364 3677

Caroline Springs Dental:
Tuesday 9am - 12pm
at Suite 8, 242 Caroline Springs Boulevard,
Caroline Springs.
Inquiries: 8361 9722

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Kathy Danoucaras, Nick Danoucaras and Sam Robertson
KND Denture Clinic, 192 Main Road East, St Albans
9364 3677 or 0409 790 820
Also at: Suite 8, 242 Caroline Springs Boulevard, Caroline Springs. 8361 9722
& 491-495 King Street, West Melbourne, 9329 7077

ADPA Australian Dental Prosthetists Association (Victoria)
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