

A close-up, high-resolution photograph of a person's upper front teeth (incisors). The teeth are bright white and appear healthy. The background is a soft, out-of-focus grey.

Smile!

Your Guide to Esthetic Dental Treatment



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Upgrading your smile begins with good oral health. Healthy gums and a well-aligned bite underlie any beautiful smile. Enhancing your smile can be as easy as a simple bleaching procedure to improve tooth color or an uncomplicated bonding technique to change tooth shape. More invasive approaches may involve surgery to change gum line contours, tooth alignment with braces, or replacement of missing teeth with partial dentures, implants, or complete dentures. There are a variety of restoration methods to ensure a healthy smile: composite bonding, veneers, inlays, onlays, and crowns. Tooth-colored composite resin and ceramics are materials often used to restore teeth to a natural, attractive look. Selection of the most appropriate materials depends on the amount of tooth structure being replaced.

You may have one or more of the following questions about your smile and oral health:

- Are my front teeth too short for my smile?
- How can excessive gaps between my front teeth be reduced?
- What options do I have to align my crowded teeth?
- Can bleaching improve my stained teeth? Should it be performed before any other treatment?
- What foods and drinks will stain my teeth and new restorations?
- How do I prevent and manage tooth sensitivity?
- What are the options for fixing my fractured front tooth?
- Do missing teeth affect my bite?
- Is there a way to change my “gummy smile”?
- How can my unattractive gum line be corrected?
- Can my denture appear more natural and fit better when I chew?
- Will correcting my bite and smile improve my health, appearance, and self-confidence?

The purpose of this book is to answer questions like these and to illustrate different available treatment options. Your smile is composed of all of the teeth and gums that are exposed when you speak or smile broadly. I hope the illustrations in this book help you to make decisions about restoring and maintaining a healthy and pleasing smile.



An attractive smile displays the upper front teeth, so if an esthetic smile is the goal, the shape, length, color, and contour of these teeth are important when restoring your smile. There are several ceramic materials that can be used to fabricate crowns for restoring your front teeth. These include metal-ceramic and all-ceramic crowns. The appropriate material is determined by the color of the underlying tooth and the surrounding teeth. A metal-ceramic or opaque all-ceramic crown such as zirconia can be used to hide discolorations, while a translucent all-ceramic crown can be selected to match the natural color of the underlying tooth color.

This 35-year-old patient was displeased with the dark gray color at the gum line of her front tooth, an existing metal-ceramic crown. The metal substructure of the existing crown was noticeable upon smiling and speaking. An all-ceramic translucent crown was selected for replacement. The patient was pleased with the natural color at the gum line and the improved balance in shape and color of her front teeth.