



Aesthetic Dentistry.

Everything you need to know



This e-book addresses the most common questions our patients ask about aesthetic dentistry.

It will help you learn:

- ✓ What is Smile Analysis and Smile Design
- ✓ The techniques we are currently using in Dentistry to improve the aesthetics of your teeth and smile.
- ✓ The treatment options for the most common smile aesthetic problems.

All cases presented in the e-book have been treated in our clinic.

We believe that every case is unique, and as unique it is being treated.

by

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Chapter 1:

Smile Design



Aesthetic Dentistry, addresses the aesthetic problems of teeth and smile .
The perfect smile is a gift of nature .
Fortunately today , using the right methodology we can also create it, using well-documented prosthodontic techniques.



What is Smile Analysis?

It is the analysis of the facial features , the smile and the relationship of the teeth to the smile, that helps us identify the elements of the teeth that can be improved .

We evaluate several factors such as the gender , the age , the curvature of the lips , the length and width of the anterior teeth as well as the position of the gums.

With smile analysis we identify the positive and negative characteristics of your teeth and the effects they have on your smile .



What is Smile Design?

Depending on the results of Smile Analysis, we decide if we need to **change** the length of the your anterior teeth, their inclination or their relative dimensions.

We also decide if we need orthodontic or periodontal treatment in order to create a beautiful new smile and the prosthodontic techniques we are going to use, to achieve the changes planned.

Finally, we discuss with our patients the **time** and the **cost** of the treatment, the **alternatives** and together we finalize the treatment plan.



A new Smile Design,
can be successful only with
the informed consent of our
patients

How do I know that I will enjoy my new smile?

Mock up is a diagnostic technique that provides us with all the information needed.

Imagine mock up like a **smile simulation**, happening directly over your teeth, a test smile, that changes temporarily the shape and size of your teeth in order to find out if the changes suggested by us, are suitable for you.

Smile Design, mock up and creation of a new smile



Smile of the patient before and after the mock up



Smile of the patient before and after the mock up



Smile of the patient before and after the final restorations

Chapter 2:

Porcelain Veneers



Porcelain veneers are **very thin** porcelain prostheses, that are bonded **on the front surface** of anterior teeth improving their shape, length and color.



When are veneers used?

When we want:

- to correct the color and/or the shape of a tooth,
- to create permanently white teeth,
- to correct chipped teeth,
- to close gaps between teeth,
- to correct teeth position,
- to redesign a smile.



When aren't porcelain veneers indicated?

- On teeth with crowns or bridges
- On teeth missing most of their structure.
- When the alteration on teeth position or inclination, requires significant removal of tooth structure.



Smiles before and after treatment with porcelain veneers.

What are the advantages of porcelain veneers?

- ✓ They make teeth look healthy and natural
- ✓ They provide excellent esthetic result
- ✓ They need minimal tooth preparation
- ✓ They do not stain over time
- ✓ They provide a long lasting result

What are the disadvantages of porcelain veneers?

- ✓ They are costly
- ✓ They are technique sensitive

How long do porcelain veneers last?

Porcelain veneers last 10-15 years. Their behavior over time depends highly on the careful selection of the case.

When veneers are properly fabricated and are bonded to enamel, then they act as your natural teeth.

Over time they may break or chip, but this may happen to your natural teeth as well.



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Composite veneers



Composite veneers (or dental bonding), are used to change the color and the shape of your teeth as well as the esthetics of your smile, in a **quick** and **economical** way .



When are composite veneers/bonding used?

With composite veneers/bonding we can:

- ✓ Close the gaps between teeth,
- ✓ Improve the shape of small, conical teeth or chipped teeth
- ✓ Correct teeth inclination
- ✓ Change the color of teeth permanently.

How is dental bonding done?

Composite veneers are made in a **single visit, chairside** with composite material that may also be used for your white fillings.

A mild etching solution is applied to your teeth to provide a slightly rough surface, permitting a durable resin to bond materials to your teeth.

The resin is then placed on your tooth and high-intensity light cures it onto its surface.

When the last coat has been applied to your tooth, the bonded material is sculpted to fit your tooth and polished.





What are the advantages of composite veneers?

- ✓ They are usually finished in one appointment,
- ✓ They are minimally invasive,
- ✓ They provide an excellent esthetic result,
- ✓ They are economical.

Are there any drawbacks with composite veneers?

Composite resin is a porous material on microscopic level.

As time goes by, composite veneers may stain.

These restorations will require more maintenance (polish and stain removal) than using porcelain which is resistant to stain since it is not porous.

