

The Patient's Guide To Cosmetic Dentistry



How To Get The Dental Work You Need Without Anxiety

*This Guide is intended as an introductory overview only, and is not a substitute for your doctor's advice.



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Introduction

Why did I write this report?

The smile is a huge part of our appearance, and is the first thing people notice about us, besides our eyes. It is one of the main factors in the impression others form of you.

Essentially, as this quote says, and I believe this to be very true:

“ A smile is a light in your window that tells others that there is a caring, sharing person inside. – **Denis Waitley** ”

There's lots of research that shows that those of us who smile are healthier in many aspects and even feel happier. Smiling actually does have physiologic health implications, so a confident smile is a big deal. Early in my career, two things became very obvious. Second only to being free of pain, everyone wants to have a great smile, so for everyone who comes to see us, having a confident smile is the number one goal. In many cases, unfortunately, people would rather be anywhere but a dentist's chair, so we're going to talk about that as well in this report.



Dr. GURLEEN SAROYA

This report is for you if:

- ✓ You have questions about improving any aspect of your smile, but aren't sure where to start.
- ✓ You want to know what options exist for changing the color, shape, or position of your teeth.
- ✓ You want to know about specific options like Invisalign®, Zoom, Lumineers, etc.
- ✓ You want to know what options exist for replacing missing teeth.
- ✓ You want to know what options exist if you want to improve your smile, but are afraid of having dental treatment done..

Let's consider some statistics about the smile:

- ✓ 63% of people says they look best in photos when they are showing their teeth.
- ✓ 99.7% of adults say an attractive smile is an important personal asset.
- ✓ 74% of people say that an unattractive smile can hurt a person's chances for business or career success.

It is true that the smile is the first thing people notice about you, and it plays a huge role in self-confidence. Let's get right to it...



Changing The Colour of Your Teeth

The most obvious solution for changing the color of your teeth is whitening. In our office, we employ a few different whitening methods, but the most popular by far, and the one I'm recommending more and more these days, is Zoom. It's probably the most well-known brand. Zoom Whitening is an in-office treatment, and it can take your teeth eight shades whiter in the best results. It is a two-hour procedure, and very well received.



The process begins with isolating the teeth. We confirm what shade you have to start with. We apply some safety solution to the gums, to make sure that the whitening gel doesn't touch them. It's actually very comfortable.

Next, a light is applied to the gel, close to the teeth. It activates the gel by initiating a reaction that helps it to be more effective. At the end of that treatment, because you have instant results, you leave that day with a much brighter smile. We've noticed the best results with Zoom. I'm very happy with it. Most of our patients are extremely happy with it, and that is the way I recommend for addressing color issues. Now there are other options, of course.





Changing The Colour and Shape of Your Teeth

When changing the color and shape of your teeth, we could look at veneers, crowns, or bonding. Veneers are essentially like a fake fingernail for your tooth, or a porcelain skin, that is designed to go over top of the tooth. It corrects shape, position (to a degree), and color of the teeth.



The difference between a veneer and a crown is how much of the tooth is covered. The veneer covers only the front part of the tooth, the crown covers the whole tooth. When to do one versus the other depends on how much healthy tooth there is underneath. If there are no fillings in the teeth, we typically would go with veneers. If there are a lot of fillings within the tooth that we want to cover, then we would look at a crown for strength. Both will achieve the same result.

Bonding is done a little differently. Veneers and crowns (the first two images) are made out of porcelain. Bonding uses white filling material to do essentially the same thing you would do with a veneer or crown, but it is built up on the spot by hand.

There's a definite artistic requirement to doing this. The filling material is sculpted onto the tooth with a color that will give you the best results. It can give you a very nice appearance when done. It's done chair side, on the spot. Typically, the appointment is less than two hours, and we can do an entire smile. The real difference between these options is that the porcelain options (veneers and crowns) will maintain their gloss and their original appearance for many years, and they are much stronger. Bonding will need to be replaced every few years, and you will notice some chipping or wear because the white filling material is not as strong as porcelain. However, it does yield a very nice result, so these are the options for changing the color and shape of your teeth.





