

WHAT MAKES A BEAUTIFUL SMILE?

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Dr. Pasha shares his knowledge and experience through published articles

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Whenever patients express interest in smile makeovers the first thing I hear is, "I don't want to look like I have fake teeth," or "I don't want people to know I had my teeth done." How do we improve our smiles without the results looking unnatural? When it comes to a beautiful smile, there's a fine line between looking better and looking different.

A great smile isn't just about having white teeth. A smile has to fit your face and suit your personality. It has to look and feel natural. The shape, arrangement and length of teeth are as important as their color. When these four elements work together there's a very good chance that you'll be looking at a beautiful, natural smile.

How It's Done

First we have figure out what a patient wants changed about their smile. Sometimes we have specific information from the patient, but often their direction is basic: "I just want my smile to be better." This is when experience in cosmetic dentistry is essential. An experienced dentist will go over patient concerns and try to break things down into smaller pieces. They'll take photos of the teeth and smile, and make models to see how the mouth is arranged. They'll then come up with a plan to help get the results the patient is after. This could be a simple whitening treatment or a more involved smile makeover procedure like veneers or a crown.

Once these details are captured the dentist will mock up the new smile to build a "trial smile": in essence, a test drive of the new smile. After trying it out for a few weeks, the patient approves the new look before the dentist custom builds the final restorations. This process ensures a long-lasting, natural look.

Who Can Do It

Cosmetic dentistry is not a specialization within the dental profession, however the quarterback of the process will most likely be your general dentist. Some general dentists have an interest in cosmetic dentistry, and have spent a lot of time to acquire the skills and knowledge necessary to provide superior esthetic results for their patients.

If you're interested in a smile makeover, it's worth your while to make an appointment with a dentist you trust and get their opinion about your options. There's a lot to consider, but a fresh, renewed smile will boost your confidence and can change the way you go about your day.