



# Your Smile Wish

Find Answers  
to Your Smile Wish



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# Smile Wish: Whiter, Brighter Smiles

As you age, you may begin to notice that your teeth are not quite the same shade of white as they were in your youth. Typically, noticeable discoloration process begins in the late 20s and early 30s. A variety of factors can speed up the discoloration process, including chemical staining from drinking dark-colored liquids and smoking, a genetic predisposition to early yellowing, trauma to the teeth, illness or certain medications. The good news is that most teeth can be returned to a whiter shade with professional whitening treatments.



# Best Solution: In-Office Whitening

In-Office whitening can be performed in a dental office and will take about an hour. A strong bleaching solution will be applied to your teeth, leading to dramatic and fast results. This should be done under the direct supervision of a dentist due to the strength of the bleaching solution.



# Second Solution: Custom Whitening Kit Made for You

In this treatment, custom-molded whitening trays will be made for you to take home. Your custom-fitted tray is filled with a highly-concentrated whitening gel, and temporarily adheres to either the bottom or top row of teeth. The tray is worn for several hours over the course of a few weeks, depending on the level of whitening desired. The tray ensures maximum contact with the teeth as well as consistency of results.

# Third Solution: Over-the-Counter Whitening

Although over-the-counter treatments can be used as a supplemental whitening enhancer, these treatments are not recommended as alternatives to professional whitening. The concentration of over-the-counter whitening agents may be significantly lower than you need and often will not produce the dramatic results that many patients desire. These products are not custom-made and may lead to more sensitivity and burning gums. If you choose to purchase over-the-counter whitening products, make sure they have a seal of approval from the ADA (American Dental Association).

# If whitening is not the best solution for you

If none of the fixes are for you because your teeth are hard to whiten, you may need veneers to give you a brighter, whiter smile. Porcelain veneers offer a dramatic change. They are as thin as contact lenses and can be bonded directly to the tooth with minimal drilling. Veneers mask imperfections and add strength and durability. They are made of high-grade porcelain that looks natural, and blends beautifully with the surrounding teeth. Veneers are resistant to staining or discoloration and get rid of the appearance of stained teeth.



# Smile Wish: To Correct Misaligned, Crooked or Overlapping Teeth

It is important to correct misshapen and crooked teeth to have a beautiful smile that can give you more confidence. It is also important to have straight teeth in order to have good oral health. Crooked and crowded teeth are hard to keep clean, which may lead to cavities, gum disease, receding gums, bad breath and an abnormal bite.



# Solution for crooked, misaligned and overlapping teeth: Orthodontic Treatment

Orthodontic treatment (correcting smiles with braces) for adults has become more common and adults should not be afraid of this option. Orthodontic treatment is the most conservative way to correct crooked, overlapping or misaligned teeth. The disadvantage of this treatment is the amount of time it requires to wear braces to achieve the desired results. If you are not in favor of orthodontic treatment and desire immediate results, you may be interested in another solution.

# Solution for minimally misshapen and crooked teeth without orthodontics: Porcelain Veneers

Porcelain veneers offer a dramatic change. They are as thin as contact lenses and can be bonded directly to the tooth with minimal drilling, masking imperfections and adding strength and durability. They are made of high-grade porcelain that looks natural, blends beautifully with the surrounding teeth, and resists stains and discoloration. Porcelain veneers get rid of the look of misshapen and crooked teeth.



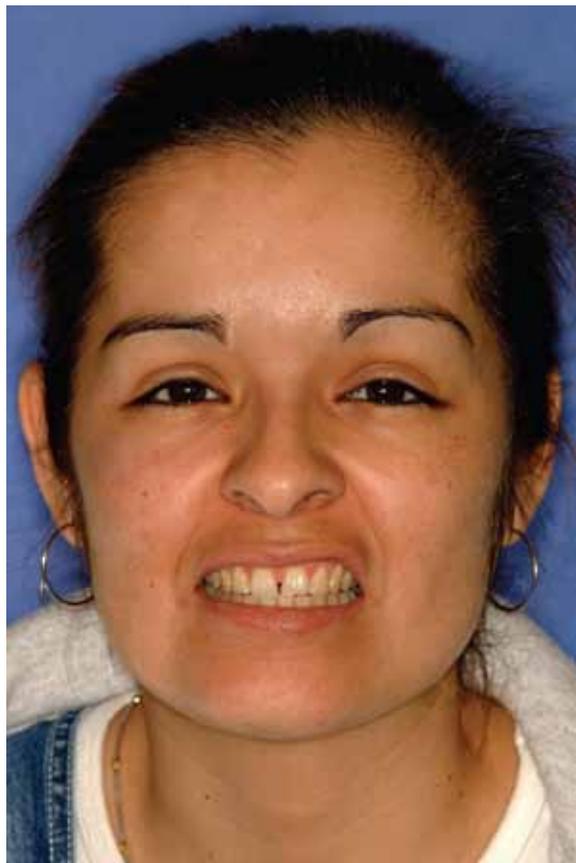
# Solution for severely misshapen or crooked teeth without orthodontics: Porcelain Crowns

