

Every Smile Can Be Beautiful

Everything You Need To Know About Cosmetic Dentistry



Get All Your
Questions
Answered!

Authored By:
Dr. Angela R. Cameron
DDS, PC, FDOCS, LVIF, FAGD, FPFA

Every Smile Can Be Beautiful

What is Cosmetic Dentistry?

•

Solutions for Stained Teeth

•

Repair Broken and Cracked Teeth

•

Straighten Teeth Without Braces

•

The Advantages and Disadvantages
of Dental Implants and Dentures

•

Smile Makeover Before and Afters

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Every Smile Can Be Beautiful

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INTRODUCTION

GET TO KNOW THE DOCTOR

– A CONVERSATION –

Why did you become a Dentist?

I was in college and I was also wearing traditional braces. I was on the path to going to medical school. Someone very smart told me that I should shadow someone in the top of the profession you think you want to have as a career and see if you would like to have the kind of life that they have. So I spent a lot of time volunteering at hospitals and shadowing female physicians. Many of them were working 80+ hours work weeks and didn't have much of a life outside of work. Many of them seemed very unhappy and stressed out. So I started to rethink this career path. At one of my orthodontic appointments, my orthodontist, Dr. Gibson, encouraged me to look into becoming a dentist. He thought I would really like it. I spent some time shadowing him and several general dentists (including several female dentists who owned private practices). I really liked how the dentists were able to help and take great care of their patients, while at the same time every dentist I met seemed to have a very happy and fulfilling family life.

**"I LOVE TO WORK WITH MY MIND
AND MY HANDS; AND MOST OF
ALL, I LOVE HELPING PEOPLE.
DENTISTRY COMBINES ALL OF
THESE THINGS.**

**I HAVE THE MIND OF A
SCIENTIST, THE EYE OF AN
ARTIST, AND THE HEART OF
A SERVANT. THAT IS WHY
DENTISTRY WAS AND STILL IS THE
PERFECT FIT FOR ME."**

– Dr. Cameron

Do you have family, a partner or kids? What do you all like to do together?

I am married to Dr. Jason Cunningham. We recently celebrated our 19th wedding anniversary. We have two beautiful children, Andrew (who is 16 years old) and Alexis (who is 12 years old).

We enjoy spending time together as a family. The kids are busy with soccer, track, basketball, and ballet. There is always something going on. However, with our busy schedules, we take time to have family game night once per week and also family movie night once a month.

What do you like to do personally outside of the practice (i.e. hobbies, sports, etc.)

Outside of the office I love to spend time with my family, cook, read, go walking, and go to the Spa to relax. I collect Swarovski Crystal Figurines. I am also an active member of Central Baptist Church, and a support several charities.



Dr. Angela R. Cameron and her family. Dr. Angela R. Cameron, Dr. Jason Cunningham, their son Andrew and their daughter Alexis.

Where did you go to school? Are you continuing your education, or taking any courses?

I graduated from Furman University with a B.S. degree in Biochemistry and I also graduated from Furman University with a M.S. degree in Bio-physical Chemistry. I graduated with a Doctor of Dental Surgery Degree (DDS) from the University of Tennessee College of Dentistry located in Memphis, TN. I am committed to life-long learning and I take an average of 100-200 Continuing Education hours per year. I have done this for the past 20 years. It has been my privilege to study with and learn from the best of the best in post doctoral dental education. (The average dentist does 20 hours per year).

I am in the top 1% of all dentists for advanced continuing education training.

I have four postdoctoral Fellowship Awards: FDOCS, LVIF, FAGD, and FPFA

***Do you belong to any dental associations?
What accreditations do you have related to
Dental Implants, Cosmetic Dentistry or
Sedation?***

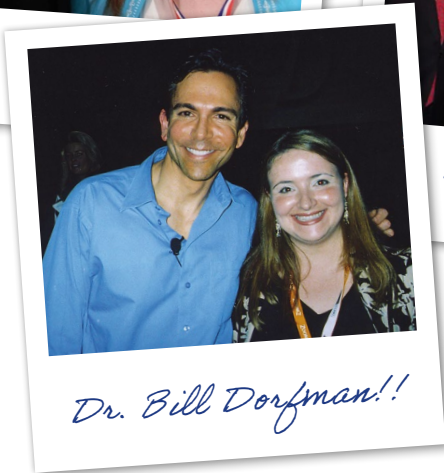
- I am a proud member of the ADA, TDA, FDDS, AACD, AGD, AAFE, AADSM, IAPA, DOCS, PFA, TNAGD, and TNAACD
- I am currently President Elect for the First District Dental Society
- I am a State Delegate for the Tennessee Dental Association
- I have been named one of America's Top Dentists 17+ years in a row. I have also been named one of America's Best Dentists 16+ years in a row.
- The Richard L. Sullivan Award for Excellence in Dental Research (2000)
- AACD President's Honor Roll (2006).
- I am a Fellow with the Dental Organization for Conscious Sedation and have been a Gold Member for 15+ Years.

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- I have been awarded the “Talk of Town” Award for Excellence in Customer Service 12 years in a row.
- Named Top 40 under 40 by the Business Journal of the Tri-Cities in 2006 (The only medical/dental professional recognized that year.)
- Top Dentist in Johnson City Awarded for 7 Consecutive Years by Best in the USA.
- 2019 VIPSEEN Power Woman of the Year
- 2021 Tri-Cities Living Magazine Power Woman
- I have appeared on a local TV show as a featured dental expert from 2003-2020 called “The Tri-Cities Elite Ladies Show”
- I have appeared on national television as a dental expert on “The Wellness Hour” (CBS) and on “Moving America Forward” (featuring William Shatner as host).
- Named one the Top Professionals by Continental Who’s Who.
- Named Top Dentist in Johnson City by the International Association of Dentists.



*DOCS Fellowship
Award 2008*



Dr. Bill Dorfman!!

Top Left: My husband, Dr. Jason Cunningham, and me when I received my Pierre Fauchard Fellowship Award (2019)

Top Right: Me receiving my DOCS Fellowship Award in 2008, pictured with Dr. Fang, Dr. Feck, and Dr. Silverman. Dr. Silverman is the founder of the DOCS organization.

Bottom: Dr. Dorfman and I at an AACD meeting. We were both being recognized as dentists who appear on TV shows. Him for working on Extreme Makeover, and me for my work with the Tri-Cities Elite Ladies Show.

Why did you start doing Implant and Cosmetic procedures and why do you enjoy it so much?

I LOVE the transformative process. I LOVE helping people get from where they are to where they want to be, and have the smile of their dreams, while they are made to feel comfortable/relaxed.

It is amazing to see the changes not just in people's smiles, but their energy, enthusiasm, and zest for life when they get their smile back. My favorite part of the day is when a patient sees their new smile and start crying tears of joy because they are so happy. OR when you take someone who is having daily debilitating pain, and you help get them feeling better and keep them feeling better without medication. It is a blessing to be able to serve in this way.

It is amazing to see someone who is deathly afraid of the dentist, who is scared to make a phone call to make an appointment, to see how comfortable they can be with sedation. They can have such a pleasant experience that with time, they no longer need to

be sedated for treatment. It is as if their fear melts away and is no longer an issue.

Many years ago, when I was still in dental school, I had the privilege of meeting and being mentored by a dentist who had a thriving Cosmetic Dental Practice in Nashville, TN. (Unfortunately, he passed away several years ago.) His clients were a list of Who's Who in Country Music (at the time) including Randy Travis, Loretta Lynn, and Dolly Parton (to name a few). He treated regular people too. He showed me what is possible with using a combination of cosmetic, sedation, and implant dentistry. When he showed before and after photos of the complex cases he completed, I was amazed. I knew that was the type of dentistry that I wanted to do for the rest of my life. He encouraged me to get involved in the AACD, and as a student, I began taking advanced level training that normally was reserved for veteran dental professionals. I was able to complete this advanced training in cosmetics and implants on top of all of my other dental school requirements. This connection and mentoring helped me move forward faster in being able to provide advanced care for my patients.

Why do you think people are sometimes so hesitant to go through with a big case restorative or cosmetic procedure?

Many patients are hesitant to go through with treatment because they are afraid and fearful of pain. That is why sedation dentistry is so wonderful. You basically feel as if you have slept through the procedure and most patients remember very little from the procedure itself. You wake up feeling refreshed. Many patients state that it is the best sleep they have had in a long while.

Other concerns that make patients hesitant are: Cost of treatment, lack of insurance coverage, time off work, trust, and they are concerned will they like the final results.

Whether you have dental insurance or not, our office works tirelessly to make treatment as affordable as possible with multiple payment options. If you have insurance, we do our best to maximize our patients' insurance coverage. However, the reality is that with large cosmetic, implant, and sedation cases, there will be things

NOT covered by the insurance. We are used to working with patients so that they can still afford the treatment they need, want, and deserve.

Sedation is also great for patients concerned about having to take time off work because we are able to get more treatment done in fewer visits.

We also go above and beyond to make certain that our patients will be pleased with the final results of treatment. We make diagnostic photos, study models, wax-ups, custom temporary restorations... The list goes on and on. We will not place any final porcelain or implant restorations in a person's mouth unless they are 100% pleased with them.

I have owned my private dental practice for almost 20 years and I have strong roots in the community. My plan is to stay in private practice dentistry focusing on excellent patient care until I retire many years from now. When patients come to me they can trust that they can depend on me being here for them long term.

For many patients it is simply a matter of timing or lack of urgency. What I have found is that there is a price to pay for postponing treatment and waiting for the “perfect time”. These issues do not magically fix themselves, and with time they get worse and more complex to treat. It is much better to plan things around your schedule, than to wait until the issue has progressed to be an emergency situation where you are scrambling to get things done quickly. With time, things will only become more expensive to treat the longer treatment is postponed.

Do you feel like there is something different about you and your practice that makes you stand out from other Dentists in your area?

We have a top notch beautiful facility. We have the latest in advanced technologies to better serve our patients. We also have a long list of amenities we use to pamper our patients and make them feel comfortable/relaxed during their dental visits.

Our team is well trained, experienced, and caring.

I have advanced training and more awards than just about anyone. One of the highest compliments we receive is that many other dentists in our region and from other states refer their patients to our office for complex cosmetic, implant, and sedation procedures. They trust the care of their patients to us.

I am also the founder and President of ***The Cameron Institute***. This is an online Institute for Advanced Post Doctoral Dental Education for Professionals. The motto of The Cameron Institute is *“Learning that Leads to Action.”*

How many other female dentists do you know who have their own Educational Institute?



www.TheCameronInstitute.com

OUR STORY

OUR PRACTICE AND TEAM



In 2002, Dr. Angela R. Cameron took over a well established private practice in Johnson City, TN and transformed it into Sophisticated Smiles. In 2012, she also took over the TMJ Treatment Clinic and relocated it inside her Sophisticated Smiles office.

Dr. Cameron chose to practice in East Tennessee in order to be close to her family. She is married to Dr. Jason Cunningham, who has a dental practice in Erwin, TN (Cunningham Dental and a private practice in Johnson City, TN called A+ Extractions and Dentures). They have two beautiful children, Andrew and Alexis. In her spare time, Dr. Cameron likes to read, spend time with her family, and is active in church and charity organizations.

Dr. Cameron is a Fellow in the Dental Organization for Conscious Sedation (FDOCS), a General Member of the American Academy of Cosmetic Dentistry, and a member of the Academy of General Dentistry, the American Dental

Association, and the American Academy of Dental Sleep Medicine.

Dr. Cameron is truly something special. She has walls full of awards, but is still very humble when asked about all that she has achieved. She has been named one of America's Top Dentists by the Consumers Research Council of America, every year since 2003. She is a Fellow of the Dental Organization for Conscious Sedation. She is a Sustaining Member of the AACD and a member



*Dr. Cameron would love to speak to you about your dental concerns
and answer any questions you may have.*

of the ADA, AGD, and AADSM. Dr. Cameron takes over 100-200 hours of continuing education every year (the average dentist takes about 20 hours of CE per year).

