



A GUIDE TO
HEALTHY TEETH AND
A CONFIDENT SMILE

YOUR SMILE. OUR CARE.

COMPREHENSIVE DENTISTRY AT MEDICAL CENTER ROGAŠKA

MODERN DIAGNOSTICS • PREVENTION • TREATMENT
• AESTHETICS • PROSTHETICS • ORAL SURGERY



A smile is much more than just appearance. It is important for eating, speaking, social interaction, and a sense of self-confidence. That is why oral health care is an important part of caring for the whole body and well-being.

At the Medical Center Rogaška dental office, we offer comprehensive dental treatment in one place. We provide comprehensive dental check-ups and diagnostics, pediatric and preventive dentistry, restorative dentistry and root canal treatment, periodontology, dental prosthetics, as well as oral surgery and implantology.

Procedures are also available under general anesthesia.



A healthy smile starts with understanding.

A tooth is a living organ composed of several layers. Each has its own function, and together they allow the tooth to withstand daily stresses and respond to stimuli.

*Enamel and dentin –
the perfect duo for protecting your teeth.*

PERIODONTIUM (SUPPORTING TISSUES OF THE TEETH)

The periodontium is a group of tissues that surround the tooth, hold it in the jawbone, and ensure its stability and protection. It consists of four main structures:

GUMS (GINGIVA)

protect deeper tissues from bacteria.

PERIODONTAL LIGAMENT

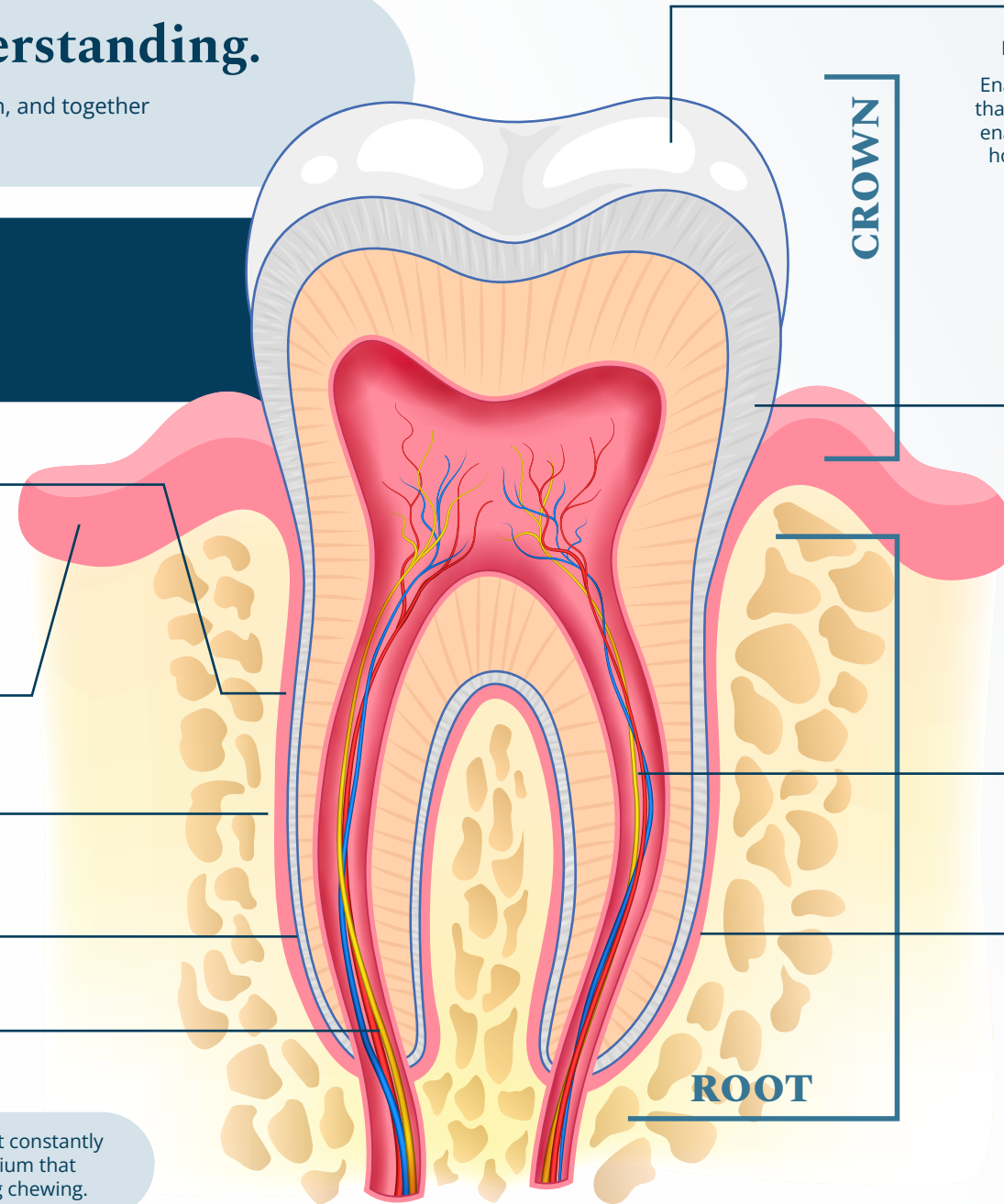
tiny fibers that connect the tooth to the bone and act as a shock absorber for chewing forces.