Porcelain crowns may be an option. A crown (or cap) is a covering that encases the entire tooth surface. Because of that crowns can be used for severely misshapen, crooked or damaged teeth that cannot be corrected with veneers. Although there are several types of crowns, porcelain crowns are the most popular because they resemble your natural teeth. They are highly durable and will last many years. Porcelain crowns can correct misshapen and crooked teeth, giving you a natural, long-lasting beautiful smile.



# Smile Wish: To Correct Gaps Between Front Teeth

A diastema is a gap between two teeth. It appears most often between the two upper front teeth. However, gaps can occur between any two teeth. There are several ways to close gaps between your teeth. The best treatment for you would depend on the severity of the gaps, the number of gaps and how immediate you desire those results to be.



# Solution for a smaller gap: Bonding

Bonding is a quick, convenient solution to correct small gaps. A tooth-colored resin material is hardened with a special light, fills in spaces and gets rid of gaps. Bonding creates a smile that looks entirely natural.



# Solution for multiple gaps: Orthodontic Braces

Multiple gaps between teeth can be corrected with orthodontic braces. If the teeth are moved closer together, then any spaces between the teeth will be closed. The advantage of braces is that there is nothing artificial that is left attached to the teeth, and therefore it is theoretically healthier. Disadvantages would include the cost, the time of treatment (it could take at least several months to close a medium-sized space between your front teeth, and maybe up to two years), and the discomfort of wearing braces.



# Solution for multiple gaps without orthodontic braces: Porcelain Veneers

Porcelain veneers offer a faster way to correct multiple gaps. They are as thin as contact lenses and can be bonded directly to the tooth with minimal drilling, hiding gaps between the teeth. They are made of high-grade porcelain that looks natural, blends beautifully with the surrounding teeth, and is resistant to staining or discoloration. Porcelain veneers will not only hide gaps, but can make teeth look whiter and more perfectly shaped.



# Smile Wish: To Correct Chipped Front Teeth

Chipped teeth are a frequent occurrence. They are a cause of serious concern due to their unsightly appearance, as they mainly involve the upper central incisors, the most visible and esthetically important teeth in a person's smile. They play a major role in one's self-esteem, and even a small chip may alter one's image.

# Solution for a small chip: Recontouring

If the chip is very small, simple recontouring or polishing can be done to correct the chip and to make the tooth look like a tooth next to it. Recontouring is one of the most conservative cosmetic procedures as it involves the removal of small amounts of tooth enamel in order to correct the chip on a tooth. It is a relatively quick and painless procedure.



# Solution for a bigger tooth chip: Bonding

If your tooth chip is a little bigger and cannot be fixed by recontouring, then bonding is an option. Bonding is a quick, convenient solution wherein a custom tooth-colored resin is hardened with a special light, fills in spaces and gets rid of chips. Bonding creates a smile that looks entirely natural.



# Solution for an extensive chip: Porcelain Veneer

A porcelain veneer may be a better option if your chip is dramatic. A porcelain veneer is as thin as a contact lens and can be bonded to the tooth with minimal drilling. It can correct chips and add strength and durability. A porcelain veneer is made of high-grade porcelain that looks natural, blends beautifully with the surrounding teeth, and is resistant to staining and discoloration.



# Solution for a severely fractured tooth: Porcelain Crown

A crown (or cap) is a covering that encases the entire tooth surface. Because of that, crowns can be used for severely fractured or damaged teeth. Although there are several types of crowns, porcelain (tooth-colored crowns) is the most popular, because they resemble your natural teeth. They are highly durable and will last many years. If you have a severely fractured tooth it needs repaired as soon as possible not only for esthetics but to prevent dental pain, as any delay will increase the need for a more extensive treatment, such as a root canal (endodontic treatment).