She is constantly looking for ways to deliver the best and most modern care possible for her patients. She has advanced training in providing metal-free restorations, treatment of TMJ/TMD, sedation dentistry, and of course advanced cosmetic training. Above all Dr. Cameron truly cares about each individual that she treats. She loves what she does and it shows.

"OUR MOTTO IS 'WE IMPROVE LIVES, AND WE DO IT WITH A SMILE!' I FEEL PRIVILEGED TO BE ABLE TO GO TO WORK AND DO WHAT I LOVE WHILE ALSO HELPING OTHERS." – Dr. Cameron



For the 11th consecutive year, Sophisticated Smiles has been awarded for “Excellence in Patient Satisfaction” as rated online. Dr. Cameron has also been named one of America’s Top Dentists by the Consumers Research Council of America, every year since 2003.





Dr. Cameron is constantly looking for ways to deliver the best and most modern care possible for her patients.

Our Facilities

Our dental office is a five star facility. From the chandeliers in the bathrooms, to the relaxing massage room in the reception area, to the special kids play area, to our one of a kind “art gallery”; we have done our best to think of any luxuries that could make our patients experience as pleasurable as possible.

We have the most modern dental equipment in our treatment rooms. Our sterilization center is state-of-the-art.

Our rooms are supplied with water from a closed circuit purification system. The water is ultra-purified and is higher quality than even the water used for kidney dialysis.



*You're always welcome to come in for
an office tour of our practice!*

Our Team

We have a team of highly committed individuals who want nothing more than to provide the best for their patients. Each team member is committed to continued growth and education. Our team members take three times the amount of continuing education than the average dental team. We have morning huddles to go over any special needs that our patients may have to make the day go as smoothly as possible.

Once a month we have a four hour training session to go over updates on how to deliver the best service possible for our patients. Our team has a “get it done and then some attitude.” This means that they want to make each and every visit special for our patients. They look for ways to go above and beyond on a daily basis.

During my career I have successfully completed thousands of smile makeovers and placed over 10,000 porcelain restorations/veneers. (This is more than any Dentist in our region.)

Specialists

In order to serve you best, I have assembled a team of local oral surgeons that have over 30 years of experience and have placed thousands of implants over that time. What you'll learn in this book is that the "implant" is what goes below your gumline, and anything above the gumline is considered the "restoration". I have "restored" hundreds of implants in my career as a dentist. The smile really transforms in the restoration phase and that's what I really love.

CHAPTER ONE

WHAT IS COSMETIC DENTISTRY?

Maybe you've wanted to fix (or change) your smile your whole life.

Or, like many people (especially boomers and seniors), maybe your smile has just worn down, spaced out, crowded in, yellowed, and “aged” over time.

"TOOTHY" TIDBIT:

Where does the expression “*Long in the Tooth*” come from?

You probably know that calling someone “long in the tooth” is a way of calling them old. But have you ever wondered where the expression came from?

Originally, “long in the tooth” was used in reference to horses. This is because a horse’s teeth will continue to grow as it gets older; and so it’s possible to make a rough estimate of a horse’s age, by examining the length of its teeth. In other words, the longer the teeth, the older the horse.

This phrase can be dated back to the 16th

century; however the first (recorded) time it was used in reference to an aging woman was in 1852, in Thackeray's "The History of Henry Esmond, Esq."

Even though our teeth don't continue to grow as we age, our gums recede, which will cause our teeth to appear longer – making the saying "long in the tooth" feel disturbingly accurate when it's applied to us, as we get older.

Do you just keep trudging through your day-to-day, prioritizing other things because fixing your teeth feels like a "luxury" you can't justify?

Have you convinced yourself that the desire to have a brilliant smile at your age comes from a place of vanity, and should be ignored?

Many people in your position have been reluctant to get dental help because they expect a high-pressure sales pitch for expensive dental work when they talk to their dentist about fixing their smile.

Others are afraid of getting dental work done because they're unsure about their options for sedation, or pain relief.

Worst of all, some people who would benefit from a smile "tune up" hear information from Dentists who contradict each other; which confuses them, and only adds to their anxiety about seeking dental help.

With so much conflicting information out there, how do you know where to turn, to get the facts you need?

Have you simply thrown up your hands, and reluctantly decided to "get by" with what you've got, because "it isn't *that* bad?"

Even worse, have you decided that you're just too OLD to do anything about your teeth?

What if I told you that you're wrong – that you're *not* too old, and that having an attractive smile is more important than you think?

I wrote this book because I feel that you should know the unbiased FACTS about cosmetic dentistry.

But first, let's talk about something even more important. Let's talk about YOU, and how...

**AN ATTRACTIVE SMILE WILL
MAKE YOU LOOK (AND FEEL)
YOUNGER - AND CAN CHANGE
YOUR LIFE FOR THE BETTER.**

As I already mentioned, many people have decided NOT to fix their smile because it's too much, too late, too scary (etc...)

Please, let me share with you some information that will help you understand that cosmetic dentistry is probably NOT as complicated or expensive as you think, that it's NEVER too late in your life to get it, and it's certainly not scary.

WANT TO KNOW WHAT'S SCARIER THAN COSMETIC DENTISTRY?

Living out the rest of your years, *without enjoying your life* as much as you could have.

You've picked up this book, and you've started to read it, because you may not be happy with your teeth or your overall smile.

But so far, something has stopped you from getting the procedure that will make your smile beautiful.

Something has made you hesitate.

Perhaps, during one of the “back-and-forth” conversations you've had with yourself about cosmetic treatments, you have convinced yourself that your teeth “aren't that bad,” and that you're “satisfied” with your smile.

But is “satisfied” good enough?

And... are you *really* satisfied??? Or, have you just (sort of) convinced yourself that you're (kind of) "satisfied" with your smile, because you're hesitant to make a move?

Let's get you away from your ongoing internal debate. Let's separate you from the arguments you've been having with yourself in your head; I want to make this really straightforward for you.

Here is a "Smile Satisfaction" quiz for you to take. There are no instructors here. No teachers. No judges. No one is here to grade your results.

This is just a tool for ***you*** to use. Think of it as a gift, from me to you, which will stop the endless "conversation" you've been having with yourself about cosmetic dentistry, once and for all:

SMILE SATISFACTION QUIZ

(Just tick the boxes that apply to you)

- ☐ Have your teeth become yellow, or stained?
- ☐ Do some of your teeth look crooked?
- ☐ Have some of your teeth slipped out of alignment over the years?
- ☐ Do you dislike the color of your teeth?
- ☐ Has a tooth (or some of your teeth) worn down, or become cracked (or chipped)?
- ☐ When you smile, do your gums show?
- ☐ Do you dislike the shape of your teeth? Are they too long? Too narrow? Too wide? Too square? Too round? Too pointy? Too small? Too long?
- ☐ Do your teeth look “gray”?
- ☐ Do you taste metal in your mouth because of your fillings at times?
- ☐ Do you think that too many, or too little, of your teeth show when you smile?
- ☐ Does your face have a natural frown?
- ☐ Do you feel that your teeth make you look older than your age?

- ☐ Do silver hooks from your partial dentures show?
- ☐ Can you see a dark edge around your crown(s)?
- ☐ Do you feel embarrassed because your teeth are too crowded?
- ☐ Do you feel embarrassed because your teeth have gaps, or are too far apart?
- ☐ Is it awkward for you to smile in public (without thinking about it)?
- ☐ Do you wish that you could relax, and laugh or smile freely, with your friends and family?
- ☐ Do you try to hide, or cover up your smile with your hand when you laugh, eat, smile or talk, because you're embarrassed of your teeth?
- ☐ Are you reluctant to smile when the camera phone comes out? Are you sick of people telling you to "smile!" in pictures?
- ☐ When you smile at yourself in the mirror, do you **dislike** what you see?
- ☐ Do you ever look at someone else's smile and feel envy, or wish you had teeth like theirs?

THAT'S THE END OF THE QUIZ. THANK YOU FOR PARTICIPATING.

What did your answers reveal, for you?

Did you check one, or more boxes?

Did that exercise strike a chord with you, on a personal level?

After putting pen to paper and laying it out in terms as straightforward as “ticking” boxes, you may realize now (in no uncertain terms) that you’re dissatisfied with your smile.

But this isn’t a bad thing.

Whether you’re mildly dissatisfied, or straight-out ashamed, **there IS a solution; and it probably isn’t as expensive, complicated, “scary,” time-consuming or painful as you think!**

Before we dive into solutions for you, let’s talk about the benefits of having an attractive smile. These benefits may not be as important as your

personal satisfaction with your smile (because your happiness, your confidence, being comfortable in your own skin, and enjoying life as much as you can is NUMBER ONE), but I'd like to let you know the statistical facts about how "good teeth" can affect your:

- Career
- Personal Relationships
- Business Relationships
- and more...

Let's talk about how...

A GREAT SMILE MAKES LIFE EASIER.

This may not be fair – but studies show that the first thing people will notice about you is your smile.

Whether you're grinning at a potential employer, a new friend, or a love interest, your teeth **WILL** make a difference in the way that they perceive you, ***and*** in their very first impression of you (which can last a long time).

If you've ever wondered about whether or not your smile can have an impact on the success of your relationships (both personal and business), you're not alone.

Many people believe that teeth are the most important part of someone's appearance; more important than hair, weight or clothes...

...and they're not wrong.

Here are the results of a survey in which people were asked their opinions about how the condition of your smile can help (or hinder) you:

- Almost 88% of participants declared that they remember people with beautiful smiles.
- 94% said that the very **FIRST** thing they notice about someone is their smile

- 84% believe that a great smile is a key element in getting a date
- Over one third stated that they would **not** set a friend up with someone who has crooked teeth
- 75% feel that a smile will help – or hurt – your career

SO WHAT DOES THIS MEAN?

It means that:

- If your smile is attractive, you stand a better chance of being noticed, and remembered
- The more beautiful your smile is, the more likely it is that you'll attract the attention of a romantic interest
- If you have a great smile, you will make a lasting positive impression on your employer, which gives you a bigger chance at better career opportunities

The harsh truth is, that the state of your teeth can be perceived by others as a direct reflection of how

well you take care of your personal hygiene... and how seriously you take yourself.

This is why study after study has shown that a great smile will cause people to *instantly* feel that you are:

- Attractive
- Successful
- Clean
- Trustworthy
- Memorable
- Popular
- Powerful
- Intelligent
- Organized
- Self-aware
- (and more...)

Once again, this isn't fair (or kind!) but facts are facts...

...and let's face it; a lot of the points above may have already crossed your mind. This is why you don't like smiling in photos, or why you hide your mouth behind your hand when you laugh...

Which is why the **MOST important reason for fixing your teeth is because** a great smile will improve your self image; and this can translate into a better sense of self-confidence, personal contentment, and well being *for the rest of your life*.

After reading all of this, I'd be surprised if you still think that Cosmetic Dentistry is a frivolous expense.

I invite you to change your thinking, and look at cosmetic treatment(s) as an *investment in yourself*, which will give you a tremendous return – not just mentally, socially and professionally – but physically and financially as well.

This is because in addition to improving your quality of life...

COSMETIC DENTISTRY HAS MANY DENTAL HEALTH BENEFITS.

By virtue of its title, “Cosmetic” Dentistry sounds like it’s “just” about improving general appearance, making your face look younger, etc.

Don’t get me wrong; the self-confidence you can experience after a simple cosmetic treatment is priceless! But there are multiple health benefits, too.

It’s important for you to know, that “bad” teeth will only get worse.

