

About +HC

Access to excellent medical care is finally possible thanks to the +HC Health Croatia network, set up with the precise objective of selecting the best Croatian health services in order to guarantee an all-round wellness experience for you and your travelling companions. We take care of every aspect all along the way, from health treatments to accommodation and your return home. Without leaving anything to chance.

For your wellbeing

Enjoy the freedom of being able to enjoy life to the full once more. Our health service is close to your real needs and our therapeutic solutions meet your requirements with customized payments. We ensure guaranteed results and professional services in all spheres, according to the highest European standards.

Associates of +HC

godent

GALIĆ
:DENT

dental studio - dr.
Tatjana Galić
dentist

dental studio specialized in orthodontics - dr.
Romana Knežević Ružman
orthodontist

Contacts

www.healthcroatia.com | info@healthcroatia.com | +442033182820

Pula

Kandlerova 44
52100 Pula, Croatia
+385 98440016

Zagreb

Strojarska cesta 22
10000 Zagreb, Croatia
+385 994696355



Your Stay

The +HC network enables you to transform your treatment into an enjoyable travel experience. As our patient, you will be offered reductions ranging between 15% and 30% by our commercial partners, located in some of the most enchanting and renowned Croatian tourist spots, with solutions that are tailor-made to your requirements, from hotels in the capital to camping sites on the coast. Assistance is provided directly by EHC, Health Croatia Experience Care, the Italian division of +HC located in Milan.

Pula

The pearl of the Adriatic coast, this city with its Roman amphitheatre and spectacular surrounds, offers beaches with crystal-clear sea, international music festivals, fine food and wine and prestigious film events.

Bale / Mon Perin

At less than 30 minutes from the centre of Pula, the tourist complex of Mon Perin is the ideal location for a totally relaxing holiday, set beside beaches that are immersed in nature and lapped by a crystal-clear sea. Mon Perin is located at the gates of the small medieval town of Bale, where you may choose to stay and discover the cultural attractions of the area, comprising various exhibitions and architectural marvels, because Mon Perin is so much more than just camping.

Zagreb

The heart of our country's culture and economy, Zagreb has every right to be considered a European capital. Take the trip between the upper and lower towns on board the funicular cable car and discover its fascinating past, from the Middle Ages to the sumptuous period of the Austrian-Hungarian empire.



Your Journey

Your wellness is our number one priority: +HC offers you access to the best possible medical therapies and arranges your entire journey. We stand by your side, step by step. We look after you right from the very first contact and we assist you in interfacing with medical staff. Besides, the Italian division of EHC (Health Croatia Experience Care), through its Milan branch, organizes your travel and stay in Croatia. Depending on the area you come from and your personal needs, you may choose from the following package tours.

Means of transport

Destination Pula: accommodation in Pula or Bale/Mon Perin.

- Plane to Trieste + car transfer;
- Train to Trieste + car transfer;
- Minivan or coach

Destination Zagreb: accommodation in Zagreb.

- Plane to Zagreb + car transfer;
- Minivan or coach

We study advantageous custom-made travel solutions to suit your medical treatment programme. Our support in the organization of travel and accommodation is guaranteed, even if you decide to handle these aspects on your own.



Our dental service

The dental care and assistance you seek is just around the corner.

Our dental service DHC (Health Croatia Dental Care) will restore your smile, enabling you to enjoy oral health once more at an affordable price.

Our young, enthusiastic staff, whose solid experience is constantly tuned in to the latest innovations, is able to guarantee complete customized assistance. The team has its roots in the expertise of dental practices successfully operating in the field for over twenty years.

You are central to our activity and we put your safety and wellbeing first. Our instruments and medical devices conform to UNI EN ISO 9001-2008 and UNI CEI EN ISO 13485 standards as well as to European Norm 93/42. Furthermore, we use materials produced by Italian, Swiss and German companies, market leaders in our ambit for over 40 years.

Our dental service is able to satisfy any requirement, using painless methods and avant-garde instruments. We can supply you with: titanium implants, zirconia and ceramic crowns, all on four and all on six implants, total or partial removable prostheses, fillings (reconstructions in composite material), the treatment of root canals, tartar removal and laser whitening, invisible braces and treatments with Waterlase iPlus.



Fixed Implants

Introduction

Implants are used to replace one or more missing teeth while safeguarding existing healthy teeth. Decades of scientific research confirm that titanium based implants represent the benchmark of excellence in terms of osseointegration.

Indications

All patients who are non smokers and in good health may undergo dental implant operations.

Operations

The first step is to carry out a radiological examination: a panoramic dental x-ray and a cone-beam CT to enable bone height, width and density to be evaluated, these being essential conditions for a successful implant operation.

The operation consists in the installation of an implant into the bone under local anaesthetic. Osseointegration takes on average 3-4 months. In the meantime, the patient is supplied with temporary teeth or prostheses.

Once the process of osseointegration is completed, the next phase consists in the construction and installation of a crown to be cemented to the implant.

