

HARLEY HAPPENINGS

Issue 6 - June 2025

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A message from Dr Seema Pearl Singh

Manager, Operations
and Clinical



As we welcome 2025, our team is energized by a renewed focus on delivering high-quality, specialised dental care with patient wellbeing at the heart of everything we do.

Recent months have seen a strategic restructure at Harley Dental & Day Surgery to boost productivity and streamline services, with a strong focus on staff wellbeing. Our team continues to upskill through employer-supported training and cross-training initiatives to ensure seamless service across all areas.

We are also excited to welcome Dr Alex Caraballo, who has 14+ years experience in dentistry. Dr Alex has successfully completed the Australian Dental Council Examination and is working towards his specialist

registration in Orthodontics. The areas of his special interest include Invisalign, interceptive treatment, fixed and removable orthodontics.

The unwavering passion and commitment of our clinicians to patient care truly embodies the values we uphold at Harley.

- Dr Rob Ormerod, Prosthodontics
- Dr Rob Shea, Dental Sleep Medicine
- Dr Ranu Acharya, Periodontics
- Dr Alex Caraballo, Orthodontics

Looking ahead, we're expanding our services to better serve a broader community. Stay tuned for more in 2025!

Enjoy the read, and stay warm, everyone.





Welcome, Dr Alex Caraballo!

Dr. Alex Caraballo brings expertise and passion to creating beautiful, straight smiles. A qualified dentist from Los Andes University (2010) and further training in Orthodontics from El Bosque University (2015), Dr. Caraballo has expanded his skills through postgraduate training in oral surgery, Invisalign, self-ligating and lingual orthodontics.

As a highly skilled and compassionate dentist, Dr. Alex Caraballo interest field in the growth and development of the jaws, early orthodontic treatment, and functional and cosmetic braces to create stunning, healthy smiles.

Dr. Caraballo relocated to Australia in 2022 and achieved his Australian Dentist Accreditation in 2024. He's excited to share his expertise with Australians and deliver personalised dental care.

Smoking and Periodontitis: Understanding the connection

by Dr Ranu Acharya, Periodontist

BDS, GradCertClinDent ADC, MRACDS(PDS),
DCD(Periodontics), MRACDS(SDP)

The impact of smoking is a well-known risk factor for periodontal disease and 0 proven causative agent in lung cancer.

As we know, smoking 10 or more cigarettes places an individual at high risk of periodontal disease with rapid progression. It is not only the number of cigarettes smoked per day but also the cumulative effect of the years an individual has smoked that determines their risk category.

There are many times when individuals on their journey to cessation notice an increase in bleeding gums. It is important to educate and reassure our patients that once cessation commences, the gingival vasoconstriction of the blood vessels caused by smoking in our gums relaxes, resulting in bleeding gums.

This occurs because tobacco smoking affects the inflammatory response and gingival bleeding in a reversible manner upon quitting.

However, this improves in the short to medium term over a 12-18 week period, but it takes many years for smokers to reach the same risk profile as non-smokers.

The odds ratio of having periodontal disease increases from 3 for those smoking ≤ 9 cigarettes per day to 6 for those smoking ≥ 31 cigarettes per day, and 1.1 for smoking less than 5 years compared to 5 for those smoking for 21 years or more.

Smokers may also present with deeper periodontal pockets, increased attachment loss, and delayed healing responses after treatment.

These clinical manifestations often make management more complex. Addressing these challenges through tailored patient education, early intervention, and continuous monitoring is key in reducing the burden of periodontal disease linked to smoking.

Day Surgery Update

Harley Day Surgery stands as a beacon of excellence in outpatient surgical care, centrally located in North Adelaide's prestigious medical district. Our contemporary facility features state-of-the-art equipment and comfortable, serene surroundings designed to enhance patient experience and well-being.

We continue to welcome both new clinicians and new theatre and support staff. We are fortunate to have a dedicated day surgery admin officer to assist with streamlining the booking of day surgery cases.

Harley Day Surgery proudly holds accreditation with the National Safety and Quality Health Service Standards (NSQHS) and ISO 9001 Certification, reflecting our unwavering commitment to the highest standards of safety and quality in patient care. Our innovative digital pre-admission system streamlines the process, making your journey with us as efficient and seamless as possible.

Intravenous (IV) sedation in dentistry offers significant advantages for both clinicians and patients. For clinicians, IV sedation enhances patient cooperation, enabling the performance of complex or lengthy procedures with greater ease.