Crooked, cracked, and/or worn down teeth open the door to *even more* tooth decay and cavities that will wear down your enamel every second of every day (and while you sleep). In fact, failing to address an “unhealthy” tooth is the leading cause of tooth loss in industrialized nations.

But it ***doesn't*** have to get that bad! In most cases, tooth loss is preventable with the proper care – and part of this care can include a Cosmetic treatment.

For example, when your teeth are smooth and aligned after a Cosmetic procedure, they become much easier for you to clean; which helps protect them from further decay, infection, weakness and total tooth loss.

Also, when your smile is attractive, you'll start to love the process of keeping it fresh and sparkling; and this kind of motivation will naturally improve your oral hygiene habits, which will support your better Dental health.

Finally, depending on the option you choose, your teeth can actually get stronger! For example, porcelain crowns both beautify and reinforce teeth that are cracked or weak.

You may think that Cosmetic Dentistry is too costly; but overall, it can be less expensive than facing the challenges of complete tooth loss.

Now that we've gone over the mental, physical and financial benefits of Cosmetic Dentistry, I have some simple questions for you (and I think I know the answers):

***DO YOU WANT TO LOVE YOUR SMILE?
BE HEALTHIER? FEEL MORE CONFIDENT?
LOOK YOUNGER? IT'S NEVER TOO LATE!***

THERE IS A SOLUTION!

If you've read this far and answered YES to the questions above, then one, or a combination of, the following Scenarios + Solutions will speak to you.

I invite you to keep reading, so that you can empower yourself with the factual knowledge you need to make the smile of your dreams come true.

CHAPTER TWO

DO PEOPLE LOOK AT YOUR SMILE
WITH DI-"STAIN"?

Oftentimes, people with yellow, discolored teeth are perceived as “unclean.” Unfair, for sure – but a fact, nonetheless.

If your teeth are stained, chances are you’re not too fond of smiling at yourself in the mirror; or at other people, for that matter.

In fact, studies even show that stained teeth will affect your chances of getting a job –never mind a date!

How cruel is that?

WHAT CAN A BRIGHT, WHITE SMILE DO FOR YOU?

This question was recently answered in a study conducted by Dr. Anne Beall, a social psychologist and market research professional. I’ve touched on this earlier, but it just can’t be reiterated enough; according to North Americans, people with bright, attractive smiles are found to be:

- More intelligent
- Happier
- More successful
- Friendlier
- More interesting
- Kinder
- Wealthier
- More physically attractive
- More sensitive to others

In summation, if you think that your stained smile is negatively affecting the quality of your life, I can assure that according to North America – ***you are right.*** So why not do something about it?

Many people think that they can fix their stained smile with over-the-counter, drugstore solutions...

...but there are some compelling reasons to avoid drugstore whitening that you may want to consider.

HERE ARE FIVE REASONS TO AVOID DRUGSTORE WHITENING:

- 1. You can go from Bad to Worse:** Drugstore whitening definitely doesn't work as well; and you can make things even worse by producing a bluish hue, or uneven results (which is definitely not a step in the right direction).
- 2. Things aren't what they seem:** According to the FDA, basically anything that removes debris from teeth can be called "whitening," so when you buy at the drugstore, you can't be sure of what you're *actually* getting.
- 3. You can't whiten dirty teeth:** Your Dentist will thoroughly clean your teeth (with all the equipment you don't have at home) before whitening, which produces better results.
- 4. You can't get technology over the counter:** Your Dentist has the most efficient, up to date technology available, to give your teeth a better chance of *staying* white after a procedure.

5. You need gum protection: Your dentist can protect your gums, so they don't get inflamed, itchy and spotty.

Overall, dentists have the special training, and most up-to-date treatments / technology you need, to tackle even the deepest stains.

You can certainly try Drugstore whitening, if you like, in an effort to save a few bucks.

But why throw good money after bad, when you can visit a Dentist for better, longer lasting, results?

Here are some...

SOLUTIONS FOR STAINED TEETH

1. POLISHING AND BLEACHING

Let's start with the simplest solutions for stain removal: polishing and bleaching.

If you only have a slight stain on the surface of your teeth, and are searching for a “budget-conscious” solution, polishing may be right for you.

HOW POLISHING WORKS:

Your Dentist will simply apply a paste to the surfaces of your teeth using a special instrument, and then rinse it off.

Even deeper stains can be tackled with a more advanced kind of polishing, called: Microabrasion. This may sound a little scary, but with the use of a protective rubber dam on your gums, and an acid polishing paste, your Dentist can get to those deeper stains that you've resigned yourself to “living with” forever.

Bleaching is another simple, cost-effective way to treat stains that aren't too deep, or too dark.

HOW BLEACHING WORKS:

First, your gums will need to be protected – which your Dentist will do by isolating the teeth that are being treated.

After your gums are “out of harm’s way,” your Dentist will coat your teeth with a solution, and may expose your teeth to heat, a special light (or a combination of both) for a few minutes.

Despite my earlier warnings about whitening your teeth at home, I do have to mention that your dentist can also provide you with a *professional* home bleaching kit.

This is different than the over-the-counter solutions I was warning you about, because professional home bleaching kits are customized to you, and your situation.

These generally consist of trays; to make a long story short, you simply add the solution you’re provided with to the tray, and wear the tray over your teeth for a designated period of time that works best for you.

Finally, if you're looking for a faster option, most dental offices offer an "instant" kind of whitening, also referred to as in-office "Power Whitening"; for same-day results (appointments like these can take 1 to 1.5 hours), ask your dentist about the methods and whitening systems they use to achieve a brighter smile that you can enjoy after a single visit.

2. BONDING

If your teeth are severely stained and discolored, there's no need to despair.

Bonding, also known as Direct Veneers, can be the simplest solution if your teeth are otherwise healthy, well positioned, and/or you are under 21 years old. Bonding most times can be done in a single, painless visit!

HOW BONDING WORKS:

Bonding is exactly what it sounds like: your dentist will apply a tooth-colored composite material, which will "bond" to the surface of

your tooth (completely masking the dark stains underneath).

The composite resin used for “bonding” can be shaped and polished to match any neighboring teeth, to achieve a “natural” look, that can last up to 8 years.

Bonding is a wonderfully versatile solution – it can even be used to close spaces in between teeth, make teeth look longer, and more! (But we’ll get to that later in the book).

"TOOTHY" TIDBIT: WHY DO TEETH STAIN?

- Certain types of food...
- Certain beverages...
- Smoking...
- Certain types of medication...
- Poor Oral Hygiene (failing to brush and floss)...
- Genetics...

- ...and even disease can lead to the discoloration of your teeth.

Interesting fact: Did you know that white wine can stain your teeth faster than red wine?

This is because white wine generally has a higher acidity level than red. This acid can wear down your tooth enamel; and although the white wine itself may not stain your teeth, your weakened enamel will invite other things like coffee to make themselves right at home, which will change the color of your teeth.

LOOKING FOR A BEAUTIFUL SMILE ALMOST INSTANTLY?

From teeth that are too small, misshapen, crooked, or spaced-out, to teeth that are stained, or discolored from metal fillings, **Porcelain Veneers can work wonders! In fact, they are often called the “Miracle Makers” of cosmetic dentistry.**

These thin, tooth-colored shells made of porcelain are bonded to your natural teeth, covering up any abnormalities and presenting a straight, bright, beautiful smile to the world that you'll never want to hide behind your hand again!

The best part is, Porcelain Veneers can be applied in a very short amount of time – **changing your life and your smile almost instantly!**

3. PORCELAIN VENEERS:

Porcelain Veneers (tooth-colored shells made out of a special porcelain) are restorations that are attached to, and cover, the front surface of your teeth.

You can get one veneer, or eight veneers right across the front of your smile, to take it from badly stained or misshapen, to beautiful.

Veneers are more expensive than bonding; however in general, they can provide a "better" look – and while bonding can stain over time, porcelain veneers have less of a chance.

Veneers can also be considered a better, long-term option because (when properly crafted, applied, and taken care of) they can retain their fresh look for up to 12 years.

HOW PORCELAIN VENEERS WORK:

Traditionally, a veneer procedure will involve preparing your tooth structure so that the veneer can be properly bonded in place.

If you're feeling anxious, let me assure you, there's nothing to fear; with the right approach to sedation and anesthetics, discomfort can be managed quite easily – and the result (a semipermanent investment that will make you LOVE to smile) is totally worth it.

4. CROWNS

If you have a tooth, or teeth, that are severely discolored, broken or cracked, your Dentist may recommend a dental crown procedure.

THERE ARE SEVERAL TYPES OF CROWN MATERIAL AVAILABLE. SOME ARE:

- Ceramic
- Porcelain
- Resin
- Stainless Steel
- Gold, Silver or other Metal Alloys

(However cosmetic crowns are usually made of porcelain or ceramic)

Typically, crowns will cost the same as veneers. However, crowns can give you the best results in tooth shape, shade and size. They also can last for up to 15 years.

HOW CROWNS WORK:

Normally, it takes two 1-2 hour Dentist visits to install up to four crowns (additional time may be needed for more crowns).

At your first visit, your Dentist will determine whether or not your tooth (or teeth) can support a crown (or crowns).

If you're a candidate, your Dentist will begin by preparing your tooth for a crown. They will also take an impression of the tooth, which will be sent away to a Dental lab (where the permanent crown will be crafted and customized for your mouth).

By the end of your first appointment, you will have a new, temporary crown in place to protect your tooth during the time it takes for your final crown to be made, and put in place.

Finally, your second visit will happen when your permanent crown is ready.

At this appointment, your Dentist will remove your temporary crown, and fasten the new crown to

your tooth with a special adhesive.

It may take a little time for you to get used to the way your new, permanent crowns feel in your mouth; however, after a little time has passed, your crown will look, function and feel like a natural, “regular” tooth, producing near-perfect aesthetic results, and **taking YEARS off your smile.**

For Smile Makeovers our office will also make diagnostic photos, custom smile design, custom shade consultation, diagnostic three dimensional wax-up, and custom provisional (temporary) restorations to help successfully transition you to your new smile.

WORRIED ABOUT COST?

Explore your Dental Insurance Benefits!

It may be time to “USE IT or LOSE IT!”

One of the perceived obstacles holding you back from fixing your smile may be what you *think* your dental procedures will cost.

However, it might actually be possible for you to *save money by using the FULL value of your dental insurance*. Some people don't know that insurance companies have a maximum amount they will pay out per year on (approved) dental work; and **this maximum amount will *not* carry over into the following year to “add up” over time.** In other words, if you have a \$1,500 maximum benefit per year, and you only use \$750 of it, that unused \$750 is *not* added onto next year's \$1,500 maximum. This means that if you don't USE IT now, you will LOSE IT.

Life is so busy; which means you may not have had time to thoroughly review your coverage in order to discover the possibilities for a better smile *that could be at your fingertips*. Your insurance may cover *cosmetic* dentistry like fillings, crowns, bridges, inlays or onlays (and more!) – so if you'd like to maximize the value of your dental insurance to get the smile you've always wanted, you should ACT NOW.

Spend *less time* “wishing” you had a beautiful smile, and *more time* GETTING the smile you’ve been dreaming about.

Call your dentist to get a cost estimate to your insurer, and take advantage of your opportunity to save money while improving the state of your teeth.

CHAPTER THREE

**"COMING CLEAN" & REPAIRING
THE BREAKS & CRACKS**

Do you have decayed teeth? Or old, and defective silver fillings? Even worse, do you have chips or cracks in your teeth that you aren't dealing with?

You don't have to live with damaged, discolored (unattractive) teeth. You have options – in fact, it's probably easier than you think to “come clean,” repair the cracks, and enjoy a beautiful, fresh smile.

Before we get into potential solutions for stained, decayed or chipped/cracked teeth, let's talk about the things you need to do to keep your teeth healthy (and avoid decay/cavities) right at home! This may be obvious to some of you, but a gentle reminder never hurts. Here are...

