

Smile Checklist

- When you look in the mirror, do you like the way your teeth look?
- Do you dislike the color of any of your teeth?
- Are there spaces between your teeth?
- Do you have any chips or cracks on your teeth?
- Are you missing any teeth?
- Do you have any crooked teeth?
- Do you feel your teeth are too long or too short?
- Are you pleased with the shapes and position of your teeth?

If your answers indicate that you might want a change in your smile, talk to your dentist about...

Improving Your Smile.

Dental Treatment

Improving Your Smile



Before and after photos (pairs 1-3) courtesy of
Robert A. Lowe, DDS.

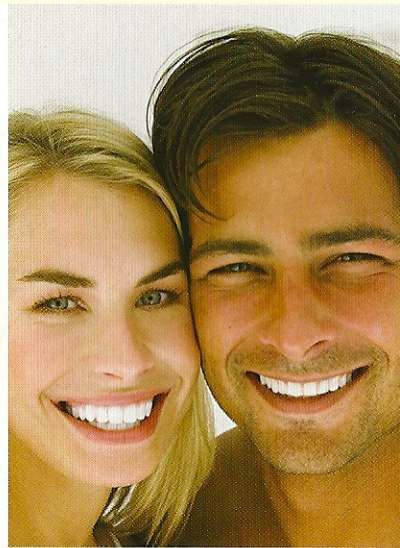
W101

To order additional copies, call 1-800-947-4746
or visit www.adacatalog.org

A great smile can be the most attractive feature of your face, and that great smile means more to others than you may realize. It conveys vitality, health, success, youth and sincerity. A smile is meaningful in your personal, business and social contacts. So it's important that you are happy with the appearance of your smile. If you are like many people, however, you may not be.

Today, there are many options for solving cosmetic dental problems. You no longer have to settle for stained, chipped or misshapen teeth. Even subtle changes in your smile can make a dramatic difference in the way you look and feel about yourself. Speak with your dentist about how to improve your smile. He or she will work with you to find the solution that best fits your needs.

Due to advances in materials and techniques during the past few decades, cosmetic dentistry has made great gains. You now have choices that can help you smile with confidence.



Options for improving your smile include:

- **Veneers** — thin custom-made shells designed to cover the front side of teeth. Made of tooth-colored materials, veneers are used to fill spaces between teeth and to treat teeth that are permanently stained, poorly shaped or slightly crooked. They may also cover teeth that are chipped or worn.

Veneers are available both as ceramic veneers or composite resin veneers. Each type of veneer has unique advantages. Your dentist will help you choose the material best for you based on durability, stain resistance, color and appearance.

- **Tooth Whitening** — a process that will make teeth appear whiter if they are discolored. Approaches to whiten your smile include in-office bleaching, at-home bleaching, and whitening toothpastes.

In-office (or chairside) whitening is done in the dental office typically using stronger bleaching agents than are available for home use. The dentist will apply either a protective gel to your gums or a rubber shield to protect the oral soft tissues. A bleaching agent is then applied to the teeth, and a special light may be used.

There are several types of products available for use at home, which can either be dispensed by your dentist (bleaching products) or purchased over-the-counter (either bleaching or nonbleaching products). A bleaching product actually changes the natural tooth color and a nonbleaching product, like whitening toothpaste, helps remove surface stains only. Whitening toothpastes in the ADA Seal of Acceptance program have special chemicals or polishing agents that provide additional stain removal effectiveness.



- **Braces** — appliances that can help correct crowded or crooked teeth or an uneven bite. Individuals with cosmetic concerns may opt for less visible braces.

There are braces that blend with tooth color and, in some cases, treatment may be done without using braces at all, by using a series of clear plastic removable mouthpieces — like aligners.

- **Enamel Shaping** — is a process of shaping, or contouring, natural teeth to improve their overall appearance.

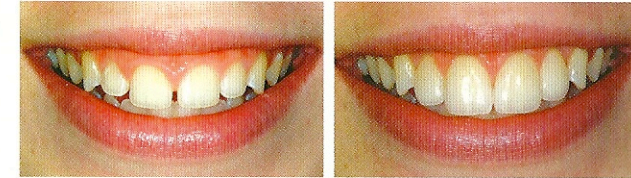
When teeth are slightly crowded or uneven, or when eye teeth appear too long, enamel shaping may be used to improve their appearance.

Examples of Improved Smiles



Before

After



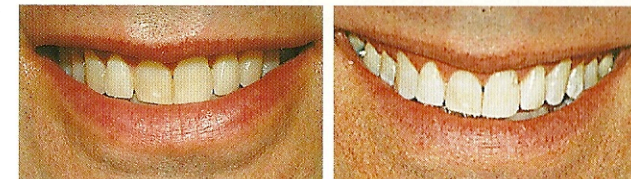
Before

After



Before

After



Before

After

These treatments and others can help you have more natural-looking and attractive teeth.

Which ones could help you feel confident about your smile? Discuss with your dentist not only the options most suitable for you, but also what your expectations are and the payment options available.