



Dentistry

Dentistry deals with the diagnosis and treatment of tooth and gum diseases, using treatments such as interdisciplinary treatment, implantology and orthodontics. The health of the teeth depends to a great extent on a person's overall health.

Estonian dentists are particularly well-known internationally for their interdisciplinary approach to treatment.

Orthodontic treatments are used to correct misaligned teeth and fitting implants is the best way to replace missing teeth. Prosthetics can be used to correct defects in the dental crowns and to replace individual missing teeth or even a whole row of teeth in a toothless jaw.

A great deal of attention is paid to patient comfort and welfare in Estonian dental clinics and the clinics use the very latest technology. All the latest dental technology and equipment is used, such as the specialised microscope for root canal treatments that allows magnification of up to 20 times, and the dental surgeries themselves are friendly and comfortable places. Estonian dentists are experienced in dealing with complicated cases and an individual treatment plan is drawn up for each patient to meet their specific needs and interests.

Estonian dentists are particularly well-known internationally for their interdisciplinary approach to treatment, which often includes multiple treatment stages, with each stage being handled by a dedicated specialist. Drawing up and carrying out the treatment plan is generally a team effort, with contributions from the dental hygienist, surgeon and technician as appropriate. Thorough testing is done before an implant treatment, with clinical tests of the oral cavity, 3D X-rays and analysis of models of the dental arches where necessary. If anaesthetised dental treatment is necessary, for example if the patient suffers from panic about dentistry or if the case is particularly complicated, then an anaesthetist and assistant are added to the treatment team. Anaesthesia equipment with an integrated monitor is used, of the type usually used for general surgery in large hospitals, and an automated external defibrillator is ready for immediate resuscitation.

Estonia has exported dental services for many years, mainly to patients from Finland, Sweden, Russia and Switzerland.

The choice of services:

- Dental examination ➤ Thorough cleaning of the teeth ➤ Teeth whitening ➤ Dental anaesthesia ➤ Root canal treatment ➤ Orthodontics ➤ Implants ➤ Prosthetic teeth
- Gum treatment ➤ Prosthetic dentistry ➤ Oral surgery

Estonian medical help was rated as good or mostly good by 80% of residents in 2012, which is the best result ever achieved.

Prices*:

Implant surgery stage I	750 €
Implant crown	1100 €
Set of braces from	2500 €
Ceramic crown	425 €

*Example prices for Estonia. Prices and packages vary between service providers. To get an individual price quote, please contact your preferred service provider, who will be able to advise you on the most appropriate tests for your personal needs and inform you of the factors that will determine the final cost.



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