# Smile Wish: To Correct Stained or Discolored Fillings on Front Teeth

All dental restorations (fillings) may need to be replaced as they get stained, cracked, chipped or start looking grey. If a dental restoration changes color, that process can occur because the surrounding tooth structure is developing decay. This problem must be treated immediately as, if left untreated, it may result in the need for a root canal (endodontic treatment).



# Solution for an area with a stained or discolored dental filling: A New Filling

A filling may be necessary to replace a stained or discolored dental restoration. If an anticipated new filling is small, a tooth-colored restoration can be placed that will look natural and match surrounding teeth and color.



# Solution for areas with extensive old existing fillings: Porcelain Veneers

Porcelain veneers offer a more dramatic and longer lasting fix. They are as thin as a contact lens and can be bonded directly to the tooth after old fillings are replaced. Veneers are made of high-grade porcelain that looks natural, blends beautifully with the surrounding teeth, and is resistant to staining or discoloration. With veneers, your teeth will look beautiful and healthy.



# Solution for areas with old crowns: To Replace Old Crowns with White Porcelain Crowns

If you have porcelain-fused-to-metal crowns on your front teeth, you may notice a gray color around the gum area. This grey color may age the overall smile. Replacing those old crowns with porcelain crowns can be the best solution for you. A porcelain crown is a tooth-colored crown and resembles your natural teeth. A porcelain crown is highly esthetic and durable.



# Smile Wish: To Replace Old Silver Fillings

Amalgam (silver) fillings may last for many years before they need to be replaced. Some amalgam fillings look unsightly and you may choose to replace them with tooth-colored fillings for esthetic reasons. It is also important to know that as amalgam fillings age, they develop cracks that serve as an entrance for bacteria, leading to your teeth developing recurrent decay. Decay left untreated may result in the need for a root canal. Worn amalgam fillings should be replaced to prevent decay and cracks, as they can lead to more complicated and expensive treatments.

Solution for a replacement of smaller  
old amalgam fillings:  
To replace with a composite filling  
(tooth-colored fillings).

If an existing old silver filling is a small size, a new composite filling can be placed. A composite filling will closely mimic the color of your tooth.

# Solution for replacement of extensive old amalgam fillings: Porcelain Crowns

A crown (or cap) is a covering that encases the entire tooth surface. Although there are several types of crowns, porcelain (tooth-colored crowns) are the most popular, because they resemble your natural teeth. They are highly durable and will last many years. Porcelain crowns can correct damaged silver fillings and strengthen your existing teeth while making the teeth look natural.



# Smile Wish: To Eliminate Long or Uneven Front Teeth

## **Best Solution: Recontouring**

It is not uncommon for a tooth to be slightly longer or have a different shape than its neighbors. With a procedure called recontouring, your tooth can be reshaped so that it is a better match to the rest of your teeth. Recontouring can help eliminate minor imperfections such as: teeth that are too long, uneven teeth and small chips. Recontouring can smooth out bulges and pits in a tooth's enamel. Recontouring can also improve overall dental health by removing crevices or overlaps between teeth in which plaque or tartar can accumulate.

Recontouring is one of the most conservative cosmetic procedures as it involves the removal of small amounts of tooth enamel in order to change the length, shape or surface of a tooth. It is a relatively quick and painless procedure.

However, recontouring is not a substitute for veneers or bonding. Recontouring would not be the best course if your tooth has a major imperfection such as a deep chip or fracture.



# Smile Wish: To Eliminate Short Teeth and a Gummy Smile

Many people show small teeth with a lot of red gum tissue. They frequently think that they have short teeth or that their gums have grown over their teeth. From their perspective, they see their smile as a gummy smile. Those people usually do not have short teeth and most commonly they just have too much gum tissue, which simply needs to be removed in order to expose more tooth structure to show their normal length and beauty. Excessive gum tissue can be caused by genetics or certain medications. In either case, plastic surgery can be done to give a fuller, more cosmetically pleasing smile.