Examples of what we do

Now let's look at a couple of examples. These are actual patients who I've treated here in the office. In the first image on the left, you can see a need to change the color and shape of these teeth, and so we used porcelain veneers. We actually applied ten of them to this smile and completely changed the whole smile. This is a total transformation. See the same thing on the right, using crowns, because this particular patient had more heavily filled teeth, or existing crowns, and wanted an update. Exactly the same process. Very natural looking porcelain, cemented over top of the teeth. This corrected all of the shape and color issues, and some of the position issues of the teeth in one shot. This is a two appointment treatment. On day one prepare the teeth. Preparing the teeth means removing a little bit of the enamel around each of the teeth, and then placing a temporary version of the new smile. Two weeks later, the porcelain is placed when the temporaries are taken off, and the porcelain is placed. Very straightforward process. Under a month and treatment is done.



Before



After



Before



After

Here are some back teeth. The same sort of thing is done. On the top left we have very heavily filled teeth. Right below that are the same teeth, but we replaced all of the old metal fillings with porcelain crowns that are much stronger. Looking on the top right side, again, see heavily filled teeth. The after shows how we used two crowns to cover and protect the teeth. They look extremely natural and aesthetic. The aesthetic appearance of crowns is one of the benefits.



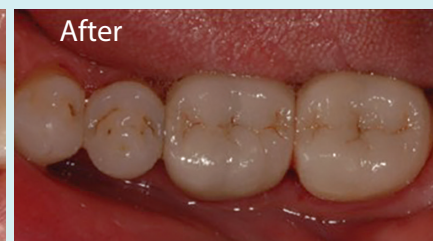
Before



After



Before



After

Crowns also have a very nice structural benefit. When you place a porcelain crown on a tooth, the chance of it breaking is substantially reduced. In fact, they rarely ever break, versus the tooth that is heavily filled. We'll go into that just a little bit later in this report.



Here are a few more before and after photos. You can get an idea of a few things here. In the left pane, top, you can see a need for aesthetic correction of some old crowns in the front.



You can see some dark margins along the gum, particularly right around the front teeth in the upper left image. These teeth are also a little dull looking, and they're sort of tipped back. It's kind of hard to see in this picture, but if you look at the profile looking at the upper teeth from the bottom, you can see how they're really tipped back.

We wanted to correct all of that, plus replace a lot of these old fillings, and then fill in some of the spaces. In the after images, you can see that these crowns look much, much more natural.



Looking at the upper teeth in the before images, you can see large fillings in the back teeth. With large fillings, the tooth around it tends to break, and this is what you see in the left side of the top left before image.

In the after images, you can see replacement of all the old metal fillings, new crowns in a couple of areas, and the nice arch symmetry across the top, rather than the dipped in front teeth. This makes a huge difference in the smile. On the right, you can see replacement of some teeth with a fixed bridge. We'll get in to how that works in a moment, but this is the end result.

Complete smile transformation: two appointments.

Here's another set of images.



This is a very, very interesting scenario. Heavily worn teeth, and the after photo looks great. This just goes to show you there's rarely anything that we can't save or correct aesthetically. Because of the heavily worn teeth, we actually had to restore the bite that was lost, and correct everything with porcelain. It's a beautiful result. The patient was extremely happy with this. There really is a huge scope of patients who can be treated with cosmetic dentistry, and a huge range of treatment options, and price points, and even time frames.



Changing the position of your teeth

Which option is right for you?

Well, that's where we come in. With a simple visit and discussion of options, we can work together to select which path makes the most sense to reach your desired goals considering your time frame and budget. Most of the times, many options would apply, so the easiest solution is to come in and see us, and we'll absolutely go through all of that with you. There are a few options, from traditional braces (the usual train track appearance that we're all familiar with), to Invisalign®, which is a set of clear aligners that move the teeth. Then there are veneers and crowns, as we just talked about.



Let's get into the orthodontic options. Half of the patients in our office who get orthodontic treatment are adults. Adults typically opt for Invisalign®, because they're clear and removable, which is a big benefit versus the traditional braces. If you have a look at this chart, you can see the difference, and the thing to remember is, Invisalign® and braces are both tools to move the teeth. One would be more appropriate in some circumstances versus others, and we will go over that with you at your consultation.

Invisalign • Clear aligners are virtually invisible • Smooth comfortable plastic aligners • Aligners are removable for easy cleaning • Eat whatever you want		Braces • Requires brackets and wires • Wires can poke and irritate mouth • Brushing and flossing require more effort • Many food restrictions
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In the case of Invisalign®, you have clear liners that move the teeth. Those aligners are replaced by you every two weeks. With braces, we have the traditional metal brackets with wires. A little less comfortable. They both work well.

