

# YOUR SMILE & ORAL HEALTH

## IMPROVING YOUR SMILE WITH COSMETIC DENTISTRY

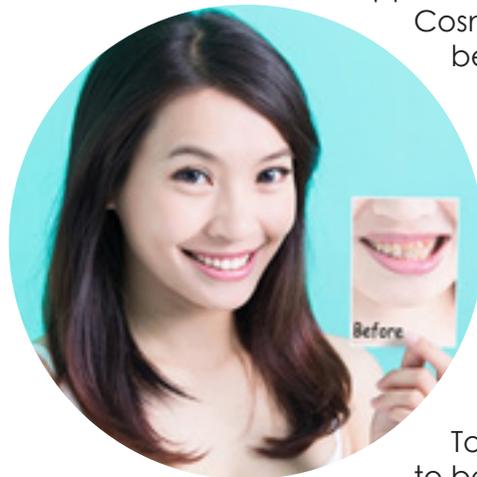
Thanks to advances in modern dentistry, these days just about everyone can enjoy the benefits of an attractive smile. Well-equipped with advanced technology and the latest generations of dental materials, your dentist can cosmetically transform an otherwise imperfect or drab smile into one that dazzles.

Even in ancient times, people were concerned about the health and appearance of their smiles. Although, it is a far cry from today's dental implants, a 7,000 year-old skull unearthed in North Africa was found to contain a replacement tooth sculpted from animal bone. The practice of teeth whitening can also be traced back thousands of years to the time of the early Egyptians. Viewing white teeth as a sign of wealth and beauty, the Egyptians used small sticks to apply a mixture of ground pumice and wine vinegar to remove stains and whiten their teeth.

Of course, the most significant advances in cosmetic dentistry came several millennia later in the 20th Century. Acquiring the knowledge and the technology to help patients achieve optimal oral health, the focus in the field of modern dentistry expanded to finding better ways to improve the appearance of a person's smile.

Cosmetic dentistry really began to take off in 1980s, when aesthetically pleasing materials and effective techniques to enhance and improve the look of teeth became widely available.

Today, you don't have to be a movie star to have a stunning and vibrant smile. All you need to do is to see your dentist and discuss all the excellent cosmetic dental options available to transform the look of your teeth. Whether your teeth are stained, chipped, misshapen, and misaligned, or you need to replace missing teeth, your dentist has just the right cosmetic solution to create an attractive, natural looking smile.



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Having a comprehensive knowledge of dental and facial aesthetics as well as an understanding of how the jaws and teeth operate, your dentist will develop a treatment plan to fulfill your cosmetic expectations and the functional requirements of your smile.

In many cases, when teeth are stained or discolored a professional teeth whitening procedure can dramatically improve the look of one's smile. While there are many over-the-counter products available, the safest and most effective teeth whitening treatments are those supervised and performed by a dentist. In cases where more resistant stains, or significant imperfections mar the teeth, dental veneers can provide amazing smile improvements. Ultra-thin, custom facings that are permanently bonded to the front of your teeth, dental veneers require minimal tooth preparation and offer a relatively quick way to acquire a more perfect smile. Furthermore, even the look of teeth with extensive damage or decay can be functionally and cosmetically restored with natural looking and aesthetically pleasing dental crowns.

Today, missing teeth are also not a reason to despair. An incomplete smile can be successfully reestablished with dental bridges, partial and full dentures or dental implants. Soaring in popularity in

recent years, dental implants represent the most advanced and permanent way to replace missing teeth to rebuild a beautiful smile. Functioning in much the same way as the roots of your natural teeth, dental implants can support dental crowns and bridges and even provide added stability to dentures.



If you have concerns about the look of your smile, speak to your dentist today.