TWO SIMPLE WAYS TO “COME CLEAN” AT HOME AND MAINTAIN A YOUTHFUL SMILE:

- 1. Flossing and Brushing:** I know. You've heard this many times. Probably all your life. But flossing and brushing is THE most important

way to prevent tooth decay.

Here are a couple of tips to make brushing and flossing more effective:

TIP 1: It's generally recommended that you brush at least twice a day – morning and night. But did you know that it's especially important to brush in the morning?

During the day, saliva helps keep your teeth clean with minerals like calcium, and phosphate; but at night, your mouth doesn't produce as much of it.

This means that in the morning, your teeth really need you to give them a good brush, to get rid of anything that may have built up in the night, while your saliva was "slacking."

TIP 2: Do you brush first, and *then* floss?

If you said yes, then you should probably adjust your routine.

Don't get me wrong, if you're flossing, good for you! You have the right idea. But you need to remember that when you floss your teeth, you dislodge a whole bunch of bacteria-ridden debris;

and it's best not to leave that stuff in your mouth!

So if you've been brushing, and THEN flossing, you may want to switch that around and make flossing your first move. It's only logical that when you floss first and *then* brush, your mouth gets a more thorough cleaning.

2. Avoid Sugary Snacks and Beverages: As a Doctor, I feel compelled to encourage you to limit or avoid sugar, even if you didn't have any teeth. And as a Dentist, it's my *duty* to inform you that sugar has a direct connection to tooth decay. No stops. No changeovers. No returns. I am talking about a one-way, nonstop trip, here.

This is because sugar is basically a magnet for "bad" bacteria. These destructive bacteria are already in your mouth, all the time – but they *love* to feed on the sugar you eat in order to form dental plaque, which is a sticky film that gathers on the surface (or enamel) of your teeth.

If this plaque isn't washed away properly by saliva, flossing, or brushing, the acidity levels in your mouth will rise and begin to weaken the enamel of

your teeth; and eventually your enamel will become more seriously damaged (or compromised), causing cavities (or lesions) to form on the surface of your teeth.

These small erosions in your enamel will become larger over time, until a hole appears...

...and the rest, as they say is history. Tooth decay has begun, because once the surface of the enamel is broken, it can no longer repair itself; so the decay will just spread deeper and deeper into the tooth.

This sounds scary – but with proper dental hygiene, and the avoidance of sugary food and beverages, your enamel has a better chance of staying strong enough to keep decay from invading your teeth.

Now that you know more about keeping your healthy teeth beautiful, let's talk about the ones that you may not be so happy about at the moment: the teeth that are discolored, or unsightly, because of old or defective silver fillings.

ABOUT SILVER FILLINGS...

If you've had a cavity, then you know that the decay in your tooth has to be removed so that it doesn't spread; and after that, the hole left behind has to be "filled in" (hence the name: "filling").

Nowadays, most people use "tooth-colored" fillings. However silver amalgam fillings are still very common – and they can last for a very long time.

But over time, silver fillings can corrode, causing the gray material (mercury or tin) to seep into the inner walls of a tooth, which changes its color to a dull, dirty looking gray or black. Often when these old leaking fillings are removed the tooth underneath has turned black or looks as if black mold is underneath the filling.

Sometimes people can even suffer from a constant metallic or "battery" taste in their mouth, which is *not* enjoyable (especially when eating).

Even worse, old fillings (no matter what material they're made from) can wear down. Bacteria or

stress from grinding your teeth may eventually break the seal between the filling and your tooth; and bacteria/food particles can become lodged *between* the filling and your tooth, which will eventually destroy the remaining healthy tooth structure underneath.

This means that your solution to decay many years ago may start to cause MORE decay, today...

...unless you replace it.

As you can see, there are many reasons for replacing silver fillings, ranging from aesthetics and comfort, to basic dental health.

DOES AN ATTRACTIVE SMILE REALLY MATTER WHEN IT COMES TO LOVE AND ROMANCE?

In short? YES.

An independent study conducted for the AACD shows that the first things people notice about a person's smile are:

- Straightness
- *Whiteness and color of teeth*
- *Cleanliness of teeth*
- Sincerity of smile
- Missing teeth
- *Sparkle of smile*

This study also reveals that the following things make a smile “unattractive” to others:

- *Discolored, yellow, or stained teeth*
- Crooked, or missing teeth
- Decaying teeth or cavities
- Gaps and spaces between teeth
- *Dirty Teeth*

Finally, this same study shows that when asked, “What would you most like to improve about your smile,” the majority of participants said that they want: *Whiter, brighter teeth.*

As you can see, white, bright, clean teeth has an impact on others. It's how they judge you. **Thus, an attractive smile *does* matter in love and romance.**

If you get rid of the gray stains caused by metal fillings, you'll see an immediate improvement in the whiteness and sparkle of your teeth – which will make you look younger, feel better, and (whether you're "on the market," or looking to rekindle romance in a relationship you've had for years) you may enjoy more romance in your life from being more attractive.

SOLUTIONS FOR RESTORING DECAYED TEETH, CHIPPED OR CRACKED TEETH AND "GETTING RID OF THE GRAYS"

1. TOOTH-COLORED COMPOSITE FILLINGS:

We're going to start with the simplest way to fill in a cavity, repair a crack, or replace a silver filling.

If you have a cracked tooth, decay in a tooth, (or if you currently have a silver filling) in an area that is visible when you speak, or laugh, then this solution may be for you.

HOW TOOTH-COLORED COMPOSITE FILLINGS WORK WHEN YOU HAVE A CAVITY OR A CRACKED TOOTH:

“Composite” fillings are also called plastic or “white” fillings. Before you decide to go this route, you (and your dentist) may want to consider where the “problem” tooth is in your mouth.

For example, studies show that the average person bites down with 160 - 170 lbs of pressure on the molar teeth... so a composite filling back there may or may not be a good choice, depending on where

it is located on the tooth. (That being said, don't discount the possibility! If you're concerned, just speak to your dentist to get the advice you need).

Placing a composite filling is similar to placing a silver filling. Your dentist will clean all of the decay from your tooth, or from the edges of the "crack," leaving a "clean" hole behind.

After the problem area is "all clear" of decay, they will put a bonding material on the inside of the hole in the tooth. At this point, the composite resin (filling) is applied to the walls of the hole in thin layers. With the help of a special light, each layer will harden, before the next one is applied.

Finally, when the last layer of your filling is hard, your dentist will shape the material so it looks and feels like the natural surface of your tooth.

"Tooth-colored" fillings will live up to their name; they will look like part of your natural tooth, and blend right in. Your teeth will look natural, and "younger," as if there were never a problem in the first place.

WHY IS IT IMPORTANT TO REPAIR CRACKED TEETH?

Did you know that the enamel on the outside of your teeth is the hardest part of your body?

It's true! And it's the hardest part of the human body for good reason. Your enamel protects very sensitive tissue (including nerve endings) on the inside of each tooth; but as strong as enamel is, it's not invincible.

Cracks in your teeth are lines that can travel horizontally or vertically across the surface of your tooth – and they may seem harmless (at first). **The scary fact is that over time, harmful bacteria in your mouth WILL get through the crack** – and now that this bacteria has access to the inside of your tooth, it will start to penetrate into the deeper layers of your tooth's structure, **rotting it from the inside out and leading to serious infections, gum disease (or eventually, tooth loss).**

Once your enamel is compromised, no amount of brushing or flossing will get the bacteria out of your cracked tooth.

The best thing for you to do is see your dentist, who has the special equipment required to assess damage both above *and below* the gum line. (*That being said, the WORST thing for you to do is ignore what has happened to the structure of your tooth*).

As we discuss in this chapter, there are several ways to seal up the enamel of a cracked tooth and protect the inside structure from bacteria/decay.

Minor tooth chips and cracks can be treated like a cavity, with your dentist using fillings, inlays/ onlays or crowns to **seal up the damage, before decay sets in.**

For more severe cracks, or cracks left untreated, it's often necessary for a dentist to replace the entire tooth (with dental implants being the most effective and long-lasting tooth replacement treatment available). **If you have a crack in one or more of your teeth, I would suggest that you get it repaired ASAP - before it causes any further, more serious dental issues.** Technology today can produce life-like tooth repairs to seal up cracks and protect your teeth from harmful bacteria; and **a minor cosmetic dental procedure may save your whole tooth.**

HOW TOOTH-COLORED COMPOSITE FILLINGS WORK WHEN YOU REPLACE A SILVER FILLING:

As I've mentioned, silver fillings can seep into the walls of your tooth, causing people to see gray when you smile; and as you may well know, this can add a few years to your appearance, making you feel self-conscious when you laugh, talk or smile.

We've also gone over the fact that it's important to "keep an eye" on your fillings, no matter what material they're made from, because it's likely that they'll need to be replaced at some point.

The longer an old metal, mercury filling leaks the more likely the tooth will need more than just a new filling to restore the tooth to a state of health.

So if you may have to replace your fillings one day, why not "get rid of the grays" right now?

Depending on your situation it, can be a very simple procedure.

Essentially, the act of replacing silver fillings with

tooth-colored composite is like getting a new filling (just with the added step of removing the original filling first).

Your dentist will clean out the old filling while the assistant uses a tool to “vacuum” out the extracted filling as it is cleaned away (so that you don’t ingest any remnants of mercury).

Once the cavity has been cleared, your dentist will refill it using the tooth-colored composite – and voilà! The gray will be gone. Your cavities won’t be evident to anyone when you laugh, talk or smile; and I’m willing to bet that you’ll enjoy the feeling of looking younger so much, you’ll find yourself wishing you’d replaced your silver fillings sooner!

2. INLAY OR ONLAYS

If your tooth has a large crack, has been damaged by a large area of decay, or if you have a more extensive area of silver to replace (at the back of your mouth, for example), a simple tooth-colored filling (or tooth-colored filling replacement) may not work for you.

But don't despair! Inlays and onlays may be the right solution for you.

Basically, these are custom-made fillings, which are created ahead of time to fit the prepared cavity, as well as the entire chewing surface of the tooth.

Although the investment may be a little more than a simple tooth-colored composite filling, the results are generally well worth it; and when it comes to material, you have more options to choose from. For example, inlays or onlays can be made of gold, porcelain or composite resin:

Gold has a longer life expectancy than silver, and won't discolor or stain your teeth. However, a gold inlay or onlay will still be visible (won't blend with the look of your natural teeth) if it isn't placed strategically.

"TOOTHY" TIDBIT:

Gold can be placed on the upper back molars where it doesn't show, but should never be placed close to porcelain in your mouth! ***This is because:***
Porcelain will quickly wear gold down, during chewing!

Porcelain inlays and onlays are great for aesthetics and strength. However, these can fracture (just like your natural teeth) under too much stress.

Tooth-colored composite resin inlays and onlays don't last as long as gold or porcelain; however, they are the same color as natural teeth, and they're more budget conscious.

WHAT IS THE DIFFERENCE BETWEEN AN INLAY AND AN ONLAY?

The basic distinction between an inlay and an onlay is pretty simple; they're just differentiated by their location on the tooth!

An onlay will cover a "cusp" of a tooth (the pointed parts, or "borders," around the edges of a tooth).

Once decay is drilled from a molar, for example, an onlay that has been fabricated to the exact size and shape of that tooth will be put on top of the drilled area – cusp(s) included.

An inlay is used to fill the area in between cusps.

For example, once decay is drilled from a molar where the cusps are still healthy, an inlay will be applied to the inside area of the molar.

Pretty simple, right? Now that you know the basics, let's get into "procedure."

HOW INLAYS AND ONLAYS WORK WHEN RESTORING A TOOTH THAT HAS BEEN CRACKED, OR DAMAGED BY DECAY:

Typically, an inlay or onlay procedure can be completed in two dental visits (you may want to clarify this with your dentist, as each dental office does things differently).

