

COME TO LATVIA FOR A BEAUTIFUL, HEALTHY SMILE!

Dentistry is among the most popular healthcare services performed as part of medical tourism abroad. Often, it's the attractive prices that appeal to clients, but unfortunately the results are not always satisfactory.

The Latvian Health Tourism Cluster's treatment facilities use only the very latest technologies and certified dental materials proven over years of experience to provide every patient with the best possible results. Their specialists care deeply about the quality of the services they provide, and patients can be sure that they will receive the very best care.

Some people still have a fear of going to the dentist, but they can be assured that the Cluster's specialists offer not only local but also full anaesthesia as well as nitrous oxide, or so-called laughing gas. They also practise laser dentistry to make the treatment process less painful and more pleasant.

The field of cosmetic dentistry has also developed rapidly, giving everyone the opportunity to have a dazzling smile. Beautiful, healthy teeth serve as a person's calling card, and healthy teeth can boost a person's self-esteem and self-confidence. To achieve this, make sure to choose treatment facilities with high levels of quality and safety.



healthtravellatvia.lv

APINES CLINIC – DENTAL IMPLANTS AND COSMETIC DENTISTRY

Apines Clinic (Dr. Apines klinika) employs experienced, certified prosthodontists and implantologists who perform implant placement, bone growth procedures, and high-quality restoration of dental aesthetics with dental veneers and crowns. The prosthodontist makes a diagnosis and offers the most appropriate treatment for each individual patient, taking into account their wishes, needs, and possibilities.

Dental implants replace missing teeth and completely reproduce the function and appearance of a natural tooth. An implant is a titanium screw that is inserted into the jawbone and has a tooth-shaped crown made of artificial material above the gum line. It is an excellent way to replace a missing tooth or even an entire group of teeth. Implants are functionally and visually the same as real teeth, and it is in fact difficult to distinguish between the two by merely looking at or feeling them. Dental implants can be placed in healthy patients of any age.

Dental veneers, also known as porcelain laminate veneers, are one of the most common types of tooth restoration. They significantly improve the aesthetics of the front teeth and the visual appearance of the smile. Veneers are made individually



for each patient in a laboratory and match the colour, size, length, and shape of the patient's other teeth. The finished veneers are then attached to the front surface of the teeth with a special cement. Modern technology has made it possible to produce such a thin ceramic layer that the patient's natural tooth tissue can be preserved almost in its entirety.

Dental veneers may be suitable for patients with discoloured enamel, a dead or darkened incisor, large gaps between teeth, or crowding that cannot or will not be corrected by orthodontics. They can also be used for people with short and worn teeth, unattractive fillings, fractures and cracks in the incisor area, and pegged or conical (thin, small, pointy) teeth.

PRICES

Consultation with a prosthodontist: free
Dental implant: from EUR 740
Crown attached to a dental implant: from EUR 840
Porcelain dental veneer: EUR 650
apinesklinika.lv



ARS MEDICAL CENTRE – GENERAL DENTISTRY

At the ARS Medical Centre's Dental Clinic, a certified dentist will assess your oral health and draw up a treatment plan. Additional examination methods such as X-rays, CT scans, and/or ultrasound of the jaw are used to provide a more detailed diagnosis.

Various restorative materials are used in the dental treatment process: silver amalgam, helio (composite) materials, ceramic fillings. If the tooth is too badly damaged and the nerve tissue is damaged, a root canal (endodontics) is necessary. This is a time-consuming and delicate procedure that not only requires special medical knowledge and skills but also equipment specifically designed for root canal treatment. The result is monitored with follow-up x-rays.

If necessary, the ARS Dental Clinic also performs gentle tooth extractions.

Services provided by ARS Dental Clinic:

- Dental fillings with newest-generation materials: light-cured composites (white fillings), porcelain or amalgam (silver fillings)



- Root canal and root canal treatment using the latest dental techniques and technologies
- Tooth restoration using microprosthetics: ceramic inlays and onlays
- Restoration of dental aesthetics (incisor area): closing of gaps, repair of cosmetic defects
- Laser teeth whitening
- Professional dental hygiene: removal of tartar, plaque, hard pigment
- Endodontics. When the patient is faced with potentially losing a tooth, a root canal using modern technology and specialist skills can save and preserve the tooth. Endodontic treatment is also important in the preparation of teeth for prosthetic treatment. Endodontic diseases are often only detected by radiological examination.

