

## **Aesthetic Dentistry**

### **“Smile Improvements”**

One major misconception about improving your smile is that every thing else is okay! In other words, most people feel that their front teeth (often referred to as the “social six”) are the only thing which need improvement in their dentition. This of course is not true in all cases.

Taking care of the basics (cavities, periodontal / gum problems and broken / missing teeth) will improve oral problems as well as enhance your smile. There are a variety of procedures that we can perform to improve your smile. We can reshape teeth, close spaces, and restore worn or short teeth. Discolored, chipped, misshapen or missing teeth can be treated utilizing many techniques and treatment options.

We agree that appearance is very important and is a major concern in caring for your dental health. We will try to help you balance that need with the problems of decay, periodontal disease and occlusion. If our restorative procedures did not improve the appearance and function, we would not feel we had done our best for you.

#### **Bleaching – How it works.**

Bleaching is a popular and common chemical process used to whiten teeth. Applied properly it *does not* remove tooth structure. Some of the agents have been used in dentistry for over 50 years. At-Home bleaching and In-Office bleaching are the two most popular techniques utilized. Bleaching agents contain unstable peroxides that break down to highly unstable free radicals. These free radicals chemically break larger pigmented molecules (organic and inorganic) in a protein matrix into smaller, less pigmented segments. Eventually the free radicals chemically react with the pigments and change them to smaller more clear pigments and release oxygen, urea, and water. These pigments are stain molecules contained within the dentin portion of the tooth. Enamel does not change color very much (if at all) and often is a “wick” for the underlying tooth structure (dentin).

Bleaching is time and concentration dependent. “The more the better” does not work as well as lower concentration and longer contact time. Sensitivity can be a problem with bleaching (most often it goes away by simply discontinuing the bleaching).

#### *About Us*

- Dr. Samy successfully passed the written/ didactic portion of the Implant board exam and is now preparing for the oral exam next spring.
- We’ve upgraded and updated our website. You can access information regarding dental treatment and services we provide, access archived newsletters and e-mail us for appointments and questions. Check it out and let us know what you think!

## **—Dr. Samy’s Perspectives—**

- Much like most marketing techniques, bleaching teeth is nothing new it’s only the way it is packaged and sold that makes it look and feel new!
- We incorporate many techniques into our routine treatment that can be considered an aesthetic discipline
- Teeth are not all white and perfect, if they are then they are usually false! (Veneers or Dentures) Having color and different shapes in our teeth is what gives each of us character!
- Most actors and actress’ go through multiple veneers and restorations on an annual basis in order to keep their smiles artificially white for their roles.

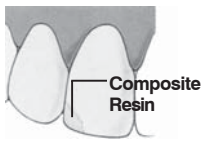
## Bonding

Bonding restores damaged teeth that have been chipped, cracked, misaligned, or discolored. Most bonding procedures are *reversible* (depending on tooth structure). A plastic resin somewhat like putty is used to rebuild the teeth and make them look natural.

**Visits:** Usually one, although more complex cases may require several visits.

**Durability:** A bonded tooth usually lasts three to five years before it needs a touch-up to correct wear or discoloration.

### How Teeth Are Bonded



1. Tooth-colored plastic putty (called composite resin) is applied to the tooth and shaped to fill in chips or to correct other problems.
2. The resin is exposed for 20 to 60 seconds to a bonding light that dries and hardens it. Then the tooth is smoothed and polished.

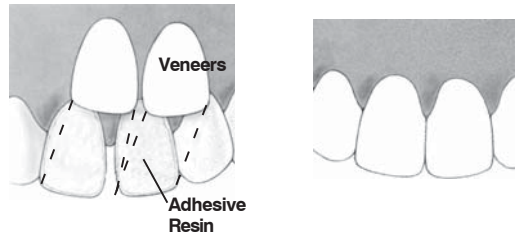
## Porcelain Veneers

Porcelain veneers are hard, tooth-shaped shells adhered onto the surfaces of prepared teeth in much the same way that false fingernails are applied. Veneers are *not reversible*. Veneers correct or camouflage the same problems that bonding does—discoloration, damage, or misalignment—but the veneers last longer.

**Visits:** One visit is needed for preparation: the teeth are buffed to remove a thin layer of enamel, and then an impression is taken. During the second visit, the dentist applies and polishes the veneer.

**Durability:** The life span is roughly four years or more.

### How Porcelain Veneers are Applied



1. During the second visit, after the porcelain veneers have been made, the teeth are etched with an acidic solution and painted with an adhesive resin.
2. Once the veneers are applied to the surface of the teeth, the adhesive resin is hardened with a bonding light. The veneers are then polished so they look natural.

## Home Care

### For Bonded or Veneered Teeth

**Eat soft foods for the first 24 hours.** It can take the materials a day to completely harden, so stay away from tough or chewy foods.

**Avoid biting down on hard objects,** or otherwise using your teeth as tools. You could chip or fracture the bonding material or veneers.

**Floss your teeth as usual,** but let your dentist know if you have difficulty maneuvering the floss. He or she can show you alternative ways to get the job done.

**Don't pick at a newly bonded tooth** with your fingernail, even though it may feel foreign or unnatural at first. You could damage the cement seal and shorten the life of the material. If you feel a rough edge with your tongue, have the dentist reexamine the bonded tooth.

### About Teeth Stains:

**Any teeth—including newly bleached—can be stained** by food, tobacco, and drink. Veneers resist stains but bonded teeth do not. To avoid stains, cut down on tobacco products, coffee, tea, red wine, and heavily colored foods.