During your first visit, your dentist will probably prepare the damaged tooth.

This means that they will numb the tooth and surrounding area with a local anesthetic and then remove any decay that may be present. (*Note, if decay has already set in, then this must be done in order to prevent *more* decay from progressing deeper into the tooth, and causing more damage).

A molded impression or scan of your tooth will then be taken, and sent to a lab where a custom restoration (new, prosthetic piece of tooth) is fabricated in the material that you and your dentist have chosen.

Before you leave the office after your first visit, your dentist will most likely attach a temporary filling to your tooth, to protect it until the permanent restoration comes back from the lab.

When your permanent restoration is ready, you will be called back to your dental office for a second appointment, during which the permanent inlay/onlay will be attached to your tooth with a resin that hardens underneath a special light (or with the permanent cement your dentist uses at their office).

HOW INLAYS AND ONLAYS WORK WHEN REPLACING UNSIGHTLY "GRAY" AREAS:

The same process I've outlined above applies to when your dentist uses inlays or onlays to replace the gray you're sick of seeing in your mouth.

The only difference is that the silver material will be removed during preparation of the tooth, along with any decay that might reside underneath your previous amalgam restoration.

Inlays and onlays are considered strong, longer-lasting solutions that require no greater level of care than your natural teeth, with: brushing, flossing and regular dental cleanings.

There are a few additional ways to help your restorations last, and I'll get to those later on; or, you can flip through to the call-out box called: **"Caring for Your Restorations"** at the end of this chapter.

3. PORCELAIN VENEERS

These are a highly aesthetic option, mostly recommended for front teeth with decay or cracks, as well as old fillings that have created discoloration in the front teeth. In addition to "getting rid of the grays," porcelain veneers can produce a smile makeover that will improve the shape of your teeth, and brighten the overall color of your smile.

Porcelain veneers can be considered a little more of an investment, and require the reduction of more of your natural tooth before the restoration takes place; but if you have a problem with the general shape of your front teeth (due to cracks, chips, etc), severe decay, or gray stains that just won't come out of the front of your smile, this solution is great for you.

(And, as I mentioned in a previous chapter, this can happen for you in an extremely short amount of time!)

HOW PORCELAIN VENEERS WORK WHEN RESTORING A TOOTH THAT HAS BEEN CRACKED, AFFECTED BY DECAY, OR WHEN "GETTING RID OF THE GRAY" FROM SILVER FILLING(S):

As I mentioned earlier in the book when addressing "Solutions for Stained Teeth," a veneer procedure will involve preparing your tooth structure by removing all decay (if present), in order

for the restorative piece (a thin, tooth-colored shell made of a special porcelain) to be bonded to the front surface of your tooth.

If you're feeling anxious about the "preparation" of your tooth structure, I can assure you there's nothing to fear; it's better for your dentist to remove the damaged areas of your tooth, instead of letting decay have its way with it. With the right approach to sedation and anesthetics, discomfort can be managed quite easily – and getting rid of decay as well as unsightly, gray stains from silver fillings at the very front of your smile is totally worth it.

4. CROWNS

If you have a tooth that is severely cracked, broken, chipped, decayed or stained after the removal of a large silver filling, then a crown may be the best option for you.

Both the investment and the number of dental office visits required for this procedure may be a deterrent for some people; however, crowns are a

long-lasting treatment and can produce beautiful results.

HOW CROWNS WORK WHEN RESTORING A TOOTH THAT HAS BEEN CHIPPED, CRACKED, SEVERELY DECAYED, OR STAINED AFTER THE REMOVAL OF A FILLING:

As I mentioned in the section “Solutions for Stained Teeth,” it takes two 1-2 hour Dentist visits to place up to four crowns (additional time may be needed for more crowns).

At your first visit, your Dentist will determine whether or not your tooth (or teeth) can support a crown (or crowns). If you’re a candidate, your Dentist will remove the silver filling and/or decay (and when necessary place a build up), to prepare for a crown. They will also take an impression or scan of the tooth, which will be sent away to a Dental lab (where the permanent crown will be crafted and customized for your mouth).

By the end of your first appointment, you will have a new, temporary crown in place to protect

your tooth during the time it takes for your final crown to be made, and put in place.

Finally, your second visit will happen when your permanent crown is ready. At this appointment, your Dentist will remove your temporary crown, and fasten the new crown to your tooth with a special adhesive.

NOTE: As I mentioned in a previous chapter, it may take a little time for you to get used to the way your new, permanent crowns feel in your mouth; however, after a little time has passed, your crown will look, function and feel like a natural, “regular” tooth, producing near-perfect aesthetic results.

CARING FOR YOUR RESTORATIONS:

Your dental restorations will be put under a lot of pressure with daily “wear and tear.” Brushing, chewing, and even your natural oral fluids can all affect your restorations over time; at which point your dentist will fix them for you!

However, there are a couple of things you can avoid, to give your restorations a better fighting chance:

Avoid foods that can damage the bonding material attaching the restoration to your tooth. Sticky things, like gum, candies and sugary carbs are all “no-nos”

Don’t clench or grind your teeth. These activities are TERRIBLE for your restorations. Your jaw is very powerful; so when you’re clenching and grinding, this puts an enormous amount of strain on your restorations, which can loosen the bonding material, or cause the restorations to chip and fracture. The problem with clenching and grinding is that it tends to happen during sleep, or when you’re tense during the day –so you may not even be aware of how much you’re doing it. If this is a problem for you, ask your dentist about a night guard, or other type of appliance that you can wear to protect your beautiful, new, YOUNGER looking smile.

In some instances your dentist may recommend Botox therapy to help treat chronic clenching. In

some instances, clenching can lead to more severe TMJ problems known as temporomandibular joint dysfunction or TMJD.

TMJD issues may require advanced dental treatments beyond a traditional night guard appliance. It is important to let your dentist know if you have a history of jaw pain, headaches, limited opening, jaw clicking, jaw popping, or ear pain. These symptoms could be signs of a more serious issue other than teeth clenching/grinding alone. Dr. Cameron is trained in advanced TMJD diagnosis and treatments. She and her team have helped hundreds of people get better and stay better with treatments and maintenance visits (all while enjoying a confident beautiful smile that patients can be proud of).

CHAPTER FOUR

MISSING ONE OR MORE TEETH?

Although procedures for filling in the gaps in your smile are considered “restorative,” the results are cosmetic in nature; which is why I’m dedicating a chapter to solutions for missing teeth.

When it comes to a beautiful smile, **the value of every tooth must never be underestimated.**

Even though the spaces created by tooth loss may not be visible when you smile, they can cause a number of serious problems from “behind the scenes.”

For example, the pressure of chewing may become imbalanced, which can cause the front teeth to flare out. An altered bite can also cause the collapse of your facial features, which triggers premature aging as wrinkles and lines start to form earlier than they should.

BUT THE WORST THING (BY FAR) ABOUT MISSING TEETH IS THE POSSIBILITY OF BONE LOSS.

THE BAD NEWS ABOUT BONE LOSS

Losing your teeth can be a terrible ordeal – especially when you lose several at once! The loss is so shocking and upsetting that many people simply can't get their heads around taking the first step towards restoring their smile.

At the other end of the spectrum, some people lose their teeth gradually, and as the gaps in their teeth increase one-by-one over time, they become too complacent to make a big change.

In the end, many patients turn to bridges, or full or partial dentures, to make their mouths “whole” again.

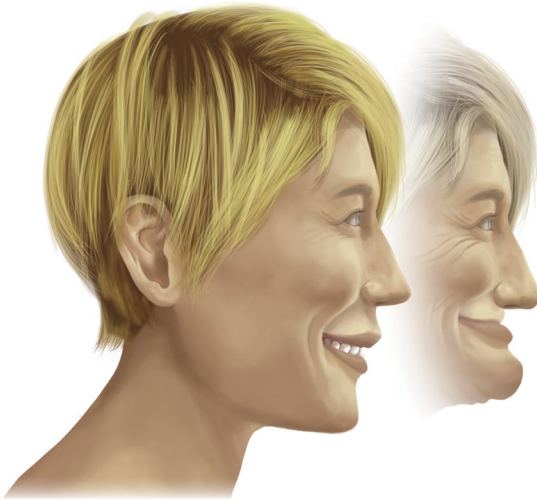
Filling in those missing gaps above the gum line might make you look (if not feel) like your “normal” self again – but only for a little while. When you’re missing a bunch of teeth, you’ll notice over time that the source of your smile’s beauty is truly not just skin (or gum) deep.

The most important thing you need to know is this:

Your natural tooth root stimulates the bone in your jaw, below your gum line...

... and the bones in your jaw need this kind of stimulation in order to remain strong, dense and healthy.

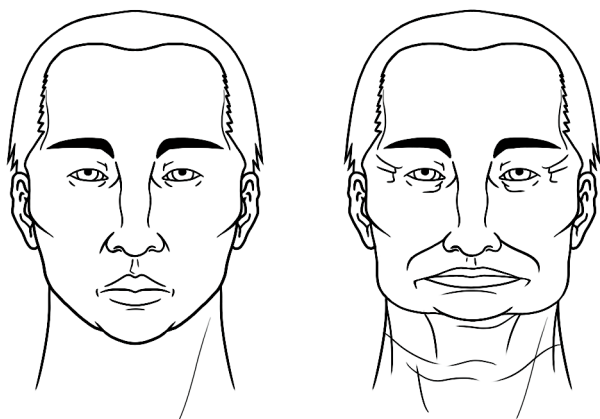
**WITHOUT STIMULATION FROM
THE ROOT OF EACH TOOTH,
THE BONE IN YOUR JAW
STARTS TO CHANGE...
AND NOT IN A GOOD WAY**



Bone loss can make you look “old” before your time

In the absence of root-deep stimulus, your jawbone actually begins to atrophy, or shrink. As the bone in your jaw continually withers away, the corners of your mouth droop... and your facial muscles start to shift out of position, completely changing what you're used to seeing when you look in the mirror.

This change in your facial muscles causes wrinkles to appear before their time. Your cheeks begin to change shape as well; and in the end, your

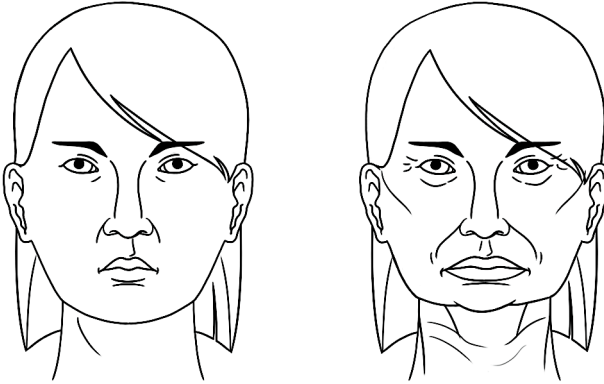


Before and after bone loss

continually deteriorating jawbone and loss of jaw height in the back causes your nose to point down, and your chin to point up – giving you a witch-like appearance.

If this isn't bad enough, your lips lose support as well, collapsing into themselves, and becoming flattened and puckered – which further “ages” your appearance.

***Note:** If you're “only” missing some molars in the back, I'm sorry to say that you're not exempt from this fate. So-called “bite collapse” occurs when some of your back teeth (which support the height of your face) aren't there.



Before and after bone loss

This causes your front teeth to get “squashed” or pushed forward, and your tongue to spread into the space where your molars used to be – which makes your face collapse.

I’m sure it doesn’t shock you to learn that any or all of these aesthetically and physically disastrous scenarios can cause chronic depression, personality changes and plunging self-esteem.

Ultimately, any tooth you’re missing should be replaced, unless it’s the last molar at the back of your mouth.

If you're missing one or more teeth there are four general options available, which can restore the look of your smile. These are: a fixed bridge, a removable bridge, a complete denture, or dental implants.