# First Solution: Gum Recontouring/Gingivectomy

This solution is for the patient with an uneven gum line, overgrown gum tissue or thick gums. It is done simply to make gums look better. They may have an unusual shape or may not be formed normally. Excessive gum tissue can be gently recontoured, often using a laser. Since the procedure is minimally-invasive, patients may have soreness or discomfort, but usually not pain afterwards. In the final result, the appearance of your smile is changed. Your new smile may have a more even gum line, and the recontouring will make the teeth appear longer.



# Another Solution: Crown Lengthening

If the teeth are naturally short, the teeth may have been badly worn, or the bone contours (in the gums where the gums meet the teeth) are thick and irregular, you may need more invasive gum surgery where the gum and the underlying bone have to be contoured. The crown lengthening procedure is required when there is need to expose the underlying bone in order to remove some of the excessive gum tissue. There may be more discomfort with this procedure that is experienced with a gingivectomy. The final result will give you a more even gum line and make your teeth appear longer.

# Smile Wish: To Replace A Missing Tooth

If you are missing teeth, your confidence level may be affected. Besides affecting your confidence level, missing teeth may require you to chew on one side, putting too much pressure on those teeth and your jaw joints. Missing teeth can also cause your lips and cheeks to “sink,” causing you to look prematurely older. Finally, missing teeth can lead to other teeth shifting, creating a compromised ability to chew.



# First Solution: A Tooth Implant

A titanium screw is placed beneath your gum and heals to the bone in your jaw in the area of the missing tooth. Once the dental implant is integrated into the bone, it will act as the root of the missing tooth. A dental crown can then be made to fit onto the implant. Implants look and feel like natural teeth.



# Second Solution: Fixed Bridge

Fixed bridges are a type of restoration that replaces or spans the space where one or more teeth have been lost. A fixed bridge is cemented into place using teeth adjacent to the missing space to support a crown over the area of the missing tooth or teeth. A bridge will match the shape and color of your surrounding teeth to provide a natural appearing result.



# Smile Wish: To Slow Down an Aging of Teeth and Smile

As we age, our teeth age as well. By following good dental hygiene and avoiding some bad habits, you can keep your smile looking young for a lifetime.



# Best solutions to slow down the aging of your teeth and smile:

Use a night-guard if you grind or clench your teeth while sleeping. Grinding can lead to extreme wear on your teeth, making them look thin, broken and too short.

Do not chew ice. Chewing ice can lead to broken fillings and cracked teeth.

Do not use toothpicks as they can lead to gum recession and create spaces between your teeth.

Brush your teeth using a softer touch and a toothbrush with soft bristles so you do not brush white tooth structure away.

Floss regularly, it is the best method of preventing cavities and keeping your gums healthy.

Replace missing teeth to prevent collapsing of your bite and sagging of tissues.

Instead of extracting problem teeth, save every one you can. You will look and chew better if you restore them.

# Best solutions to slow down the aging of your teeth and smile:

Use professional whitening. Whiter teeth create a younger look.

Do not drink soda drinks as soda has a lot of acid that will lead to tooth structure loss.

Drink plenty of water as water helps to hydrate your mouth and to prevent cavities.

Use a mouthwash approved by the American Dental Association (ADA). Rinse daily to strengthen tooth structure and to keep gums healthy.

Keep your lips moist and free of cracks with lip moisturizers.

If you take medications, find out if they have an affect on your teeth.

# Smile Wish: To Have a Younger Smile

As we age, our teeth will age as well. If your smile shows worn, discolored, chipped or missing teeth, you will look older. If your smile stays attractive and healthy looking, it will take years off your appearance. Dental treatment can help you to have a younger smile and an overall younger appearance.

# Solutions for a younger smile:

Replace any missing teeth to prevent your bite from collapsing and tissue from sagging.

Make sure you do not have periodontal disease. This disease leads to gum recession and bone loss around your teeth, which creates spaces between your teeth. This disease can lead to premature tooth loss as well.

Make sure you do not grind your teeth, which leads to extreme wear and makes them look thin, broken and too short.

If you have a bad bite, is it never too late to correct it.



# Solutions for a younger smile:

Replace old stained and discolored fillings

Cover very stained or discolored teeth with veneers or crowns as stained teeth age your smile.

Replace old crowns and bridges. Dark shadows from old bridges and crowns age any smile.

Find out if you are a candidate for bleaching as whitening can brighten your smile and create a more youthful appearance.

