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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**An Introduction To Cosmetic Dentistry**

**By Bill Buchanan**

White, evenly shaped teeth enhance the beauty of your face. Cosmetic dentistry offers many treatment options for people who want to improve their teeth. The methods can be as simple as teeth whitening or as complex as bracing and bridging.

How do teeth whitening work? Teeth whitening products uses materials consisting of peroxide to give the teeth a white and clean appearance. You can either visit the cosmetic dentist or use a home-based whitening system. Home-based systems use 20% peroxide but is a longer process, lasting for two weeks. Cosmetic dentists will start the process by removing all the cavities from the teeth and ensuring the gums are healthy. Then a dental system for protection of the gum is applied. Gels are then added on the teeth. At times, high intensity lights along with 35% peroxide can be used to start the whitening process. The light will oxidize the stains on the teeth, resulting in activation of peroxide. You will notice the stains fade after an hour, thus making your teeth appear lighter.

What is tooth-shaping? Tooth-shaping is the most basic procedure and is an half an hour process. It reshapes the unwanted shape of the teeth. The cosmetic dentist can completely alter the shape of your teeth or the shape of the upper ones to match the lower ones. Even the removal of small amount of tooth enamel will not cause any damage in the long and short run.

What are Porcelain Veneers? Porcelain veneers, also called veneers, are porcelain slices that improve the appearance of the front of the teeth. They also cover any damage caused to the teeth. They have the same effects as dentures or artificial teeth. A cosmetic dentist would be able to provide the pros and cons of this treatment.

What is Resin? Resins are kept on the teeth for a short time to improve their appearance. It is used to treat chips and cavities. The chips and cavities are filled with white fillings. The disadvantage is that these resins may lose their color after some time, thus losing their natural look.

What is Bonded-Bridge? Bonded-bridge is a porcelain or resin tooth with metal or resin wings on both the sides. It fills the gap left by the missing tooth. The cosmetic dentist removes a small amount of enamel from teeth on both the sides of the hole and then the bonded-bridge is clipped on the teeth to

fill the hole.

What is Gum–lift? Gum–lifting, or gingivectomy, involves removing some part of the gums to even them out and make the teeth appear longer. It cures gummy smiles. A cosmetic dentist would be able complete the process in one or two sittings.

What are Braces? Braces or orthodontics rectifies the gaps between the teeth, giving them an even appearance. It is a two–year process to help children and young adults. A cosmetic dentist would add the braces in one session.

For other great articles about cosmetic dentistry please check out

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## **How To Choose The Right Cosmetic Dentist**

### **By Bill Buchanan**

The saying, a smile increases your face value, is really true. A good smile can enhance the beauty of the face. But not all are lucky to be blessed with a gorgeous smile. Cosmetic dentistry has proved to be a boon for people who want to enhance their smile and beautify their teeth. Here we offer some information on the options available for you.

Before undergoing any cosmetic dentistry treatment, find a cosmetic dentist who is a member of AACD (American Academy of Cosmetic Dentistry). This ensures you are treated by a cosmetic dentist who has thoroughly mastered all the areas of his subject. Go through his portfolio before undergoing treatment. This gives you an idea of the quality of service you will get from the cosmetic dentist. Ask him to refer his patients and talk to them. This should give you the patients' opinions on his work. Check out if the cosmetic dentist has been upgrading his knowledge and skills. He should be in touch with the latest developments in his field.

Before visiting a cosmetic dentist you should know the exact meaning of some of the terms, which are widely used:

## An Introduction To Cosmetic Dentistry

**Braces:** Braces are the most prevalent type of dentistry. An orthodontist puts them on teens from the age of 12. It straightens and realigns the teeth, makes your smile beautiful and prevents any jaw problems likely to occur in the future.

**Beautification techniques:** Teeth whitening, placing veneers and bonding on the teeth are the common procedures meant for beautification. There are no health benefits associated with these processes but increase your confidence.

**Teeth whitening:** Teeth whitening make your teeth whiter and brighter. You can do this either at home or at your dentist's clinic. The cosmetic dentist bleaches your teeth and the process takes about an hour each time you undergo the treatment. Before using any commercial product at home, it is advisable to consult a cosmetic dentist. Our teeth react to different bleaches in different ways. Getting the right advice from your cosmetic dentist will give you the right product meeting your budget.

**Bonding:** The process of repairing our damaged tooth, hiding the exposed root or looking beautiful is known as bonding. First the tooth or teeth to be treated is cleaned and then the etching solution is applied to allow the resin composite to stick to the tooth. Then the resin matching the color of your tooth is used. This resin is shaped to resemble the structure of the normal tooth. Once the resin hardens, it is polished to the degree that it gels with the remaining teeth.

**Veneering:** Veneering is the process used to hide the fillings, broken or stained teeth or spaces in teeth. A thin layer of porcelain is fitted just above the tooth and is fixed at the spot. Veneering is also used to straighten the teeth immediately. A cosmetic dentist would be able to advice on the treatment time and rates.

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