Postsurgical advice

Following surgery, it is advisable to apply cold packing to prevent the formation of oedemas and haematomas. Should the patient suffer pain when the effect of the anaesthetic wears off, pain killers may be prescribed.

Rest is essential: it is advisable to avoid any type of intense physical activity.



Removable prostheses

Introduction

Dental prostheses are used to compensate the loss of all teeth (as in full dentures) or of some teeth (partial dentures).

They differ according to the type of material used: hence the existence of acrylic prostheses and skeletal prostheses constructed on a metal base.

They provide an aesthetic and functional solution enabling the patient to return to a perfectly acceptable quality of life.

Treatment

During the first visit, an anatomical dental impression is made.

The second visit serves to make a more precise and functional impression for evaluating the occlusion and the colour, which will then be sent to the laboratory.

During the third visit, the prosthesis will be fitted on the patient: at this point, the bite, shape, size and tooth colour are checked. If everything is in order, the prosthesis will be sent back to the laboratory for completion.

The definitive prosthesis will be consigned during the patient's fourth visit.

Advice on using a new denture

It may take time to get used to a new prosthesis: the patient is therefore advised to wear the denture at all times, even at night-time. It is perfectly normal for it to feel strange or bothersome at first. However, if pain is experienced, the patient should contact us for any necessary adjustments to be made.

After the initial adjustment period, the prosthesis may be removed at night in order to keep it clean and let the gingival mucosa "rest" during sleep.



All on Four technique

This technique provides a «new» set of teeth by using just four implants to which the entire prosthesis is attached. It is the optimal solution for those who have lost a significant number of teeth. This technique is much more «natural» than a removable prosthesis, because it enables the patient to adapt to it more rapidly.

All on Six technique

Unlike the previous technique, this solution may compensate for the loss of all teeth with six implants to which the bridge is secured. The All-on-six technique also provides an optimal solution whenever teeth from single arches are missing, as well as allowing for rapid integration.



Bridges and Crowns

Introduction

Zirconia porcelain is used instead of metal to construct crowns and bridges. This material is white in colour and therefore ensures excellent results in terms of appearance, even when the gums are starting to recede. On the upper part (on the rims of the crown or bridge) it prevents the formation of those dark marks typical of metal-porcelain crowns.

Indications

This is the ideal material for recreating the colour, shape and position of the front teeth in single crowns or small bridges. In such instances, it is necessary to reconstruct the volume of teeth as with fixed bridgework.

Contraindications

If bridges are called for, but the distance between the anchoring elements is greater than two teeth, zirconia porcelain is not the best choice. In such cases, metal-porcelain is the most appropriate solution since it provides greater strength when in contact with hard materials, and consequently entails less risk of fractures.



Porcelain facet facings

Introduction

Porcelain facet facings are veneers that change the colour, shape and position of teeth. Unlike conventional crowns, they do not require the entire volume of the tooth to be restructured, other than the elimination of a small part of the enamel on the front face.

Indications

Dental facings may be used on front teeth so long as they are healthy and there is a sufficient area of enamel; the teeth being treated must not be affected by tooth decay or risk of fractures.

Procedure

After removing a small quantity of enamel from the front of the tooth, impressions are made.

The facings are constructed in the laboratory and applied to the restructured teeth.



Metal-Porcelain

Introduction

Metal-porcelain is one of the most widely used materials in fixed implants (crowns and bridges). The (very strong) metal frame ensures elevated resistance.

Treatment

Metal-porcelain may be used in cosmetic dentistry (to change the colour, shape and size of teeth) and for functional-restoration purposes (to replace the loss of one or more teeth).

The process consists in reconstructing the entire tooth, after which an impression is made and the definitive tooth is cemented on.

The only minor «flaw» of metal-porcelain lies in its appearance: in the course of the years, a dark rim may form on the tooth neck owing to gum retraction. To reduce this risk, accurate oral hygiene is strongly recommended together with gum massage above the crowns and bridges in order to prevent gum retraction.



Anti-age facial treatments

Introduction

Latest generation hyaluronic acid-based fillers regale a younger-looking face that is better hydrated and more luminous. Hyaluronic acid is a biodegradable molecule that facilitates the creation of new collagen. It is used to increase the volume of lips and cheeks and to solve the problem of wrinkles around the eyes, between the eyebrows, lip contours and angles of the mouth. The result lasts from 6 to 12 months.

The advantages of hyaluronic acid

The main benefits offered by hyaluronic acid-based fillers are: rapidity, safety, effectiveness, ease of application and the possibility to use them on all facial areas. Moreover, they do not alter the facial expressions and mimic muscles (unlike botox) and offer a pleasing sensation when in contact with the skin.

Treatment

Prior to treatment, a local anaesthetic is applied (in cream or gel form). The filler is injected where required using fine syringes. According to the area being treated and the quantity of filler used, the treatment may last from 45 to 60 minutes. After treatment, a massage is carried out to facilitate a more effective dispersion of the hyaluronic acid.