ROOT CEMENTUM

ALVEOLAR BONE

the part of the jaw in which the tooth is anchored.

FUN FACT: The periodontium is not “just support” for the tooth – it is a living tissue that constantly regenerates, senses loads, and adapts to chewing forces. It is because of the periodontium that teeth can effectively withstand forces that often exceed several dozen kilograms during chewing.



CROWN

ROOT

ENAMEL

Did you know that tooth enamel is the hardest substance in the human body?

Enamel is the most mineralized tissue in the body, and its hardness is much greater than that of bone. Only individual extensions of nerve fibers reach into the enamel. The role of enamel is to protect the tooth from daily stresses during chewing and from the effects of hot, cold, sweet, and acidic food. Because it contains no living cells, it cannot regenerate itself after an injury, unlike bone, for example.

INTERESTING FACT: Enamel is the hardest substance in the body, but its indestructibility is only apparent. Once lost due to wear, erosion, or caries, the body cannot regenerate it – which is why prevention is the best protection.

DENTIN

Dentin is located beneath the enamel; it is softer and much more sensitive. It is permeated by millions of tiny tubules leading to the dental pulp, which contains nerves and blood vessels. When enamel wears down or becomes damaged, the dentin becomes exposed, which can cause sensitivity to cold, hot, sweet, or acidic food.

FUN FACT: Dentin makes up the largest part of the tooth and determines its natural color. Because enamel is slightly translucent, the shade of your teeth largely depends on the dentin underneath it.

DENTAL PULP

Inner part of the tooth with nerves and blood vessels. If bacteria penetrate to the pulp, they can cause strong pain and an inflammation, which require root canal treatment.

DENTAL CEMENT

Dental cement is a special hard layer that covers the root and allows the tooth to be firmly anchored in the jawbone. Embedded in the dental cement are the fibers of the periodontal ligament, which act as a natural “shock absorber” between the tooth and the bone.

FUN FACT: Dental cementum is the only mineralized tooth tissue that can continue to deposit slowly throughout life; the layer of cementum typically thickens with age.

Prevention is the best form of treatment.

We can do the most for the health of teeth and gums before pain or inflammation even occurs. Good prevention is based on daily home care, appropriate dietary habits, regular dental check-ups, and professional oral hygiene.

THE FOUR FOUNDATIONS OF A HEALTHY SMILE



Thorough Brushing

Brush your teeth at least twice a day using a medium hard toothbrush and fluoride toothpaste. Pay special attention to the gum line and the back teeth.



Cleaning interdental spaces

A toothbrush cannot reach all surfaces. Interdental brushes or dental floss remove plaque from areas where caries and gum inflammation often begin.



Regular check-ups

The frequency of check-ups is tailored to the individual. For many patients, a check-up every six months is appropriate, while for others, it may be more or less frequent depending on their risk level.



Professional cleaning

Even the most diligent home care cannot completely remove all dental plaque. Professional oral hygiene is an important part of preventive care; it reduces the risk of gum disease, helps freshen breath, and preserves the natural beauty of your smile.

How does caries develop?

Bacteria in dental plaque use sugars from food and drinks to produce acids. These gradually dissolve the mineral structure of the enamel. As it progresses into the dentin or toward the pulp, sensitivity, pain or inflammation may occur.