1. FIXED BRIDGE

If you're missing one or more teeth in a row, and if you have enough bone in your jaw, dental implants are always the best choice (and we'll get to why, later in this chapter).

However, if you face economic or health, barriers that stand in the way of an implant procedure, a fixed bridge may be the best solution for you.

A bridge is a custom-made replacement tooth (or teeth) that can fill the space where a tooth (or teeth) are missing.

A fixed bridge means that your natural teeth on each side of the "gap" will be used to help hold your bridge in place.

HOW A FIXED BRIDGE WORKS:

A fixed bridge will typically take more than one dental visit. At your first appointment, your dentist will prepare the teeth that are on either side of the gap in your smile (eventually, your bridge will be attached to these teeth). After the “anchor” teeth are prepared, your dentist will make an impression or scan of your teeth and the space that lies in between them. This information is then sent to a lab, where your dental restoration will be crafted in a way that looks most natural with the shape of your remaining teeth, and the rest of your mouth.

Finally, your dentist will place a temporary bridge to protect your prepared teeth, while you wait for your permanent bridge to come back from the lab.

When your custom, permanent bridge is ready, your dentist will fit, adjust, and cement the fixed bridge to your prepared teeth.

(NOTE: a fixed bridge is a permanent solution, in the sense that it cannot be taken out of your mouth without the aid of a dentist.)

A great aesthetic result can be achieved with a fixed bridge. This solution is long-lasting, easy to clean, can improve your bite or your chewing abilities, AND will help stop the other teeth in your mouth from shifting around.

2. REMOVABLE BRIDGE

Removable bridges are less expensive than fixed bridges – so depending on your budget, you may want to choose this option.

Although the lower price tag of a removable bridge may be more attractive, it's not always the best decision.

Removable bridges don't last as long; and there is a possibility that they may damage adjacent, healthy teeth with wear and tear over time.

The construction of most removable bridges consists of a metal framework, to which acrylic or porcelain “teeth” are attached, along with gum-colored plastic to make this restoration look as natural as possible.

HOW A REMOVABLE BRIDGE WORKS:

Basically, a conventional removable bridge is like a fixed bridge; but the restorative piece (the fake teeth) are attached to the adjacent, healthy teeth on either side of the gap with metal clasps.

Many patients aren't happy with the result of this, because the metal clasps show when they're smiling, which isn't esthetically pleasing.

While there are other (more expensive) options for "clasps" that can be hidden, these can still break under the pressure of wear and tear, and often involve more reduction of the adjacent teeth that "anchor" the restorative piece.

This being said, there are advantages to conventional removable bridges. They are relatively inexpensive, they help to balance bite and improve chewing ability, and they can prevent your remaining teeth from shifting around in your mouth.

3. COMPLETE DENTURES

If you've lost all of your teeth, want to look younger, and aren't a good candidate for implants (economically or physically), then a complete denture may be right for you.

The complete denture is a “bittersweet” solution. While dentures allow the dentist to restore, and create a more youthful appearance for your face overall, they will eventually need to be “relined” or “remade” to ensure the best fit as your jaw bone changes over time.

HOW COMPLETE DENTURES WORK:

A denture is a removable prosthesis that can replace all your teeth on the top, or bottom, of your mouth.

While a complete denture can restore the “look” of your smile, it will not provide the stimulation the bone in your jaw needs, in order to stay healthy, and prevent bone loss.

As a result, those with dentures may look more youthful – but dentures don’t act, feel or function like your “normal” teeth.

This is why the next restorative procedure is the most recommended solution for missing teeth...

4. DENTAL IMPLANTS

Lots of people think that a dental implant acts as a replacement for a tooth’s crown (the “white part” of the tooth), that we see all the time, every day.

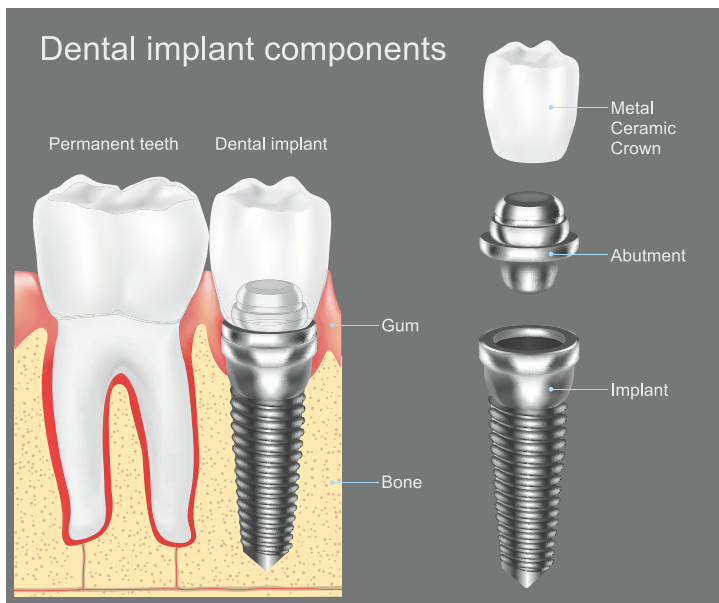
However, this couldn’t be farther from the “root” of the matter. Terrible puns aside, this distinction needs to be made absolutely clear:

**A DENTAL IMPLANT IS A
REPLACEMENT FOR A MISSING
TOOTH ROOT...
(IT IS NOT A REPLACEMENT
FOR A TOOTH’S CROWN)**

When people point to their dental work and say “here is my dental implant,” you are NOT looking at the implant. The crown, or new tooth, you’re looking at is attached to the dental implant.

When we talk about dental implants, we’re discussing the supporting structure below the gum line.

The actual implant is a titanium screw, which is embedded into the jawbone.



Three main parts of a dental implant: Implant, Abutment, Crown

The dental implant stops at the gum line, or just below the gum line. Anything ABOVE the gum line is an addition to the implant itself.

HOW IMPLANTS WORK:

As soon as a titanium dental implant is successfully placed in your jawbone, you will stop losing bone in that area. Your body will recognize the need to maintain bone levels around that titanium post as if it were a natural tooth root.

When your jawbone has something to attach itself to, it's happy, and it will maintain its volume!

NOTE: TECHNICAL TERM ALERT!!!

When your bone integrates itself into the grooves on the surface of an implant to provide stability, this is called osseointegration.

Osseointegration sounds really “medical,” and therefore terrifying (or tiresome) to some – but it’s actually what you WANT to achieve when a dental

implant is placed in your jawbone. Once the dental implant has osseointegrated, the “hard part” is over, and it can now be “loaded” with attachments like crowns, or dentures, which will restore the appearance of your smile.

YOU CAN ALSO CHEW NORMALLY AGAIN!

**WHEN YOUR JAWBONE FUSES
TO THE TITANIUM IMPLANT
AS IF IT WERE A NATURAL TOOTH
ROOT, IT WILL BE STRONG
ENOUGH TO TAKE THE PRESSURE
OF CHEWING!**

HOW LONG DO IMPLANTS LAST?

The success rate of dental implants is astonishing: up to 97%. The majority of doctors consider dental implants to be the most important, and amazing, development in the history of dentistry.

The popular opinion is that dental implants will last forever. However, while their lifetime is indefinite, I can't promise that they do. The long-term success of a dental implant is dependent on too many "human" factors.

For example, the placement of a dental implant is really important when it comes to stability that lasts. If someone accidentally placed your dental implant at an incorrect angle, the act of chewing will put a horizontal force on that implant. This off-angle force will cause the implant to fail, eventually.

And, although dental implants won't get cavities, you'll still run into major problems if you don't take proper care of your hygiene.

BASIC HYGIENE IS THE BEST HYGIENE

Just like a natural tooth, you must keep your implant clean with proper brushing and flossing, or the bone around it can become infected... which also leads to the loss of a dental implant. There are negative consequences to poor oral hygiene in any situation, and this is no different.

I can't think of any medical procedure that has a 100% guarantee.

But while I can't guarantee that dental implants will last "forever," I can tell you that with proper placement, and your commitment to a solid routine of good oral hygiene, the future of your implants will be as long, and as bright as the "whole" smile you've been missing.

DENTURES VS. IMPLANTS

I'm often asked by patients to recommend either dentures or implants. The answer can get over-complicated with all the information I can share, so I've put together this chart to help you decide which makes most sense for YOU:

DENTURES

ADVANTAGES

- Quality dentures look like your real teeth
- They are an excellent alternative to living without a tooth or teeth
- In some cases, they are comfortable, don't slip, and can last for years.

****There are thousands of people who are happy with their dentures.*

Those people have no need to change

DISADVANTAGES

- Can be uncomfortable
- Can make eating certain foods a challenge
- Food can get stuck under the denture plate(s)
- Can often wobble, click and require readjustments
- Jaw bone loss will continue, negatively affecting your remaining teeth, changing your facial structure, and causing your current dentures to become loose
- Can negatively affect your speech, smile, and sense of taste
- Should be removed nightly
- Often cause embarrassment
- Can make you feel older

IMPLANTS

ADVANTAGES

- Look, feel, and last like real teeth
- Stop bone loss once placed
- No denture-like discomfort
- Can improve your appearance and make you look younger
- Can help you speak normally, the way you did when you had all of your natural teeth
- Will allow you to eat mostly anything you want
- No readjustments or relining required - ever
- You can take care of your implants in the same way you take care of your natural teeth – floss, brush, and visit your dentist regularly.

DISADVANTAGES

- The initial implant investment is usually higher than traditional bridges and dentures (but not always)
- The placement of implants is considered a surgical procedure (although many people compare the discomfort, healing, etc, to that which occurs when a tooth is pulled)

1. CONVENTIONAL IMPLANTS

As I've mentioned, conventional implants are designed to replace the root of a natural tooth. After the implants are integrated into the jawbone, replacement crowns are attached to them, which look, feel and function like natural teeth.

Dental implants can be used to replace one, or several, teeth. To replace an entire mouth of teeth, at least four to eight implants are needed (depending on the patient).

Conventional dental implants come in a variety of diameters and lengths: generally ranging from 3-8mm in diameter, and 7-15mm in length.

The finished result of a conventional implant is a “three-piece” unit consisting of:

1. The *dental implant* itself (in the jawbone)
2. The *abutment*, which is basically the connecting piece between the dental implant in the jawbone.
3. The *crown* (replacement “tooth”) that we see in a smiling mouth.



Here's a conventional implant, with crown

**DENTAL IMPLANTS CAN
BE USED TO REPLACE ONE,
OR SEVERAL, TEETH.**

2. IMPLANT-SUPPORTED OVER DENTURES & IMPLANT-SUPPORTED BRIDGEWORK

You don't have to endure the annoyance of your dentures floating in your mouth, causing you pain, making it hard to chew like you used to, and sometimes making you afraid to laugh at a dinner party in case they pop out and fall onto your plate!

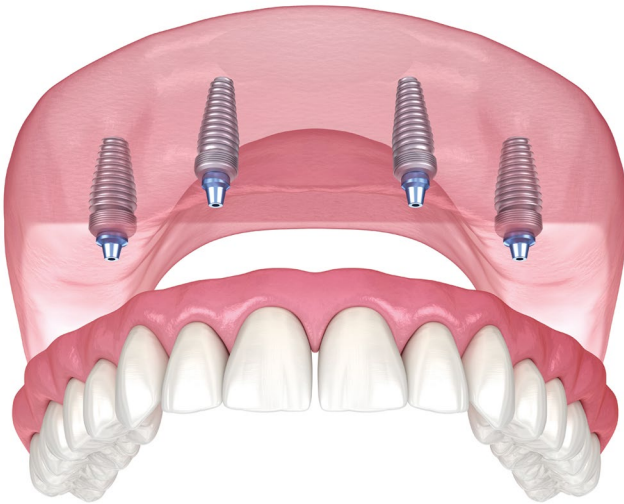
Usually two to eight dental implants are placed into the upper or lower jawbone (or both!). After the jawbone has fused to the implants (or – *technical term alert!* – when osseointegration is complete) the denture(s) can be secured onto the implants.