Due to the strong and consistent performance of our day surgery, we are now exploring the expansion of our medical specialties beyond dentistry. Our goal is to include a broader range of minor surgical procedures that are suitable for IV sedation, local or regional anaesthesia such as plastics and dermatology. We continue to welcome new clinicians, and we are excited to collaborate with specialists interested in providing high quality care in an efficient and patient focused environment.

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97%

Aseptic Technique



0%

Patient Falls



0%

Medication Incidents





From the Desk of Dr Rob Ormerod

Prosthodontist. BDS (Rand), M. Dent (Pros) (Wits), ADC (Melb).

Dental Implant or Bridge - Which Is Right for You?

If you have a missing tooth, you may be asking: "Should I choose a dental implant or a dental bridge?" The answer depends on your individual dental health and needs—there's no one-size-fits-all solution.

Both dental implants and bridges are effective ways to restore your smile, but choosing the right option involves considering several factors.

One common question is about cost. Surprisingly, the cost difference between an implant and a bridge is often minimal.

A dental implant includes a titanium post, abutment, and crown. A dental bridge involves two crowns on adjacent teeth and a replacement tooth (called a pontic) in between.

The condition of the teeth next to the gap is an important consideration. If the surrounding teeth are healthy, an implant may be ideal, as it doesn't involve altering nearby teeth.

However, if those teeth are already filled, worn, or cosmetically unappealing, placing crowns on them as part of a bridge may be beneficial.

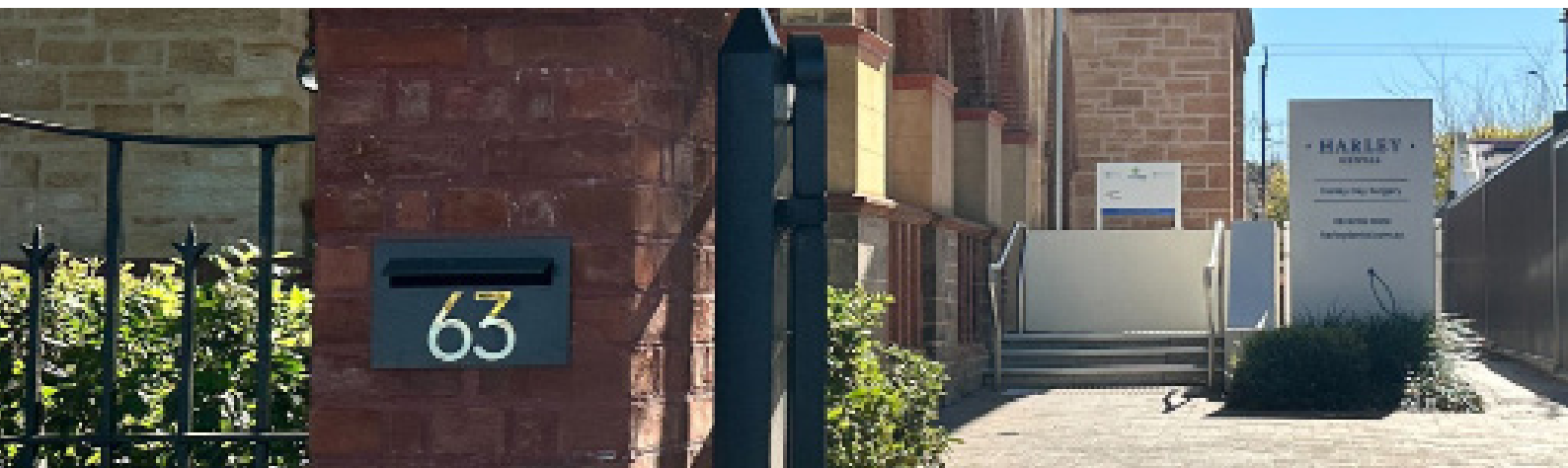
Timing and healing are also important. If the tooth was recently extracted, you may need to wait several weeks before a permanent implant or bridge can be placed to allow the area to heal properly.

Another factor is bone support. Implants require sufficient bone in the jaw. If bone loss has occurred, a graft may be needed, which can add cost and time to treatment.

The position of the missing tooth—front or back—also affects the decision, especially if appearance is a priority.

If you're feeling unsure, that's completely normal. Many patients find the decision overwhelming. The best course of action is to consult your dentist or prosthodontist for expert guidance.

Every smile is different. Let us help you choose the option that's right for you.



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