IMPORTANT:

The absence of pain does not mean that the teeth are free of problems. Regular check-ups allow for the detection of changes at an early stage, when treatment is usually less extensive.

Healthy gums – the foundation of healthy teeth

Most people believe that the most important factor for a healthy smile is being free of caries. In reality, gum health is just as important as the health of your teeth. Gums provide support for the teeth and ensure their stability. When healthy, they are firm, pale pink, and do not bleed during brushing or flossing.

If you notice blood on your toothbrush or dental floss, do not ignore it. Bleeding is one of the first signs of gum inflammation, which is most commonly caused by dental plaque.

In the early stage, we refer to this as gingivitis – an inflammation of the gums that can be successfully resolved with proper oral hygiene and professional cleaning. If left untreated, the inflammation can progress into periodontitis. At that point, bacteria damage the tissues and bone that hold the tooth in place. The consequences include receding gums, loose teeth, and, in the most severe cases, the loss of otherwise healthy teeth.

HEALTHY GUMS



Pink, firm gums, tightly envelop the tooth and do not bleed.

INFLAMED GUMS



Red, swollen gums, may bleed and are sensitive.

When teeth become sensitive

Have you ever felt a sharp pain when taking a sip of cold water or a bite of ice cream? Tooth sensitivity is a common problem that can significantly impact quality of life.

THE MOST COMMON CAUSES ARE:

- gum recession,
- tooth enamel wear,
- caries,
- cracked teeth,
- frequent consumption of acidic food and drinks,
- brushing too hard.

Sensitivity is a warning sign that the tooth needs a professional examination. Sometimes changes in oral hygiene or the use of a special toothpaste are enough, while in other cases, treating the cause of the problem is necessary.

If sensitivity persists for a longer period or intensifies, we recommend a visit to the dentist.

Bruxism – when teeth suffer during sleep



Bruxism refers to the **unconscious clenching or grinding of teeth**. It most commonly occurs at night, which is why many patients remain unaware of the problem for a long time.

The first signs can include morning jaw pain, headaches, a feeling of tension in the facial muscles, or increased tooth sensitivity. Long-term grinding causes tooth wear, cracked fillings, enamel fractures, and overloading of the temporomandibular joint.

There are several causes of bruxism – ranging from stress and anxiety to an improper bite or sleep disorders. It is therefore important that treatment is based on accurate diagnostics.

At Medical Center Rogaška, we prepare an individual treatment plan. Depending on the cause of the problem, we may recommend a protective night guard, bite adjustment, or other therapeutic measures to protect the teeth and reduce the load on the temporomandibular joint.



When a tooth needs restoration

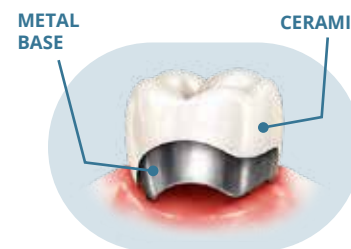
Despite regular oral health care, teeth can be damaged due to caries, wear, injury, or root canal treatment. When a tooth is no longer strong enough for a conventional filling, it can be restored with modern prosthetic solutions that restore its function and natural appearance.

At Medical Center Rogaška, we always strive to preserve the natural tooth whenever possible. If it can be saved, we choose a treatment that preserves as much healthy tooth substance as possible.

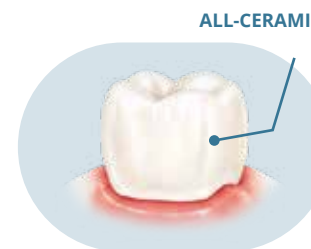
CERAMIC CROWNS – PROTECTION AND A BEAUTIFUL APPEARANCE

When a tooth is severely weakened or damaged, it can be protected with a ceramic crown. The crown covers the entire tooth, restoring its strength, shape, and aesthetic appearance.

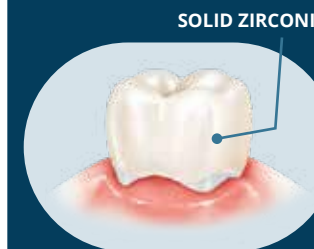
Before creating the crown, we carefully examine the tooth and prepare an individual treatment plan. When choosing the material, we take into account the position of the tooth, the bite, aesthetic requirements, and the patient's wishes.