PRICES

Consultation and treatment plan: EUR 30
Endodontic consultation: EUR 40
Teeth whitening with gel: EUR 120
arsmed.lv/zobarstnieciba



SKY DREAM CLINIC – COMPLETE DENTURES

Sky Dream Clinic's undoubted advantage is its integrated approach to patient treatment, which means that all of the clinic's highly specialised dentists work as a team.

The clinic employs highly educated and experienced prosthodontists who can restore a smile within a day and offer complete dentures using all-on-4 or all-on-6 dental implants. This is a patented prosthetic method that effectively addresses the problem of a complete loss of teeth. The method involves the placement of four or six implants, which serve as a support for the dentures, whether removable or fixed. Implantation involves immediate loading of the jaw and fully restores chewing function. It is suitable for anyone who wishes to have a total reconstruction of their teeth and solve an aesthetic problem as quickly as possible.

Initially, four or six implants (artificial roots) are placed in the jaw. Within one to three days, the prosthesis is placed on the implants and immediate jaw loading is possible. This promotes the rapid recovery of chewing function.



To avoid discomfort as much as possible during complex treatment or surgery, the specialists at Sky Dream Clinic perform the treatment under general anaesthesia. The patient receives preparatory instructions beforehand and must also have an initial consultation with the anaesthesiologist as well as an assessment of his or her physical condition.

The quiet and comfortable environment at Sky Dream Clinic guarantees that patients feel secure and at ease as they embark on their path to a new and beautiful smile with the help of leaders in the field.

PRICES

Dental Check-up (consultation, full oral diagnosis, treatment plan, 3D X-ray): EUR 144,90
Online dentist consultation: EUR 89,90
Total dental prosthetics implants ALL on 4/6: from EUR 4200
skydream.lv



DENTARIUM DENTAL CLINIC – CEREC AESTHETIC DENTISTRY, IMPLANTOLOGY, ITOP HYGIENE INSTRUCTION

Dr. D. Petrosyan's Dentarium Dental Clinic offers a wide range of professional dental services for children and adults, adapting to the individual needs and preferences of each patient.

- Services provided:
- Oral hygiene
 - iTOP hygiene instruction method
 - Therapeutic treatment
 - Cosmetic dentistry
 - Dentures
 - Surgery
 - Implantology
 - Sedation and comfort
 - CEREC ceramic restoration of teeth

Dental hygiene plays an important role in maintaining oral health and overall well-being. Dentarium Dental Clinic is staffed by professionals who will train you in the most effective oral care methods to prevent gum and tooth disease.

For high-quality and long-lasting prosthetics, it is important to choose the right dental implant design to suit each individual clinical case. Dentarium ensures that implant placement is quick, comfortable, and virtually painless. Thanks to advanced techniques and high-quality materials, the rehabilitation process is also quick and pain-free.

The CEREC technology offered by Dentarium makes it possible to restore a tooth in a single visit. Advanced CAD/CAM 3D imaging and computer-aided technology are used to design and create restorations with extreme precision and a natural appearance. The production time per unit is 1.5 hours. CEREC ceramics match the shades of natural tooth colours.

PRICES

Oral hygiene instruction: from EUR 90
 CEREC ceramic restoration: from EUR 800
 IPS e.max crowns (CEREC) on implants: from EUR 1000
 Implant system: from EUR 900
 dentarium.lv



SIROWA DENTAL CLINIC – THE HOME OF THE SMILE FOR ALREADY 30 YEARS

The Sirowa Dental Clinic in Riga is an innovative dental clinic whose specialists are ready to take on all types of dental implantology, prosthetics, aesthetic prosthetics, dental treatment, and dental hygiene. They are dedicated to finding the most suitable solution for each patient. They are also particularly skilled in working with children, which makes the specialists at Sirowa an excellent choice for young patients requiring a dental visit.

The clinic has a modern operating theatre for dental implants, surgical manipulations, and tooth extraction as well as the latest equipment to provide dental treatment under general anaesthesia. After surgery, patients may stay in a specially equipped recovery room under the supervision of certified anaesthesiologists-resuscitators, if they so wish.

Sirowa Dental Clinic takes a professional and attentive attitude to each of its patients. This is one of its main advantages and has been its tradition for 30 years.

