



Cosmetic Dentistry: the **KEY** to a Better Smile



A beautiful smile is something that everyone desires to have. First impressions are everything after all, and nothing makes a better impression than a memorable smile. If you feel that your smile is lacking, cosmetic dentistry may be the answer.

The goal of cosmetic dentistry is to make a positive change to your teeth and your smile. There are many different options when it comes to the cosmetic procedures available, including whitening, veneers, implants, and much more. The benefits of cosmetic dentistry aren't just physical. An improvement to your teeth and smile can make a big difference in your self-esteem and confidence.

While cosmetic dentistry may sometimes be thought of as purely aesthetic, the enhancements it can make to your self image and well being go far beyond appearance. The objective of any great dentist should be to complement and improve the overall oral health of their patient through these cosmetic procedures. These treatments should be minimally invasive to minimize the loss of healthy tissue, and should be consistent with the long-term health and needs of the patient.





If you are considering a cosmetic dental procedure, it's important to realize that your desires may be different from the recommendation of your dentist. It's crucial that you have a detailed discussion before making any decision to determine if the two of you can come to an agreement on what measures should be taken.

While you may have one area of focus that you feel needs improvement, your dentist is likely looking at the overall picture. Rather than simply seeing your teeth, **studies have shown** that cosmetic dentists are looking at the entire package – teeth, lips, gums, face, skin, hair, and so on. Their recommendations for you will take all of these things into account, so they may suggest something different from what you originally were hoping to have done.

It's important that not only you listen to your dentist's suggestions, but that you find a dentist who will listen carefully to your wishes. While the dentist may technically be the expert, it is your body, after all, and it's crucial that you feel comfortable with whatever procedures may take place. Before you meet with your dentist, determine exactly what it is that you want to accomplish. What shade would you like your teeth to be? Do you want your teeth to be perfectly aligned? Are you stuck on the idea of a "Hollywood" smile, or would something more natural work for you? Once you know the answer to these questions, you are ready to see your dentist.





When you first meet with your dentist, you will have a standard physical examination as well as an aesthetic consultation. This is when you should ask any questions that you might have, and share all of your wants and needs. Make sure you are comfortable with the dentist, and that they are listening carefully to what you truly want. Open and honest communication is the best way to ensure that you will get the results that you desire.

There are many different procedures that you can have done to improve your smile. The most commonly thought of process when considering cosmetic dentistry is teeth whitening. This process will result in a whiter smile by bleaching teeth using a safe and commonly used whitening agent. This method can be used to reduce the appearance of stains or to simply brighten your smile.

Dentures are commonly used for tooth replacement and have been around for quite some time. There have been many advancements in dentures in recent years, resulting in more options than in the past. While traditional dentures can sometimes lead to bone loss or periodontal disease, newer solutions such as overdentures, which are a combination of dentures and implants, may be a better option.

Dental implants are another method used for tooth replacement. These implants replace the roots of lost teeth, and in most cases will last for many years. Implants are nearly impossible to spot as they are meant to be unnoticeable, and are now considered to be the ideal choice for replacing missing teeth.





Orthodontics, which are often thought of simply as braces, are used to realign teeth to their proper position. While traditional braces may be what first come to mind, newer options such as “invisible braces” are available and can often reduce treatment times. If you are considering orthodontics for you or a family member, it’s important to discuss with your dentist what may be the best option in your particular case.

Tooth bonding is the process of attaching materials, such as porcelains and composite resins, directly to your tooth to result in the appearance and structure of a natural tooth. This procedure is often used for chipped teeth, and the materials used will allow the structure to look and react like the original tooth.

Periodontal plastic surgery is used to correct any abnormalities in the gums. This process is accomplished by adding or removing gum tissue from affected areas. Your dentist will need to determine whether or not you are a good candidate for this procedure.



As you can see, there are many options when it comes to cosmetic dentistry. Whether used to correct a problem caused by an issue such as periodontal disease or simply to enhance the appearance of your teeth, cosmetic dentistry is a wonderful tool to improve your overall appearance and self-esteem. Do your own research and discuss with your dentist the options available to help achieve the results you desire.

Looking for a dentist?

At Coral West Dental we offer not only state-of-the-art dental treatments, but also an environment in which our patients feel secure and comfortable.

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