The success of the technique depends highly on **the skills and the talent of the treating dentist.**





If you need an economical and quick restoration of your teeth and your smile, then **composite veneers** or **dental bonding**, can be a great treatment option for you.

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Smiles of patients treated in our clinic with composite veneers, before and after their treatment



What should I choose? Composite or Porcelain Veneers?

If your new smile needs veneers,
you will have to decide
on the restorative material.
Following are the differences
between the two types of veneers.

Criteria	Porcelain veneers	Composite veneers
Material	Porcelain	Composite
Cost	+	-
Time	7-10 days	1 day
Artist	Dental technician	Dentist

All-ceramic crowns and bridges



All-ceramic crowns and bridges, are made out of **porcelain** and are mostly used on anterior teeth. They have great optical properties and superior esthetics, because of the **lack of metal** in their structure.

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All-ceramic crowns and bridges are highly aesthetic treatment options, usually used on the anterior area of the mouth. We choose them, when you already **have an old crown** that needs replacement or when your anterior tooth **has lost so much tooth structure** that crowns are the most suitable treatment option.

Are all-ceramic crowns used on posterior teeth too?

Lately the evolvement of all-ceramic systems has increased their strength so much, that allows us to provide predictably strong crowns on posterior teeth as well.

Are there all ceramic bridges?

Yes, there are but they are usually small in size, mostly used to replace one missing tooth.

All ceramic crowns and bridges do not change color over time and they have all the strength needed for you to chew your food properly, as you would have with your natural teeth.



All ceramic **crowns** and bridges cover a tooth on all sides.

Porcelain veneers cover only one side of a tooth, the one that appears when you smile.



Chapter 3: Crooked teeth



Orthodontics, is the dental specialty that moves teeth in new more ideal position.
When the **cost** and the **duration** of treatment are a major concern , you may choose to improve the looks of your teeth with advanced techniques of aesthetic dentistry.

Can all cases be treated successfully with aesthetic dentistry?

With advanced aesthetic techniques, we can make one or more teeth appear in a better position than the position they really are.

We do not move teeth, we just make them look like they have been moved.

We use porcelain veneers, dental bonding and/or crowns. We are as conservative as possible, but sometimes we may need to work on your gums too.

When the modification of your teeth and gums is significant and can be harmful for your teeth or periodontal health, then we refer you to an orthodontist.

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Before and after treatment of misaligned teeth with aesthetic dentistry

Diastema

Teeth with gaps



Gaps between front teeth or **diastema** as called, is a controversial issue in smile esthetics. A lot of people consider it as part of their style and they wouldn't change it for anything. Others consider it as big disadvantage of their smile and they wish to have it changed.



Why are there gaps between front teeth?

The most common reasons are:

- ✓ Mismatch between small teeth and big jaws
- ✓ Labial frenum
- ✓ Genetics
- ✓ Congenitally missing teeth
- ✓ Thumb sucking
- ✓ Incorrect swallowing reflex
- ✓ Periodontitis
- ✓ Combination of the above

How are diastemas corrected?

Gaps between teeth are usually treated by application of restorative material on the teeth adjacent to the gap.

The treatment is successful only if the application of the restorative material is done symmetrically in both teeth.

We usually use porcelain veneers and crowns or composite veneers.



Are there restrictions in treatment of Diastemas?

Veneers can close diastemas beautifully, as long as the teeth are properly positioned on dental arches.

However, orthodontic treatment may be preferable when:

- ✓ Gaps between teeth are too big
- ✓ Teeth next to the gaps are already wide in size
- ✓ Teeth are inclined



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Treatment of diastemas with porcelain veneers (pic.1 and 2) and crowns (pic.3)

"Gummy" smile



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A smile considered "gummy", is one that shows an excess of gingival tissue on smiling. An attractive smile is dependent on balance of the teeth, gums, and lips: the gum line follows the upper lip's contour and the upper lip should only expose up to 3 mm of gum tissue.



Gummy smile can be treated in many different ways, depending on the reasons creating it.

Sometimes treating it, may involve orthodontics or dentofacial surgery, or even botox treatment.

Esthetic Dentistry however, deals with the issue in conservative ways.

Minor plastic surgery may change the gum position and elongate the teeth. Using it with **veneers** and sometimes **crowns**, we can correct an unattractive smile and give back the self-confidence you need.

It's your turn!

Did you like the information on Aesthetic dentistry that we shared on this book? Would you like to describe **your** esthetic concerns and ask us for a treatment plan?

Visit our webpage and fill the form with your info.

You can send us pictures and x-rays and ask for a initial assessment or even a phone or Skype consultation with the doctors.



We would love to hear from you!!!



[Fill the form](#)





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