

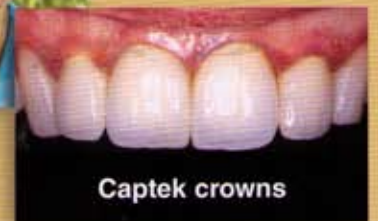


HOLLYWOOD SECRETS TO BEAUTIFUL TEETH

PROJECTING A HEALTHY IMAGE IS IMPORTANT. Your teeth, skin, eyes and hair are just a few of the characteristics that make up your image. Altering any of these traits can enhance your appearance. Perhaps the most dramatic improvements are the result of changes to your teeth. The truth is, you simply do not have to live with unattractive teeth. Anyone can have that "Hollywood Smile."

A New Look for Traditional Restorations

In the past, when broken-down or missing teeth required repair or replacement, visible metal crowns and bridges were used. Today, these are often considered unsightly. In an effort to create more realistic teeth, dentists began fusing porcelain to the surfaces of metal crowns and bridges. While these metal-based crowns and bridges were very strong, they lacked the color and warmth of natural teeth. Under certain lighting conditions, these restorations looked artificial, often displaying a gray, crescent-shaped shadow at the gum line. Dentists now use yellow gold or metal-free substructures to provide restorations with the warmth and appearance of natural teeth.



Captek crowns



Metal-free bridge

Natural Looking Metal-Free Solutions

When metal sensitivity is a concern, metal-free restorations are an alternate choice. Among the metal-free options, all-ceramic crowns and bridges are often preferred, especially in the front teeth, because they look so natural. All-ceramic materials are translucent, and blend very naturally with adjacent teeth. The translucency permits light to penetrate the restoration and reflect from within the tooth structure, eliminating the unnatural look of metal shadows at the gum line.



Bonded composite fillings



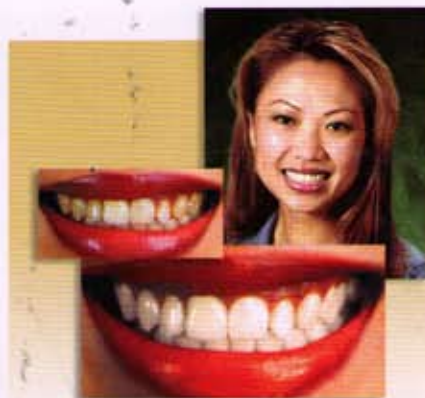
Bonded composite restorations

Undetectable Fillings

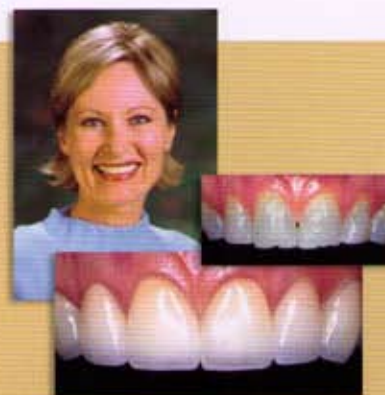
Dental amalgam has been traditionally used to fill cavities. It does not enhance the appearance of teeth, but it does a good job restoring them. Over time, amalgam may darken the appearance of the repaired teeth. In most situations, modern dental materials are strong enough to eliminate the need for any visible metals. For example, metal-free fillings made from all-ceramic or composite materials are more natural looking and are often completely undetectable. And, small composite fillings have an additional benefit in that they can often be completed in a single appointment.

Brighten Up

Have you ever noticed that your favorite television and movie personalities have pearly-white teeth? Well, your smile can be just as pleasing. Improved teeth-whitening methods of the past decade have proven to be both simple and effective. In most situations, yellowed, discolored and old-looking teeth can be whitened in just a few hours at the dental office. Or, if you prefer, several weeks of home whitening can give similar results. When properly performed, modern teeth-whitening procedures are quite safe and can be repeated periodically to maintain a dazzling, white smile.



At-home teeth whitening



Porcelain veneers



Single porcelain veneers

Trademark "Hollywood Smile"

Similar to putting a thin layer of decorative marble on the front of a plain building, porcelain veneers are used to repair broken down, chipped, stained or uneven front teeth. Porcelain veneers can change an unattractive smile into one that is absolutely beautiful. To allow for the thickness of the porcelain veneer and bonding material, about one millimeter of the tooth's surface is removed. This is the process by which many of those dazzling "Hollywood Smiles" originate; however, TV & film stars sometimes have the surrounding teeth whitened or straightened with orthodontics before the placement of the veneers.

By now, you should be more aware of Hollywood's smile secrets and the esthetic dental options that are available. Ask your dentist about them. Also, remember to brush and floss regularly and don't forget to have your teeth professionally cleaned by a hygienist at least twice a year.