There is the chance of brackets coming off; however, and there are food restrictions because they're always on. With the Invisalign®, you can take the aligners out to eat, you can take them out to clean, you can take them out even if you have a function that you need to attend, or that sort of thing.



We've had many of our team members in our office wearing Invisalign® aligners, and most of the time when patients are talking to them, they can't even tell that they're wearing the aligners. Invisalign® is really a virtually invisible orthodontic appliance. Braces, not so much. But there is a time and place for both.



This is just a close-up view, so you can see that when the aligners are viewed from further away than a foot, it's hard to tell that the person's even wearing them. I rarely ever notice any speech issues. The person doesn't lisp, the lip doesn't catch on the aligners, or anything like that. Very different from braces.



The Invisalign® system is a series of custom-made clear trays that move the teeth a certain amount, with each one set to a predetermined end point. What that means is that there's a series of aligners made. You change them every two weeks, and we know what the end result should look like. Treatment is very effective. It works best with adults who deal with the public, or want the ability to remove the trays to eat, and many other reasons. It often requires fewer appointments, because we need to see you every six weeks versus every thirty days. Typical duration of treatment for adults is about fourteen months with Invisalign®.

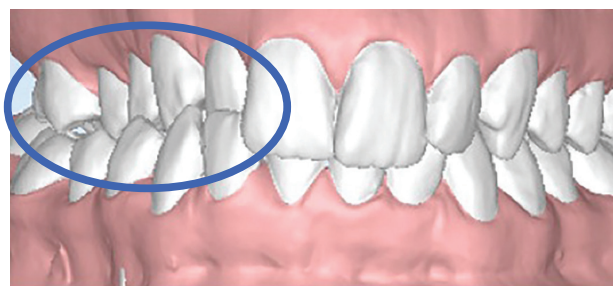




Under-developed upper jaw

What kind of problems can be corrected?

An under-developed upper jaw can be corrected with Invisalign®, by moving the teeth outward.



Overbite:

An overbite, or a deep bite, can also be corrected with Invisalign®.



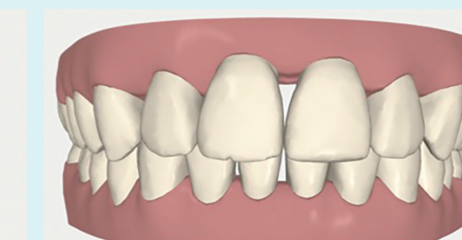
Overjet:

An overjet can also be corrected with Invisalign®, so this sort of the "buck tooth" appearance can be corrected very nicely. Keep in mind all of these images are actual screenshots of patients we have treated.



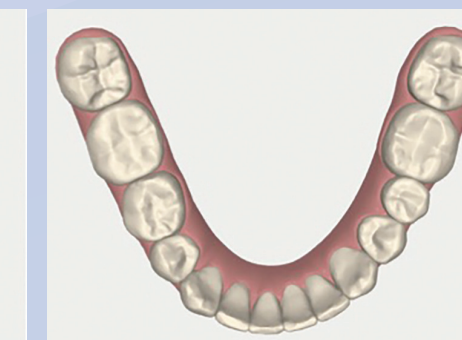
Spacing:

Spaces between the teeth can be corrected.



Crowding and Rotation:

Crowding and rotations, which are very common in the lower front teeth can be corrected, as well.

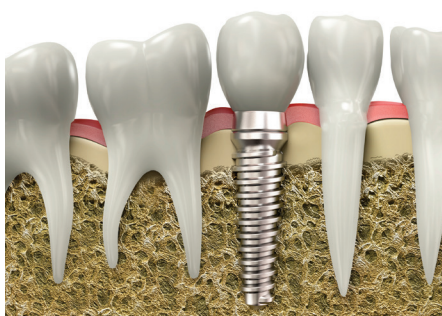


Which option is best for you? Again, it depends on a few things, but when we see you for a consultation, we can absolutely give you all the information specific to your unique situation, and we can assist in deciding which option makes the most sense, given all of the factors that you present with. We really do need to look at everything, from how many teeth are present, to where teeth need to move to, and if there are any skeletal issues. It's a very straightforward process, and we'll happily explain that to you.



