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COSMETIC DENTISTRY

This month, David Nelson focuses on several aspects of cosmetic dentistry ranging from simple procedures to the more advanced, but all of which have a dramatic effect on confidence and wellbeing.

Teeth Whitening

Teeth whitening is one of the least invasive cosmetic procedures yet it can provide dramatic results giving everyone the possibility of having that whiter, brighter smile! There has been a phenomenal increase in the number of patients seeking to whiten their teeth. The correct diagnosis by a dentist for the cause of discolouration is vital, as teeth whitening will only be effective in treating some of the causes of discolouration.

The two most common methods to whiten teeth are:

- (i) At home whitening; and
- (ii) In surgery/power whitening

Cosmetic Bonding / Veneers

These have differing levels of complexity and are generally used to disguise gaps, or treat discolouration, chipping or overcrowding.

Cosmetic Bonding

Cosmetic bonding is a non-invasive way of improving the appearance of spaces between teeth or fractured teeth. In basic terms it is the cosmetic positioning and shaping of a white filling material to improve the appearance of the teeth.

It generally requires minimal if any preparation of the teeth and can quite often be reversed if required. Its drawbacks are that the material used does take up staining faster than the tooth surface and may need replaced at approximate four yearly intervals.

Although non-invasive, your dentist before proceeding with direct bonding should always discuss more

conservative options such as orthodontics (braces).

Discreet Orthodontics

All too many patients with crooked front teeth feel they have few choices when it comes to creating a straight smile. Often they have been discouraged by the length of treatment and by the cost and appearance of braces available. Aside from conventional orthodontic braces and brackets, the Inman Aligner is one of two primary discreet orthodontic options available. The other is clear plastic type appliances such as Invisalign and Clearstep. There has certainly been an increase in demand for such options.

It is key when considering any form of cosmetic dental treatment to be fully advised of your options so that you may

Veneers

Essentially, dental veneers are thin pieces of white glass/porcelain that are bonded to the front of your teeth to improve your smile. They can be used on single teeth that have been damaged accidentally, decayed or discoloured. They can also be used on multiple teeth for the same reasons or to help create that perfect smile whether it is the 'Hollywood' look or a simply natural beautiful appearance.

The decision to go ahead with dental veneers should not be taken lightly as there always needs to be some tooth preparation. This is a permanent procedure and veneers do not last forever. On average you can expect to get between 8 to 10 years from a set of veneers. Veneers can also occasionally come away or fracture. It is certainly not a 'fit and forget' procedure. It is important to maintain your veneers with regular reviews with your dentist and three monthly visits to the dental hygienist.

make an informed decision, understanding perhaps the level of tooth preparation and routine care required.

To find out more information about the treatments discussed, please visit www.cranmoredental.com.



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