Implant-supported over dentures can help stop jawbone atrophy, improve chewing ability (which benefits your nutrition / digestion), and provide a better fit than your usual partial, or full set of dentures.

You can say goodbye to adhesives, discomfort and all the other unpleasant sensations you've had to suffer because of conventional dentures. Implant-supported over dentures can make your mouth look, and feel, whole again.

Implant-supported bridgework is for patients who have teeth missing on one side of their mouth. If you're missing two or more teeth, **there is a permanent solution available, which involves placing implants, and then getting a fixed ceramic bridge on top.**

Typically, a fixed prosthesis (or fixed ceramic bridge) can be fully completed over the course of four months, and costs less than “Teeth in a Day,” which you can read about next...



Four dental implants, ready for dentures to be secured

3. ALL-ON-FOUR® IMPLANTS (TEETH IN A DAY)

All-on-Four® implants are similar to implant-supported over dentures – but **when it comes to quality and stability, they have more to offer.**

All-on-Four® implants are permanently fixed into your mouth, and made of stronger materials, which can only be removed by a dentist – while implant-supported over dentures can be taken in, and out, by the patient.

The result is that implant-supported over dentures tend to go through a lot of wear and tear on a daily basis – which can mean that parts need to be replaced, from time to time.

While it's easy to replace / repair the removable parts of implant-supported over dentures, **All-on-Four® implants present a more permanent, higher-quality solution...**

...and they can be done in the same day, which is why we use the term “Teeth in a Day.”

SPECIAL NOTE...

You may be asking yourself, “What is my smile going to look like while my dental implants are healing?”

Rest assured, your dentist won’t let you walk around “toothless,” or with gaps in your smile.

Temporary dentures, crowns or bridges can be placed into your mouth, which allow time and space for your implants to heal, or “integrate.”

In the cases of temporary dentures, these can be removed when your implants are ready to be loaded with permanent dentures – and then kept as a “back up” set of dentures should you suffer any mishaps with your permanent set.

For example, if the dentures attached to your All-on-Four® Implants get chipped in a fall or an accident, then the permanent dentures can be sent in for repairs – and the temporary dentures (that were used while your implants were healing) can be put in as a “back-up” in the meantime.

This means that from point A to point Z (and everything outside of that) your dentist will ensure that you always have your “teeth.”

ARE DENTAL IMPLANTS RIGHT FOR ME?

Whether you decide to get dental implants (or whether you forego this procedure) it's important that you don't rush into a dental decision.

Before you decide whether or not to get implants, you may want to weigh all of the facts, based on your wants, needs and desires.

Here are SEVEN QUESTIONS that you can ask yourself before making your “YES” or “NO” dental implant decision:

- 1:** Am I using dentures that I'm not happy with... or am I missing one or more teeth that need to be replaced?
- 2:** Do I want restorations that look, feel, function and last, just like real teeth...? Or, am I satisfied with what I have?
- 3:** Am I in reasonably good health?

- 4:** Am I willing and able to practice good oral health: flossing, brushing and visiting my dentist regularly?
- 5:** Am I willing to make the extra investment in the higher quality of life that dental implants will give me?
- 6:** Am I willing to visit the dentist 2-3 times over a 2-4 month period to place the dental implants, have a couple of follow-up appointments to check my process, and to complete the restoration process?
- 7:** What do I feel deep down? Would I likely be happier and feel better about myself if I had dental implants versus what I have now?

IF YOU ANSWERED YES TO THESE QUESTIONS, THEN DENTAL IMPLANTS ARE PROBABLY RIGHT FOR YOU.

I'm sure your dentist will be happy to meet with you, to answer any questions you have about this procedure, as well as discuss your options and the fees involved – and ultimately, help you make the best-informed decision that feels right for YOU.

CHAPTER FIVE

**STRAIGHTENING UP
WITHOUT THE "CAGE"**

If you have crooked teeth, and you haven't fixed them because you don't want to wear a "cage" (traditional metal braces), that's completely understandable. For most people braces don't look, or feel, fun; and even though the end result of braces is well worth it, many people are reluctant to get them for a variety of reasons (cost, discomfort, inconvenience, embarrassment, etc.)

I encourage you to see an Orthodontist if you need a complex procedure to resolve severely crooked teeth. Teeth that are extremely crooked are simply hard to clean, which creates a hotbed for the harmful bacteria I've discussed earlier in this book (leading to decay, rot, tooth loss and a library of other health problems). And, to add insult to injury, crooked teeth can even make it hard for you to chew, which is terrible for your digestion.

"TOOTHY" TIDBIT:

The very first step to good digestion is chewing your food well. If you don't, or if you're unable to do so, then you may not absorb the nutrients from the food that you've eaten.

Digestive problems can occur from having an imbalanced diet that is lacking in essential nutrients. Symptoms vary from person to person, but they can include constipation, diarrhea, bloating, wind, belching, heartburn, acid reflux, cramps and nausea.

You can also feel tired, irritable, and suffer from headaches as well as skin problems if you're not chewing and digesting your food well.

This being said, I'm not going to get into "Orthodontics" here, because this is a book about "Cosmetic" dentistry...

...BUT in the spirit of Cosmetics I have great news for those of you with crooked teeth that aren't too severe!

The great news is that if your teeth are only slightly "crowded," or spaced apart, then there are painless reshaping procedures that can give the appearance of uniformity AND alignment very quickly (in some cases, in just ONE hour)!

1. COSMETIC CONTOURING

Cosmetic contouring is basically the “reshaping” of a tooth. If your teeth are only slightly misshapen, or have **minor** imperfections, then this is a relatively simple, pain-free (and cost effective) procedure that provides almost instant results!

HOW COSMETIC CONTOURING WORKS:

In order to “reshape” your teeth, your dentist will use tools like drills or lasers, to gently remove the enamel of one tooth (or more, depending on the desired effect), in order to change the shape or length of the tooth / teeth.

When you and your dentist are satisfied with the shape/appearance of this craftsmanship, your tooth / teeth will be polished, and voilà! You can enjoy your “new look” as soon as you walk out of the dental office!

NOTE: Tooth enamel does not contain any nerves, so even though words like “drills” and “lasers” are a bit scary, *there is no need to be anxious or worried about pain.*

2. BONDING

If cosmetic contouring isn't enough to give you the beautiful smile you want, then dental bonding is another painless method that can: fix a broken or chipped tooth, or close small gaps between misshapen / crooked teeth.

Basically, bonding is a way to "build out" a "problem tooth," so that it falls in line with its neighboring teeth.

This can result in an illusion of straightness that is quite pleasing! (And for simple cases, this procedure can be completed in a single visit more often than not.)

HOW DENTAL BONDING WORKS:

During the bonding procedure, a tooth-colored composite material will be applied to a misshapen tooth, and then sculpted into the desired shape.

Once the bonded areas are hard enough, they can be polished... and voilà! Your smile will have changed from bad, to beautiful!

NOTE: I feel it is important to mention that, unlike porcelain veneers, dental bonding can become discolored over time, and is less durable than porcelain material.

3. PORCELAIN VENEERS

If you want to avoid Orthodontic treatment (remember, in some cases this is an avoidance I do *not* recommend) then you can “lamine” your teeth with porcelain veneers, which will give you the result of a polished, natural-looking smile.

If your teeth are so crooked that they present a risk to your well-being (hard to clean, prone to decay, or obstructive to proper chewing function) – and if your dentist can’t help – then it’s best for you to see an Orthodontist.

However if your teeth are only slightly crooked (and there are no problems with your bite) then it may be possible for you to get porcelain veneers, which will change the shape of your teeth, and make them look like they are perfectly straight almost instantly!

HOW PORCELAIN VENEERS WORK TO "STRAIGHTEN" YOUR TEETH:

It's important to mention here that **Porcelain Veneers do not MAKE your teeth straight** – they simply make your teeth **LOOK** straight.

As I've mentioned earlier in this book, a Porcelain Veneer is a thin, porcelain shell that is bonded to the surface of your existing tooth over the course of two appointments.

At your first appointment, your dentist will make a mold of your mouth and send it to a lab, where your veneers will be created (and customized to your mouth).

At your second appointment, your dentist will bond your customized veneers to your existing teeth, to give them a more uniform appearance.

NOTE: in order to bond a Porcelain Veneer to your tooth, your dentist will have to prepare the enamel, which will involve filing it down a bit; so in order to be a good candidate for this procedure your teeth need to be healthy and strong.

4. CROWNS

I am going to mention crowns here as a “solution” to crooked teeth only briefly – because in actuality, crowns are very limited.

I urge you to use caution if you’re considering crowns, because the orientation of the tooth UNDERNEATH the crown *must be aligned with your surrounding teeth...* and if you’re unhappy with a crooked tooth or teeth to begin with, then you will most likely NOT be happy with the way your teeth are aligned once a crown is placed on top.

Before you choose crowns as a solution for giving the appearance of alignment to crooked teeth, speak to your dentist to see if this procedure will work for you.

Dr. Cameron has been trained in an advanced technique known as “Instant Orthodontics” using crowns to straighten crooked teeth and correct the position of teeth to a more ideal position. Using this advanced Instant Orthodontics technique makes crowns very versatile and can make teeth

look bigger, or smaller, close spaces, and correct crowding or rotations. Special training is needed to make this work properly. So make certain you are seeing a well trained dentist. Dr. Cameron has successfully completed hundreds of cases using “Instant Orthodontics” with crowns.

5. INVISALIGN® (OR CLEAR ALIGNERS)

Unlike metal braces that can cause many irritations (and are easily seen by others when you smile), Invisalign® uses a series of clear, see-through “aligners” that are custom-molded to precisely fit your teeth. This virtually invisible solution will gradually reposition your teeth into a new, beautiful, “straight” smile.

Here are some advantages to using Invisalign® if possible, instead of braces:

Eat Normally: With Invisalign® you can simply take your aligners off, and eat whatever you want

(without getting food caught in the bars of your “cage”)

Floss / Brush Normally: You can take the aligners off, to floss and brush. This way, you make sure that your teeth are thoroughly, and properly cleaned (which helps prevent tooth decay and gum disease)

Avoid Embarrassment: Most people won’t have any idea that you’re wearing aligners (unless you choose to tell them)

Healthier Gums: Clinical studies have shown that gum health is likely to improve with the use of Invisalign®

Comfort: No metal brackets! No wires! No “cage!” This means no mouth irritations, and less time spent at the Dentist getting adjustments throughout the course of your treatment.

Dr. Cameron has been an Invisalign® Preferred Provider since 2003 and has successfully completed hundreds of Invisalign cases, more than any other general dentist in our region.

"A MOUTHFUL OF BRACES JUST WASN'T AN OPTION..."

"I am in a customer relations position in the high-tech industry. To be in management, with a mouthful of braces in front of customers and prospects, just wasn't an option."

– *Gina, Analyst Relations*

If you've ever thought about the possibility of braces, ask your dentist to set up an appointment so that they can answer your questions – because if you want to straighten your smile without wearing traditional braces, Invisalign® is a great Cosmetic option to explore!

CHAPTER SIX

GRUMBLING ABOUT YOUR GUMS?

If your teeth are the picture, then your gums are the FRAME. So when it comes to your smile, your gums can actually “make or break” it.

While some people have a “gummy” smile (long gums, which give the appearance of unattractive, tiny teeth), others have receding gums (which expose more of the tooth than you want to see).

The solutions for unattractive gums are usually surgical in nature, so I won’t take a deep dive into them here.

However, the RESULTS are cosmetic – because sometimes all you need to fix your smile is to resolve the problem(s) you have with your gums!

