Services (9 cuadritos) En este orden

# Dental Exams and X-Rays

The exams are to evaluate your overall health and oral higiene and any other consultation. A dental X-ray allows the dentist to see detailed images of the patient’s mouth

# Dental Fillings

Dental resin is the treatment performed by dentists, in which a tooth is filled after performing a thorough cleaning of the hole caused by caries. The material offers very aesthetic properties and suitable for those who seek their natural appearance.

# Dental cleaning

Dental cleaning consists in the elimination of bacterial plaque, tartar and stains that lodge in the teeth or below the gums, by cleaning, disinfecting and polishing. In addition to the educational process to avoid relapse of the patient.

# Scaling and Root Planing

Scaling and root planing (sometimes called “deep cleaning”) is the most common procedure for treating periodontitis, or gum disease.

# Dental Whitening

Dental whitening is done with a laser lamp where the patient is given a gel of carbamide peroxides that clean the tooth from inside of it and that is activated by a cold LED light that serves to increase the whitening power.

# Dental Crowns

A dental crown (or a bridge, which are several crowns) is a fixed prosthesis that we place on a tooth to reconstruct its aesthetics and protect the tooth in the oral activity you perform, such as eating, biting, speaking. etc.

# Root Canal Treatment

Root Canal Treatment is a dental procedure that removes the nerve or dental pulp of the tooth. This is often required when the nerve of a tooth has been damaged by trauma or more commonly tooth decay.

# Orthodontics

Orthodontic treatment not only improves the look of your smile but your health as well. Straight teeth are easier to clean and less likely to get tooth decay or injured.

# Removable Dentures

Dentist recommend dentures when the patient needs to replace tooth loss.The conventional full dentures are crafted to fit your mouth comfortably. They’re durable, long-lasting, and they function like natural teeth. In addition, they’re also created to match the natural appearance of your teeth as closely as possible.

Your smile is the ultimate golden dream

Believe it or not, smiling makes you happier, and it’s actually good for your overall health. We often smile more when we are happy, but smile less when we’re feeling down, hurt, sad, and unhappy – that’s no doubt.

But you know what? Smiling during unpleasant situations makes it easier for us to move forward. After all, the benefits of smiling are too many! It helps improve our overall mood and as well as lowers our stress level. Also, smiling is free – there’s no reason not to smile! It helps you feel better and even lift your bad mood. So, whenever you’re facing some difficulties in life, don’t forget to smile and be happy – that will get job done – for certain. And if you feel uncomfortable with your Smile, let me help you with that, you will have no reasons to show your teeth to the world.

## Meet Dr. Carlos

My name is Carlos Rodríguez Arce, I am a Surgeon-Dentist graduated from the University of Costa Rica. I will be providing dental services for all kinds of people in the zone of Santa Teresa in Puntarenas, Costa Rica. I am here to serve you with any questions and concerns.

The dentistry market has changed with the years and trends in it as well. The current concepts used in dentistry seek to offer the patient new treatment options, mostly less invasive and more convenient, in order to include the patient in making decisions about what they want to achieve.

My education at the University of Costa Rica has allowed me to know many different techniques to validate the principles of modern dentistry and provide the patient with different diagnosis and treatment alternatives, always with quality and also the respectful and humanitarian treatment towards the patients that has characterized me. I’m here to help you, come with me and get a tropical smile, contact me!

# Formation

Degree in Dentistry and Oral Surgery at the University of Costa Rica

Emphasis on the treatment of Periodontal diseases

English Spoken

Our Work Paradise

Santa Teresa, Costa Rica is all about relax and surfing. From beach-side hammock hotels catering to backpacking surfers, to wealthy California surfers living the good life, Santa Teresa has them all. If you’re coming to Santa Teresa, chances are you’re here to enjoy a tropical Paradise, with an extensive gastronomic and hotel offer, nice places to know and stay, clubs where you can have fun and enjoy the nights, health services and surf or at least enjoy the waves.

Unlike the Malpais beaches south of the crossroads, Santa Teresa has mostly white sand beaches, with great beach breaks almost everywhere. There’s also a world-class point break called “Suck Rock”, which occasionally gets ridable waves up to 20 feet high.

Santa Teresa’s foreign population is very international, with beach lovers from all over, and it shows in the culture. There are many amazing restaurants, and a few world class boutique Santa Teresa hotels in the area. Movie stars and other celebrities are frequently spotted walking along the beaches. In the last few years, several successful small art galleries have appeared, such as Inspiracion Gallery and Zwart Cafe/Gallery.

There’s a lot to do here. Besides surfing, there are two canopy tours (one in Malpais and one in Montezuma). Several yoga centers with beautiful ocean views or beachfront such as Pranamar, are very popular. In fact nearly every spot in Santa Teresa has a place to do yoga within walking distance. Other popular activities include sailing, scuba diving, and sportfishing, ATV “quad” rentals/tours and a very attractive nocturnal life.