Post-treatment

The patient may notice possible redness, marks, swelling or sensitivity in the injected area but these symptoms will disappear after a few hours or, at the very most, within a couple of days. On the day after treatment, it is necessary to avoid excessive exposure to the sun, saunas or UV lamps. Patients are also advised not to press or massage the facial areas that have undergone treatment.



Tooth whitening treatment

Introduction

This is a cosmetic dentistry treatment aimed at making teeth whiter.

Indications

It is possible to whiten front teeth and all those that have an aesthetic impact so long as they do not present surface damage, decay or fillings of a significant size.

Procedure

The teeth whitening treatment involves the use of bleaching agents (30% hydrogen peroxide) and laser.

Prior to treatment, it is necessary to clean the teeth and protect the gums. The process consists of two phases: the application of the bleaching agent and its activation by means of laser whitening, which lasts around 45 minutes.

Instructions

After each whitening treatment, teeth are more sensitive and, for at least one or two days, it is advisable not to consume sour and/or cold foods and drinks. Furthermore, for two or three weeks, it is better to avoid coffee, tea, red wine, beetroot and yellow cheeses. It is also necessary to refrain from smoking.



Orthodontics

Introduction

Orthodontia deals with solving problems associated with the positioning of teeth, by using light continuous orthodontic forces that allow for tooth movement without collateral effects.

The orthodontist is the professional figure engaged in evaluating the situation and suggesting appropriate treatment.

Indications

An orthodontic appliance (or brace) may be worn by all those who, owing to an anomalous positioning of their teeth, suffer an aesthetic and/or functional impact (mastication).

According to individual patient needs, the chosen brace may be either fixed or removable.

Removable braces may be worn or taken out at any time.

Fixed braces contemplate the use of brackets and wires secured to the teeth and must be worn at all times. The duration of treatment and the choice of brace vary on a case-by-case basis. They do not entail serious problems, apart from a slight sensation of tension which patients quickly get used to.



Tooth extraction

Introduction

Any decayed or damaged tooth that cannot be restored must be removed.

Indications

To extract the tooth, a combination of forceps and elevators are used. Following the administration of a local anaesthetic, the tooth is moved back and forth in its socket in the alveolar bone before being extracted with the forceps.

Post-extraction

After any extraction, it is necessary to stop the bleeding with a sterile gauze. The packing phase will last about 15 minutes.

The next day, it is advisable to avoid hot foods and drinks or fizzy beverages, rinsing and jolting the mouth or smoking. It is also preferable to eat soft foods and avoid any hot ones. If, once the anaesthetic has worn off, the patient feels pain, a painkiller may be prescribed. If there is evidence of swelling in the extraction area, cold packs must be applied. Any strenuous work or physical activity should be avoided.

Complicazioni post estrattive

There are two types of possible complication: prolonged bleeding and pain. If the pain lasts for more than three days, painkillers are not sufficient. The cause could lie in the formation of a blood clot or infection.

In any case, the patient is advised to call the dentist immediately. All complications of this type can be remedied and are never a serious threat.



LASERS in dentistry

Introduction

The use of lasers in dentistry enables dental care and treatments that are faster and less painful, as well as reducing the need for traditional “drills”. They may be employed on hard tissue (teeth and bones) as well as on soft tissue (gums and gingival mucosa).

Indications

Lasers may be used in almost all branches of dental care:

- restorative dentistry
- endodontics
- periodontology
- oral surgery
- implantology

Advantages

The main advantages are that they are easy to use, painless, rapid and more comfortable for the patient. In most cases, lasers reduce or completely eliminate the need to use drills and scalpels or even local anaesthetic.

Thanks to lasers, for instance, tooth decay may be completely removed without even touching the tooth. And since they are endowed with antimicrobial agents, they may be successfully used to treat deep pockets and infected root canals. In oral surgery and implantology, they reduce the risk of bleeding.

Finally, laser biostimulation may be used to treat oral pathologies such as ulcers and viral infections (Herpes simplex).



Technical laboratory

Introduction

Our advanced technical laboratories are equipped with latest generation technological apparatus and employ highly innovative materials (metal porcelain e.max, BIO HPP and CAD-CAM).

CAD-CAM

One of the latest technological tools to be introduced is that of CAD-CAM: a camera records the impression and a software “designs” the personalized prosthesis, which is then produced by the same device. This rapid and accurate method is particularly useful for complex prostheses where greater precision is called for, as in the case of large circular bridges.

Metal-free porcelain - E.MAX

Metal-free porcelain is one of the latest techniques used in the construction of crowns and bridgework. The elimination of a metal frame ensures aesthetically perfect and naturally coloured crowns and bridges, as well as preventing the appearance of black rims on the neck of teeth. The most outstanding results can be achieved on front teeth.

BIO HPP

Another novelty is that of prosthesis moulding with BIO HPP: a material similar in appearance to zirconia but more economical and not actually a metal. The composite material, which reproduces the shape and colour of natural teeth, is applied to BIO HPP, with a reduced risk of tooth consumption. BIO HPP offers greater flexibility and better force transmission. It is also recommended for circular bridgework.





Health Croatia

www.healthcroatia.com