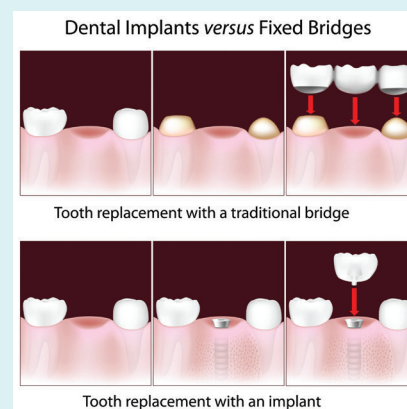
Replacing Missing Teeth

When it comes to replacing missing teeth, we have a few options; dental implants are the current standard for replacing teeth, bridges, which are units of teeth connected together, that bond on either side of the space, and dentures. Dentures are removable, clip-in appliances. Dentures are also quite common, but they do move, and it's probably a 50/50 whether you like the denture or don't like the denture. Some people make them work very well, and some folks have great difficulty, and essentially get them made, and don't use them. Implants and bridges are equally common, and both are equally well-received. They function like your teeth, so it makes sense that would be the case.



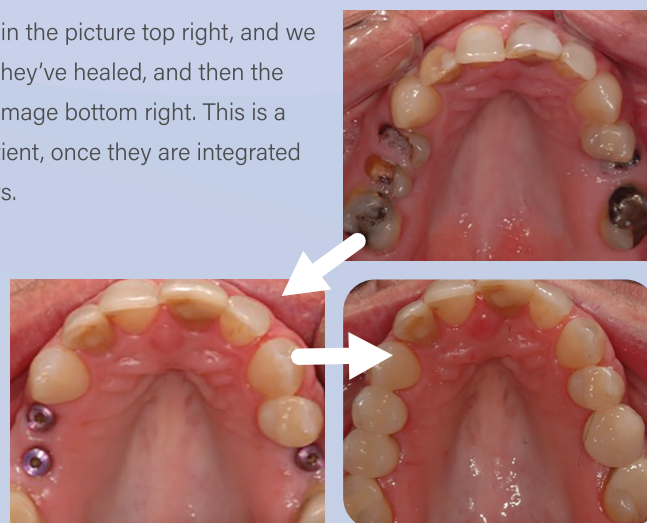
The difference between implants and bridges.

In the top image here, a bridge cements over top of the teeth on either side of a space, giving you the three teeth back in one piece. This is best done when the teeth on either side of the space have large fillings and would benefit from the crown that's going to go over top of them. An implant, on the other hand, involves the placement of a little metal fixture into the bone, and then a crown goes just on top of an implant. It does not affect the teeth on either side of the space. The nice thing about that, is that if these two teeth on either side of this space have no restorations, have no fillings on them already, then we don't have to affect them at all.



We took out the broken teeth you see in the upper jaw of this patient in the picture top right, and we placed three implants. The bottom left image is how they look when they've healed, and then the crowns are placed on top of those implant fixtures, as you see in the image bottom right. This is a very permanent solution. Implants, typically, will last the life of the patient, once they are integrated well. Bridges and dentures are often replaced every seven to ten years.

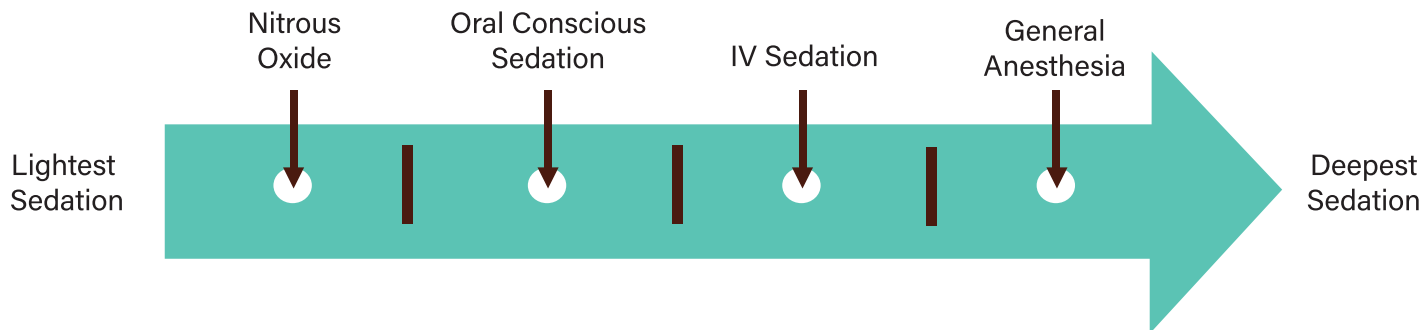
Which option is right for you? Many factors play into this, including the amount of bone support available for implants, the way your bite is set up, and what the teeth around the space look like. Are there teeth on either side of the space? Are you missing a few teeth? Many teeth? All of these things will be easy to determine when we have a full set of x-rays, and can sit face to face to talk.





