

The Benefits of Cosmetic Dentistry



A beautiful smile is something many of us take for granted. Sometimes, though, nature needs a little assistance. You've probably had the experience of talking with someone who needed a little cosmetic dentistry. You've also probably noticed how much of a difference something very simple — like whiter teeth — can make when it comes to a smile.

The truth is, you will look older if your teeth are yellowed. And you may have other problems as well that would benefit from a little cosmetic dentistry. For example, too much silver or gold in a smile can also be both distracting and aging.

The truth is, your dentist can effectively make your teeth look as natural as possible, even if you've actually needed a fair amount of dental work over the years or if the condition and appearance of your teeth has just deteriorated over time. If you

want some help, your dentist will be very happy to talk to you about what is possible. The American Dental Association (ADA) does not treat cosmetic dentistry as a separate specialty, but there's no doubt your dentist has several ways to significantly improve the way you look.

▶ **Bonding:** If your teeth have gaps between them, or if you want to correct the color of your teeth, bonding can help. The dentist applies a material that, when hardened and polished, will look like your natural enamel.

- ▶ **Contouring and reshaping:** Your dentist can use contouring and reshaping to correct crooked, chipped, or cracked teeth. It is also possible to straighten overlapping teeth. Results are fast, and in some cases can be done instead of orthodontics.
- ▶ **Veneers:** A veneer can be placed on the front of your teeth to change their color and shape. They can also be used to correct uneven spacing, an odd shape, crooked teeth, or discolored teeth.
- ▶ **Whitening and bleaching:** This is the most common form of cosmetic surgery that is usually performed. This is one form of cosmetic dentistry that you may be able to take care of yourself by using over-the-counter treatments, but for the best and most reliable results, you may want to have your dentist take care of it instead.
- ▶ **Gum grafts** can substantially improve your appearance. Many people experience receding gums over time, but it could also be that your gum line is just really uneven. Either way, the dentist can build up missing gums, and can also make the gum line look more even and attractive even if the gums haven't receded.
- ▶ **Implants** can fill in the missing gaps between your remaining teeth. If you have lost one or more teeth, an implant is the best way to restore the missing tooth. It looks and feels natural and can be an extremely attractive option.
- ▶ **Replacing old fillings** can be a good idea. If you prefer a filling that matches the enamel of your existing teeth, your dentist can give that to you. This kind of filling is healthier and more attractive than a more traditional filling.

If you are interested in the benefits of cosmetic dentistry, start by talking with our office so we can determine whether it would work for you.