

A Brand New Smile...

With the stock market and U.S. economy on the rise, cosmetic dentistry is making a strong comeback. Dentists all across the country are seeing an increase in patients who want a beautiful new or restored smile. Recently, our office has seen this same uptick in people who want to whiten, straighten, and brighten their smile.

To that end, here are a few ways that dentistry can improve your smile.

A Good Tooth Cleaning – The first step in getting that perfect look is to remove accumulated tartar, calculus, and stains from your teeth. The first step in any smile improvement is a check-up and dental prophylaxis. Your gums should be measured and checked for undiagnosed gum disease. A great smile looks best framed by pink, healthy gums.

Whitening – Tooth bleaching is the next step to a whiter, brighter smile. Bleaching can be accomplished in a single office visit (in-office whitening). Alternatively, custom fit take-home trays can be made (take home whitening) to allow you to whiten your teeth at your leisure. Both systems work great. If you are a person who wants instant results and you know you won't consistently wear trays filled with bleaching gel, then get the in-office treatment. If you are a person blessed with patience and consistency, you can save some money and bleach your teeth at home for a few weeks.

Orthodontics (Braces) – Few people consider braces part of a smile makeover. They surely are. Every day, we see kids and adults who have beautifully shaped, well proportioned teeth that are simply out of alignment. In these cases, orthodontics and whitening can work together to create the perfect smile.

Replace Old Restorations – Dental restorations (tooth colored fillings, front crowns, etc.) tend to lose their luster through the years. The mouth is a harsh, often acidic, environment. Restorations fight the battle with Father Time just like the rest of our bodies. Often, we can bleach un-restored tooth structure first, then replace a few of those old, worn out restorations to get your smile to look the way you want it to.

Dental Veneers - Tooth colored ceramic facings can be made for the fronts of teeth to correct a variety of smile issues. These veneers are durable, long-lasting, and look like natural teeth. In as little as two visits, we can make teeth look young again.

Gingival Plastic Surgery – Some people have beautiful teeth, but the frame around their teeth (the gum tissue) is not proportioned correctly. This can make the teeth look out of alignment. Gum re-contouring can often fix the problem of short teeth or a “gummy” smile.

New Dentures – Recent research has suggested that complete dentures be replaced every five years because they can harbor harmful bacteria and lose their fit and chewing efficiency. Esthetically, most dentures lose their luster somewhere along that same time frame. Denture teeth and pink denture base materials get more esthetic each and every year. As an added bonus, you can now pick out your own teeth as far as their size, shape, color, and arrangement.

Full Mouth Rehabilitation – This is an extreme dental makeover where dentists use a combination of tooth colored crowns, porcelain veneers, bridges, and dental implants to give patients all of their teeth back and the smile they've always dreamed of.

Nowadays, the possibilities are endless. When dentistry fits into your life, give it a try. You can get the smile you've always wanted.

Until next week, keep smiling.

-Questions or comments can be sent to Drs. Parrish at www.ParrishDental.com.