This is why it’s important for me to tell that if you’re “Grumbling About Your Gums,” there IS a solution; so I recommend that you speak to your dentist who will know exactly what type of procedure you need, to achieve a smile with RIGHT ratio of “gum-to-teeth.”

CHAPTER SEVEN

CONCLUSION

Now that you know how simple Cosmetic Dentistry can be, as well as how many solutions it can provide, why would you prioritize spending money on anything else other than fixing your smile?

For example, why would you prioritize putting money aside for a vacation that you can't enjoy, because you're ashamed of your smile?

If the appearance of your teeth has been holding you back from enjoying life to the fullest, then I suggest saving your pennies for a relatively painless, cost effective solution that can **CHANGE YOUR LIFE...**

...because **no matter what stage of life you're at, it is NEVER TOO LATE...**

...and it is **WORTH IT.**

HOW MUCH IS YOUR SMILE COSTING YOU?

**NOT JUST IN CAREER AND
INCOME... BUT IN LIFE, LOVE,
FRIENDSHIPS, WHAT OTHERS
THINK OF YOU, AND MOST
IMPORTANTLY, WHAT YOU
THINK OF YOURSELF.**

When we're trying to decide whether a new smile would be "worth it," we often think too narrowly:

- Will my husband / wife like it?
- Will I be happy with it?
- Am I too old?
- Is it a frivolous, wasteful expense?

- Will it hurt?
- Can I afford it?
- Will I have to take too much time off work?

When all this is going through your head, I urge you to remember that Cosmetic Dentistry is not just about “looks.”

A new smile can, in fact, give you a new lease on life, and provide extremely valuable benefits that go far beyond what you see in the mirror.

Important studies have shown that while most people choose Cosmetic Dentistry primarily to be more attractive, their new smile ends up helping them in countless other aspects of their life, including their interactions with others –which can yield tremendously valuable benefits.

SHOULD I OR SHOULDN'T I? SMILE MAKEOVER CHECKLIST

- ☐ **Self-image / Self Confidence:** it would be nice to feel better about myself and to really like what I see when I look in the mirror
- ☐ **Career:** I want to have a better shot at promotions and a bigger paycheck
- ☐ **Love Life:** I wouldn't mind being more memorable, and feeling special
- ☐ **Relationships:** My close relationships probably wouldn't change, but maybe I'm missing some aspects, or other types of relationships, that I would really enjoy
- ☐ **Perception by Others:** It would be a great feeling to know (according to studies) that strangers will think of me as more honest, successful, interesting and trustworthy
- ☐ **Attractive:** Sure! I'd like to be more attractive, who wouldn't want that??
- ☐ **Social:** I would enjoy it if people would notice me, and want to meet me / converse with me in public, at parties, or at work

With a new smile you will be seen as more attractive to others, AND you will notice that people start perceiving you differently. When they see you flash your gorgeous, pearly chompers, they will immediately get the impression that you are:

**Confident. Successful. Wealthier. Happy.
Intelligent. Cleaner. Interesting. Kind. Sensitive.
Friendly. Popular.**

And that's just the beginning.

Hopefully this book helped to answer some of your concerns / questions about Cosmetic Dentistry.

I wrote this book to help you make an important decision, about whether or not it is right for *you*.

If you'd like to hear more, I suggest that you call your Dentist and/or feel free to give us a call. We would be delighted to sit down with you, and answer all of your questions.

And remember: when you consider the benefits of an attractive smile, it's not a far stretch to say that your unattractive smile may be "costing" you

more than Cosmetic Dentistry, **every day**.

So when you're thinking about "cost" of a new smile, I urge you think of it as an investment – NOT an "expense..."

...because the beauty of an attractive smile is only the first benefit of the *many* steps you will take, towards a **better life**.

CHAPTER EIGHT

SMILE MAKEOVERS

– BEFORE AND AFTER PICTURES –
of Dr. Angela R. Cameron's Patients

ENHANCE YOUR SMILE

*Tired of an
unattractive smile?
Get the smile
your personality
deserves.*



Before



After



Amy W.



IMPROVE YOUR SMILE



Before



After



*A smile so
brilliant you will
want to show it
off every day.*



Dani A.

FRESHEN YOUR LOOK

*A beautiful smile
will enhance your
appearance and
improve your
self-confidence!*



Before



After



Sandy S.

RESTORE YOUR SMILE



Before



After

*Get your smile
back! Return to
a more youthful
appearance!*



Jeff J.

CONFIDENT NEW SMILES

*Improving your
smile and self-
confidence may be
easier than you
think.*



Before



After



Tim V.



Before



After

Lance R.

There is hope for those who previously had only dreamed of a beautiful smile. Today's dental techniques make it possible to take an unattractive smile and change it to create a natural and esthetically pleasing result!

ANY MORE QUESTIONS?

**COMPLIMENTARY SMILE MAKEOVER
CONSULTATION**

**We invite you to contact us to schedule a
consultation.** We'll have a conversation about
how your smile can be restored or improved!

Hopefully this book helped to answer some of your concerns/questions about smile makeovers, to bring you closer to making a decision about whether or not it may be right for you.

If you'd like to find out more, you're welcome to call us and schedule some time to sit down with Dr. Angela R. Cameron.

AT YOUR COMPLIMENTARY CONSULTATION, YOU WILL:

- **Meet your smile makeover team**
- **Receive information about treatment options**
- **Receive a no-obligation estimate**
- **Receive information about payment plans** in order to help save you money and remove any barriers in the way of you getting the treatment you need.

We offer easy “Smile Today, and Pay Later” payment options through Care Credit. This includes interest free payments up to 18 months OR if you need additional time, then up to 60 months with interest. Each payment plan is customized for the patient’s individual financial needs. We also accept: Cash, Check, Mastercard, Visa, American Express and Discover Card.

- **If you decide to move forward** with being a patient at our office, we will provide a complimentary \$100 Gift Certificate to use towards your New Patient Visit.

If you’re interested in learning more, **schedule your consultation today to come in, and talk to us.**

We will simply take a look at your dental needs, answer your questions and Dr. Angela R. Cameron can make some recommendations based on what your mouth presents to us.

Our Contact Information

Phone or Text: 423-928-8359

*Website: **SophisticatedSmiles.com***

 /sophisticatedsmiles4U

 /angelarcameron

 /sophisticatedsmiles

**HERE ARE SOME FIVE STAR
REVIEWS FROM PATIENTS OF
DR. ANGELA R. CAMERON:**

“Wonderful experience! I absolutely recommend Dr. Cameron for any dental needs! She is very caring, extremely competent in her field and made my restorative work very manageable!”

— Esther P.



“Dr. Cameron and her staff are amazing! The professionalism and friendliness from this office is outstanding! I have never been to a more thorough office. They did a great job at explaining the dental work I was having done. I had crowns on my front teeth and they look great! I can’t stop smiling! This was a dream come true for me! I’ve always had small teeth and I’ve needed this done for awhile now. After visiting Dr. Cameron’s office the first time, I trusted her to do the work. She is very good at what she does. I’m very grateful I came across this office. They took good care of me! The time of this review my crowns are only temps so I can’t imagine what the permanents will look like. I’m excited to find out! Thank you again for my beautiful smile and everything you ALL did! You guys are the best!!”

— Amanda B.



“I’ve been seeing Dr Cameron for 12 years. She did my veneers and has helped me keep a severe case of periodontal disease in check. She is wonderful. The hygienists and the front office are also great.

The main thing to know about Dr Cameron’s office. Imagine getting a spa like experience at the dentist. You’re still visiting a dentist but they make you comfortable with massage chairs and neck wraps. They are awesome.”

— Brandon H.



“Dr Cameron and her team are great...always kind, professional and welcoming...My smile makeover was life-changing and I am thankful for Dr Cameron and her talent.”

— Keith B.



“I really love Sophisticated Smiles and I have been going here as long as I can remember! All of the staff are very friendly and you can even see the smiles behind their masks. Dr. Cameron has such a sweet and caring personality! She always makes me feel comfortable during any appointment or procedure! :)”

— Gretchen H.



“Dr. Cameron has been taking care of my teeth for 6 years now. I did Invisalign with her and love the results. Everyone in the office is always super friendly. They do little things to take care of their patients like give ornaments around Christmas and offer neck wraps and chair massagers while you get your teeth cleaned.”

— Katy B.



“I was excited about my appointment. Yes for a dental appointment. Not only did my visit meet my expectations but excelled over and beyond them. Yes I cried with joy!! I can recommend Dr. Cameron and staff to meet yours too!!!”

— Jennifer S.



“Dr. Cameron has provided excellent care to my husband, William, and me. Her staff provides excellent care. Her dental hygienist, Cindy, is the best hygienist I have ever had. She is very careful and thorough. Christina is an excellent dental technician. I recently had some cosmetic dentistry done. Dr. Cameron and Christina made my experience a very good one. I am very happy with the results.”

— Lee K.



“I absolutely love the team at Sophisticated Smiles!!! I have been going here since 2015 and it’s like no other dental experience you will ever have! Dr Cameron is fabulous and knows her stuff! She does not miss a detail!! Cindy my hygienist is the BEST I have ever had! She makes my cleanings enjoyable! I also appreciate how clean and nice their Dental office is! Feels more like the SPA! You must check them out”

— Kelly R.



“Dr. Cameron is amazing. I have been going to her for 10+ years and honestly trust no one else with my oral care. PS...their massage chairs are THE BOMB!!!”

— Regan J.



“Truly a five star service. Dr. Cameron and Caroline Edwards were fantastic and professional in placement of the permanent crowns, They told me what to expect and how each step should be performed. I had an excellent visit and will definitely suggest to everyone that Sophisticated Smiles should be their family’s go-to for all dentistry needs.”

— Phillip M.



“Dr. Cameron and her staff are always very kind, and eager to help with any questions or concerns. They remember little details, like needing an extra rinse after polishing, and always make sure I’m comfortable during my cleanings!”

— Sara D.



“Sophisticated Smiles personnel from checking in
at the front desk throughout the process

Made me feel comfortable and secure that
they are highly capable to preform any and every
procedure I have had over the past three years
AND for my son who had A COMPLETE
MAKE OVER BOTTOM AND TOP TEETH
AND WHO HAS SOME PHYSICAL
DISABILITES WAS TREATED WITH ALL
RESPECT I FULLY TRUST THEM FOR
DENTAL WORK

KIND, CARING, and The Best at what they do

Dr Cameron and her staff get 5 star rating from
me and my son”

— Marie B.



“I can’t begin to find the words of how professional and how caring they are. The staff brings you in like family and makes absolutely sure your comfortable and well taken care of. I was nervous when I got there and Amy was so caring and friendly. She definently calmed my nerves and made me feel so welcomed. I would highly recommend anybody and everybody that needs a dentist to please come try. I promise you will not be let down.”

— Tina S.



“Everyone at Sophisticated Smiles always takes great care of me and leaves my teeth feeling better than when I came in. I trust them and highly recommend them to anyone needing dental care.”

— Mike D.



Every Smile Can Be Beautiful

If you, or someone you know, wants a smile makeover please accept this book as a gift. It will answer the questions you have as you learn how **Every Smile Can Be Beautiful**.

If you'd like more information, you can schedule a **Complimentary Cosmetic Dentistry Consultation**. We will take a look at your dental needs, answer your questions and can make some recommendations based on what your mouth presents to us.

With your complimentary consultation, we include information about your treatment options, a no-obligation estimate, and we'll give you information on payment plans to help you remove any barriers to getting the treatment you deserve.

Call us to schedule your time today.



Authored By:
Dr. Angela R. Cameron

DDS, PC, FDOCS, LVIF, FAGD, FPFA

**"I can't begin to find
the words of how
professional and how
caring they are..."**

– Tina S.

Google Review, April 2021



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