

# Smile Makeover

*Technologically huge advancements in natural-looking or new dental materials have allowed the rising of a new discipline within dentistry called "cosmetic dentistry." It is all about enhancing your smile preserving as much of your natural tooth structure as possible and to minimize the impact of dental works on the gum.*

Cosmetic dentistry may also provide restorative benefits. For example, dental fillings are a common procedure used to treat decayed teeth. Previously, most dental fillings were these "black fillings" (amalgams) mainly composed of silver and mercury that were very unsightly. Today, dental fillings may fall into the category of cosmetic dentistry, because you can select those white fillings made of porcelain or composite materials that closely match the colour of your teeth, thus maintaining the natural appearance of your teeth and smile.

#### Are you afraid to smile?

"The most effective and common way to enhance your smile and even make you feel and look like a movie star, is to combine the effects of dental chemical whitening procedures with prosthetic and/or orthodontic corrections of the teeth," says Bruno Rey from SXM Dental Institute in Marigot. Imagine your teeth were not straightened when you were a child and/or you had many cavities and discolorations

damaging the enamel of your front teeth, and you've consequently been feeling very bad from that time when smiling...even being the one not to smile on the family pictures because of... your very crooked teeth! Well you can forget about it now.

Here is the battle plan! You will at first receive a whitening procedure to make the whole of the teeth involved in your smile whiter and then you will receive some full ceramic crowns or veneers to make your teeth look straighter, nicer and ideally placed in a gorgeous healthy smile.

#### About dental professional whitening procedures

Real teeth whitening takes three different times: a first appointment is very necessary to totally clean the mouth which will reduce gum inflammation and bleeding and will remove superficial stains and marks colouring the teeth. During this appointment the dentist will also check the old fillings and will see if there's no new cavity to be treated before starting the whitening procedure in itself.

After a few days for gum healing (2 to 3 days), the whitening is effected using a 20% hydrogen peroxide gel which is set on the teeth of both dental arches. A professional dental UV lamp will act on the gel and increase the efficiency, the quickness and the lasting time of the whitening

procedure.

According to professionals, the whitening procedures which are purchased in drugstores or proposed by non medical professionals do not provide the same results. Only dentists are qualified and officially allowed to use high concentration effective whitening agents and powerful whitening lamps, because of the numerous risks of damaging the teeth or the mouth's soft tissues with a non medical whitening procedure. With no gum or no saliva free from blood cells, only a dental professional can insure real protection against AIDS and other diseases.

During the third step, the dentist will apply a phosphate and calcium gel on the teeth which will encourage remineralization of the whitened teeth and provides a protective barrier to the enamel. It will also reduce teeth sensitivity and increase the brightness and the duration of the whitening.

#### About prosthetic and/or orthodontic corrections of the teeth

Once your teeth have been whitened, it will be time to correct the shapes, the positions and the quality of the teeth. Sometimes it will be done with the help of the orthodontist to rotate or to set upright one or two bent or misplaced teeth, but most of the time the dental cosmetics professional will correct these imperfections by placing



Initial situation



Drilling stage



Final crowns on stone



Full crowns in mouth

on your front teeth full ceramic (zirconium oxide) crowns or pellicular thin full ceramic veneers that will provide you with the smile you've been dreaming of for years.

That is to say that in about 1.5 months because of the

time which is required for gum conditioning and the accurate (using computer assistance) technical full ceramic procedure, you can become for ever the one with the great smile in the family pictures. Whatever the initial situation of your smile is, there're now

for sure ways to make it better even in combination with dental implants.

Look at the pictures of such jobs and results. All scientific information and pictures with the courtesy of SXM Dental Institute.



Initial situation



Temporary crowns



Cosmetic frames



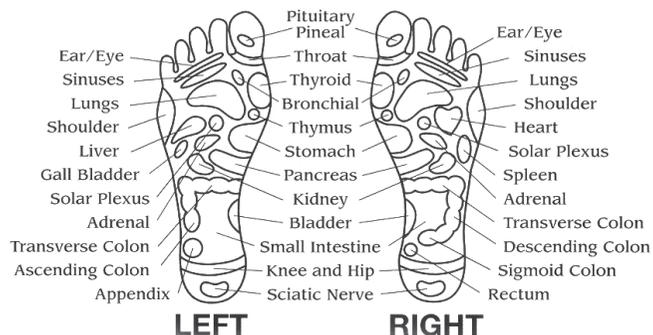
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