PRICES

Consultation: EUR 65–80
 OPG (panoramic x-ray): EUR 55
 Examination: EUR 35
 sirowaclinic.com



AESTHETICA CLINIC – COSMETIC DENTISTRY FOR A PERFECT SMILE

The Aesthetica Clinic offers composite, or helio, coatings for teeth, which are one of the most effective and popular cosmetic dentistry services and allow anyone to realise the dream of a beautiful smile and healthy teeth. They let patients achieve maximum results with minimally invasive methods in the restoration and aesthetic restoration of their teeth. Composite coatings often prove to be a better alternative to teeth whitening and veneers. In addition, the advantageous prices of composite materials are also an undeniable advantage of this service.

Veneers are often preferred for correcting various cosmetic dental defects, while the discolouration of teeth is most often addressed by chemical teeth whitening. However, in most cases, patients prefer a minimally invasive method that will not affect their tooth structure or long-term dental health yet nevertheless produces excellent results. Also, chemical teeth whitening is not suitable for all patients. For people with more sensitive teeth or gums, this procedure may cause discomfort and dental health problems in the long term. The alternative to these two popular cosmetic dentistry services is a composite, or heliomaterial, coating.

Heliomaterial coatings can address a wide range of cosmetic dental defects, such as tooth discolouration caused by diet, lifestyle, or



poor-quality prior dental treatments (including silver fillings) as well as deformities (crooked teeth, gaps between the teeth). Importantly, a helio coating, or bonding, is also suited to correcting a cosmetic defect on a single tooth or only a few individual teeth. The composite coating is formed during the procedure, and it is applied with minimal interference to the existing tooth structure. This specific method of forming and applying the coating is also more affordable in terms of price. The procedure is relatively simple, and it is possible to treat several teeth or even a row of teeth in one visit.

Before applying a helio coating, patients must consult with a dentist about the general health of their teeth and oral cavity and must also have their teeth cleaned by a dental hygienist. After the procedure, they must take good care of their teeth and have the composite material professionally polished once a year to maintain good results.

PRICES

Composite veneer (one unit): EUR 350
 Composite coating (one tooth): EUR 200–250
 aesthetica.lv



ERA ESTHETIC DENTAL – LASER DENTISTRY

Laser technology has opened a new chapter in modern dentistry. Today, both hard and soft tissues can be treated effectively and painlessly with innovative laser systems. In the hands of experienced dentists, the latest generation of lasers prevents caries (tooth decay) without anaesthesia, treats root canals with high precision, removes tartar non-surgically, and prevents tooth loss caused by gum disease without the need for a scalpel.

The laser produces a highly precise beam of concentrated energy that can treat a wide range of oral health problems. It simultaneously sterilises and coagulates blood vessels, thus reducing the chance of infection. Lasers are also used in dental surgery, for example, as a cutting instrument or tissue vaporiser, meaning that they melt the tissue they come into contact with. The use of a laser instead of a drill or scalpel significantly reduces pain during a procedure. Depending on the patient, anaesthesia is often not necessary at all!

The selective action of the laser on tissues, the protection against pain, the sterilising properties of the laser, the contactless action of the light beam, and the possibility of avoiding surgical intervention – all of these features significantly improve the quality of dental procedures performed using a laser.

Era Esthetic Dental offers the latest generation of laser technology to ensure the most effective and comfortable treatment of teeth and gums

as well as safe therapeutic and aesthetic procedures. Laser dentistry can be used for painless and drill-free treatment of tooth decay, highly effective and precise treatment of root canals, scalpel-free treatment of tooth loss caused by gum disease, gentle and quick teeth whitening, and comfortable oral hygiene. Such contactless treatment also provides significantly higher protection against respiratory tract infections, including Covid-19.

With the latest generation of laser technology, Era Esthetic Dental provides:

- Removal of infected tooth tissue
- Treatment of gum disease (caries)
- Root canal treatment
- Dental crown lengthening
- Quick and painless treatment of soft tissue
- Surgical suture replacement
- Surgical manipulation of the gums without the need for sutures
- Smile correction
- Treatment of dental abscesses
- Teeth whitening
- Composite restorations

PRICES

Consultation before laser procedures: EUR 50
 Laser dental filling (one surface): EUR 124.50
 Laser root tip resection: EUR 265
 Laser removal of soft tissue growths: EUR 230
 eradental.lv