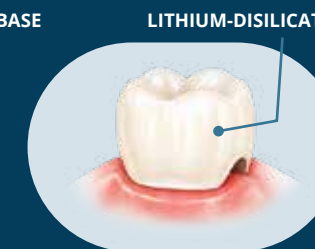
METAL-CERAMIC CROWN



METAL-FREE CROWN



ZIRCONIA CROWN



E-MAX CROWN

WHICH CROWN IS RIGHT FOR YOU?

ALL-CERAMIC CROWNS (E-MAX CROWNS) are an excellent choice for front teeth, as they mimic the appearance of natural enamel and provide a superior aesthetic result.

ZIRCONIA CROWNS are characterized by exceptional strength and a natural appearance, making them suitable for both front and back teeth.

In some cases, **METAL-CERAMIC CROWNS** remain a suitable solution, combining the strength of a metal framework with aesthetic ceramics.

We will advise you on which solution is most appropriate for your specific condition.

When a tooth can no longer be saved

A missing tooth is not just an aesthetic issue. Over time, adjacent teeth may begin to tilt toward the empty space, the bite can change, chewing becomes difficult, and the jawbone at the site of the missing tooth gradually begins to diminish.

Modern dentistry offers several ways to replace missing teeth. The most natural and long-term solution is a dental implant.

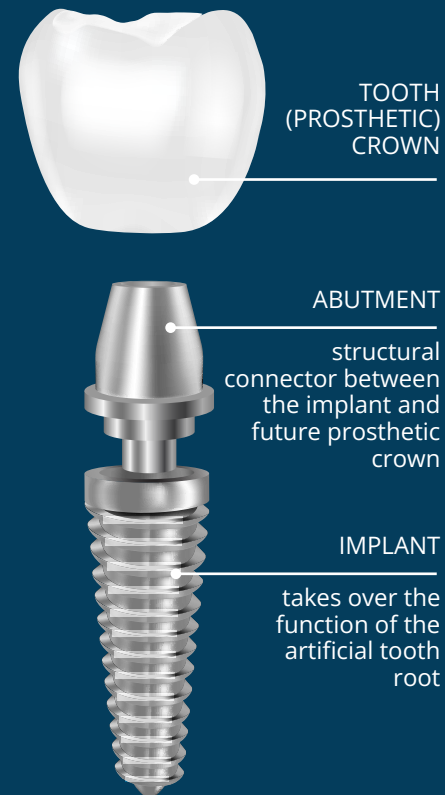


Dental implants – a modern solution for missing teeth

A dental implant is a small titanium screw that replaces the root of a missing tooth. After the healing period, an individually designed ceramic crown is placed on it, mimicking a natural tooth in both appearance and function.

Implants enable stable chewing, preserve the jawbone, and do not require the grinding of adjacent healthy teeth. With proper oral hygiene and regular check-ups, they can last for decades.

At Medical Center Rogaška, we believe that every prosthetic solution must be functional, long-lasting, and aesthetically aligned with your natural smile. That is why we take the time for consultation, precise planning, and the individual treatment of each patient.



10 tips for a healthy smile

1. Brush your teeth twice a day with a medium hard toothbrush.
2. Clean the interdental spaces at least once a day.
3. Replace your toothbrush or electric toothbrush head regularly.
4. Limit your consumption of sugary drinks and snacks.
5. Wait approximately 30 minutes before brushing your teeth after consuming acidic drinks.
6. Do not delay visiting the dentist if you notice pain or bleeding gums.
7. Attend preventive check-ups regularly.
8. Do not forget about professional oral hygiene.
9. If you grind your teeth at night, consult your dentist.
10. Take care of your oral health today – your smile will thank you in the future.

Why choose Medical Center Rogaška?

At Medical Center Rogaška, we combine expertise, modern technology, and a personalized approach. Our goal is not just treating teeth, but comprehensive oral health care and the well-being of each patient.

OUR ADVANTAGES

- ✓ Comprehensive dental care in one place
- ✓ Experienced experts from various fields of dentistry
- ✓ Modern diagnostic and therapeutic equipment
- ✓ Individual treatment plan
- ✓ High-quality materials and proven methods
- ✓ Friendly attitude and personal approach
- ✓ A long tradition of healthcare services in Rogaška Slatina



MEDICAL CENTER
ROGAŠKA



*A healthy smile is one of the best
investments in your health.*

Book an appointment and take the first step towards a healthy and confident smile.

Medical Center Rogaska –
Dental Clinic



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