

Interview with Dr. Clara Gibson, providing orthodontic treatments at Expat Dental. Expat Dental is a new partner with the German Association.

Dr Clara joined the Expat Dental team after practising in both London and Ireland. She qualified as a dentist from Trinity College Dublin and then achieved a Masters in Orthodontics and the Membership in Orthodontics with The Royal College of Surgeons. Dr. Gibson worked as a Consultant Orthodontist at Great Ormond Street Children's Hospital, London prior to relocating to Singapore. She has a wealth of experience in all types of orthodontic treatments including lingual invisible braces, Invisalign aligners and ceramic braces.



Q. What's the most important dental advice to give to expats in Singapore?

Make finding a dentist a priority when you first arrive. Dentists are often the last thing people think of when settling into a new country. Developing a trusting relationship with your dentist early on will take a lot of stress out of the experience. If there is an emergency we will already know you!

Q. What is your favourite thing about living in Singapore?

The outdoor lifestyle and the food. Singapore is such a cultural melting pot that brings with it amazing food from all over the globe. I love outdoor sports and Singapore's climate is perfect in my view, compared to the UK!

Q. Have any oral health problems emerged as a result of the COVID19 pandemic?

Since the outbreak of COVID19, dentists worldwide have reported higher incidences of cracked teeth due to the stress and anxiety people are experiencing.

"Bruxism" or 'grinding' may be happen when someone is awake or asleep. They are very common dental complaints, with up to 30% of patients affected. Dentists know how to spot the signs. The most common reason for patients to seek help when they begin noticing chips and fractures of their teeth. We can help with this problem.

Q. What would Expat Dental like to achieve with the German Association?

At Expat Dental we are keen to help educate expats about oral health and provide up to date information about dental care innovation. Dentists are increasingly assisting in breathing related conditions like sleep apnea and mouth breathing in children. These thing affect teeth. People are very often confused about orthodontics. Braces or Invisalign? Experienced dental professionals will ensure you get only what you need to achieve your dream smile. At Expat Dental we are all enthusiastic about serving the community and educating people, young and old about the best ways to care for their teeth.