

STRAIGHTEN UP
TEETH DISCREETLY
WITH INVISALIGN

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COSMETIC DENTISTRY ISN'T JUST FOR CELEBRITIES AND THOSE IN THE PUBLIC EYE. ACCORDING TO THE AMERICAN ACADEMY OF COSMETIC DENTISTRY (AACD), THE AVERAGE PATIENT IS 31 TO 50 YEARS OF AGE AND HAS THE DESIRE TO LOOK AND FEEL BETTER. ONE AACD STUDY HAS SHOWN THAT AN IMPROVED SMILE IMPACTS HOW WE ARE PERCEIVED BY OTHERS, AND THOSE WHO HAVE UNDERGONE COSMETIC DENTISTRY ARE SEEN AS MORE ATTRACTIVE, POPULAR, WEALTHY AND SUCCESSFUL.

CELEBRITY SMILES

TO FILL GAPS AND FIX OTHER
IMPERFECTIONS, BONDING
CAN BE PERFORMED IN
ONE APPOINTMENT

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DESENSITIZE AND WHITEN
Rembrandt Sensitive Toothpaste
Formulated with potassium nitrate to make teeth less susceptible to sensitivity, it also contains Citroxain, a patented whitening technology that utilizes citrates, aluminum oxide and papaya fruit enzyme to gently break up and remove stubborn stains. **\$7.49; drugstores nationwide**

EXFOLIATION FOR YOUR TEETH

One of the latest treatments that's starting to pop up in dentists' offices across the country is a form of microdermabrasion for the teeth. New York City cosmetic dentist Lana Rozenberg, DDS, is offering what she calls "Dentabrasion," a painless 20-minute treatment that involves polishing with minimally abrasive sodium bicarbonate (i.e. baking soda), high-pressure water and air. Another New York City cosmetic dentist, Jeff Golub-Evans, DDS, is using a pre-polishing paste made with diamond dust to remove stains. Treatments such as these go by many names and utilize different "exfoliating" agents, but it's important not to overdo it with procedures, since too much abrasion can wear down the teeth's enamel, lead to sensitivity and possibly make your teeth more prone to decay.

TOOTH CONTOURING

LITTLE FINE-TUNING CAN GO A LONG WAY WHEN IT COMES TO THE APPEARANCE OF YOUR SMILE.

Many smiles can benefit from minor reshaping to create the illusion of better alignment or more uniform length. Cosmetic contouring is a conservative treatment that can be performed in just one office visit with instant results. Dr. Goldstein says that almost every person could have a better-looking smile through cosmetic contouring, a treatment he helped perfect over the past 40 years. The process involves taking X-rays to ensure the pulp of the teeth is in good health before they are marked up to guide the dentist through the sculpting process. A sanding drill may be used to remove small amounts of enamel, while abrasive strips are used to polish the sides of the teeth. This treatment does have its limitations, but "mild reshaping can have a profound aesthetic effect by fixing teeth that are too pointy or too long," says Dr. Curatola.

PROBLEM

*what to do if
your teeth are
slightly uneven...*

THE SMILE

experts

THE MOUTH IS A SMALL SPOT, BUT THERE'S A WIDE ARRAY OF DENTISTS WHO SPECIALIZE IN EACH PART OF IT. GOING TO A SPECIALIST (OR WORKING WITH A FEW) HELPS YOU GET THE BEST RESULTS, SINCE EACH ONE IS HIGHLY TRAINED IN SOMETHING SPECIFIC.

ORTHODONTISTS

Their goal is to improve patients' smiles by straightening and moving teeth through the use of braces and other appliances. There are both adolescent and adult orthodontists, so look for one appropriate to treating your age and conditions.

ORAL AND MAXILLOFACIAL SURGEONS

These dental specialists focus on the treatments and surgery of the teeth, mouth and jaw. They extract teeth, treat injuries of the jaw, correct jaw alignment and place dental implants.

PERIODONTISTS

These experts focus on the gums and the surrounding tissues of the teeth, dealing with gum disease and bone loss, placing implants and performing gum recontouring and grafting.

PROSTHODONTISTS

These specialists focus on the diagnosis, treatment and restoration of the function, comfort and appearance of missing or deficient teeth. These dental experts are also known as crown and bridge specialists.