Conscious Sedation

Let's talk for a moment about those who want to have a smile change, but are afraid to come into the dentist, afraid of having dental treatment done. If your fear of dental procedures prevents you from getting the care you want, don't let that be the case.



We can provide many, many options to allow you to live your life to the fullest, with the smile that you want. To give you an understanding of how sedation works, this is the spectrum of sedation from lightest to deepest. Nitrous Oxide is what we call Laughing Gas. It is the lightest form of sedation. It's delivered through a little mask on the nose so it's not very restrictive for those who are claustrophobic. Oral conscious sedation is probably the most common form that we offer, and it is a pill form. Then there's IV and General Anesthesia. IV or General Anesthesia are delivered in our office with a sedation team much like you would expect in a hospital setting.

Nitrous Oxide



Pill



IV/GA



The difference is, with Nitrous Oxide, you can drive to and from the visit; you can add this to most visits. The other forms of anesthesia, you'll need a ride to and from your visit, supervised recovery, and there is pre-planning, and specific instructions involved. That's, obviously, because they are deeper levels of sedation. Again, which option depends on your level of anxiety, the amount of treatment that needs to be done, complexity of treatment, and a few other factors. Your health is one of those, so the best way to determine is a conversation after reviewing your health history, and your treatment plan.



Technology

For all of the options we've talked about, we have taken advantage of available technology to make your experience as comfortable as possible, with all of the cosmetic dentistry options, including Invisalign®, and that's the Itero Digital Scanner, where no impressions are required.

This is the iTero digital scanner. You can see the wand, which is actually a camera that we use to scan over the teeth. You can see the picture come up on the screen, which is an accurate depiction of your teeth.





The Next Step



The next step is an initial consultation with us. It can be a very simple complementary consultation, which is really just a chance to meet me and our team and see if we are a fit, have your questions answered, and see some actual before and after photos of work we have done. Or we can get right to the information gathering appointment, which is a complete new patient exam that includes information gathering, treatment plan, and a final discussion of the treatment plan costs, time frame, and scheduling appointments. Then we can start the treatment. That's very simply how we do things.

1. **Initial consultation**
2. **Information gathering, treatment plan, and final consultation**
3. **Start treatment**

If we don't gather all of the information and discuss the treatment plan before we get into treatment, then we may see a scenario come up where you might have made a different decision, given all of the facts. By doing this we like to make sure we have all of our ducks in a row before starting treatment.

By doing this, you know exactly the state of your oral health. We can tie in everything from your oral health to your total body health and come up with the perfect plan (or the most ideal plan at the time). Then we can make a decision on how to proceed forward from there. We can either start with an initial consultation, which is just a meet and greet to see if our team is a fit for you, or we can get right to the new patient exam, and start the information gathering on day one.



“

I hope this information about cosmetic dentistry has been valuable to you. We're extremely proud to offer these services. They are absolutely transformational for those who have them done. The smile is really that important to all of us, and I hope that you all have many, many reasons to smile in the future.



Dr. GURLEEN SAROYA

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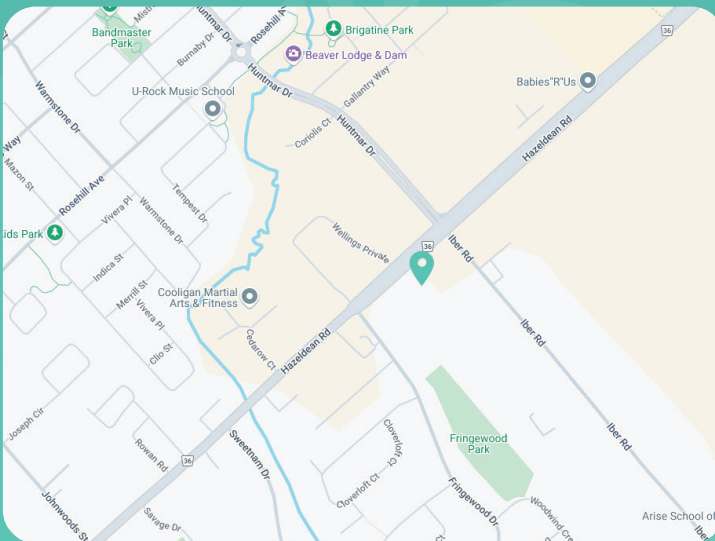
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