

WHAT A SMILE CAN DO

by David R. Duguid, DDS

“There is something about a healthy and compelling smile that tells others you care about yourself.”

If you are looking for an investment in yourself and are considering a facelift to look younger, you don't have to look solely to your plastic surgeon. Redesigning your smile can not only change how old you look, but can also restore your confidence.

It really doesn't matter what background you have or where you live, your smile alone speaks volumes about who you are. Your smile gives the first impression to others, and can instantly reveal your personality. In fact, latest research shows that your smile can be one of the greatest business and social advantages. There is something about a healthy and compelling smile that tells others you care about yourself.

Looking Younger

If you have worn down your teeth over the years, or your front teeth have chipped, or you just have small teeth, then you are probably looking older than you should. Teeth that appear ill proportioned in height and width will instantly take away from a beautiful smile. A smile makeover with porcelain veneers can restore your teeth to their initial youthful beauty and length, and the added bonus is they won't change color over time.



Better Positioning

A smile makeover doesn't have to be limited to veneers alone. Gapped, dark stained, and crooked teeth can affect the appearance of your smile and hinder your self-confidence. Although veneers can fix misaligned teeth to a certain extent, you now have the option of virtually invisible braces. Invisalign braces, a series of clear plastic aligners that are worn 22 hours a day, can usually straighten your teeth in about a year or less. The cost is less than doing veneers, but if you are planning to change the color, add lost length, or hide the unsightly fillings, you may want to look closer at a makeover with porcelain. “Instant orthodontics” is a term that some cosmetic dentists use for a veneer makeover because your crooked teeth

can be straightened with veneers in two to three weeks, or less. Then again, sometimes the combination of Invisalign and whitening is the only makeover you need.

Conservative Approach

Many hours of additional training in the preparation and design of smiles is a distinction of experienced cosmetic dentists. Smile makeovers are usually done with the best materials and a very conservative approach. In most cases, the dentist will only need to reshape your teeth to allow for the thickness of porcelain that is needed to correct and restore your teeth. The goal is to make your smile look natural. It is very important to locate a dentist who is experienced in performing these procedures and can show you several “before and after” photos of the types of makeovers that he or she has performed.

Most of all, a smile makeover is a way to bring back your confidence. Think of how someone's smile has made an impression on you. Don't you deserve to have that smile you've always wanted? Find a qualified dentist today to see just what can be done to make you smile more. It's never too late to make an investment in yourself.

Dr. Duguid received his Doctorate of Dental Surgery from the University of Michigan School of Dentistry in 1992 and has since dedicated himself to excellence in cosmetic dentistry and patient comfort. He maintains a private, adult only, practice in downtown San Diego California.

