

Dentist scare the hide off of you?

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**By Layla Thornton**

If the thought of visiting your dentist scares you rigid then you definitely must read on. You see if you think about it logically it is in your dentists best interest to make your dental experience as easy going and calming as possible. You see he knows only too well that if he gives you pain he will not gain. To put it bluntly the better your experience the more likely you are to make a return visit.

Do not for a minute think that your dentist is a money grabbing tyrant who's main goal in life is to get his hands on your hard earned cash. Most dentists will be financially secure and very happy practising a career which is rewarding both financially and from the job satisfaction angle.

Ok so you might have memories of a nasty experience when you were a kid. Well get real, Memories from our childhood are often far removed from the actual reality of what really went on in the past. The terrible pain you thought you endured was more than likely a fraction of what your memory tells you.

The science of dentistry itself has advanced to such a degree that really there is no need for pain other than that given by the dreaded needle.. Well did you know that even that task can be carried out with the minimal of pain. Your modern caring dentist now has it in his power to numb your gums with the aid of a pain killing compress. A small amount of a pain killing drug is applied to a small cotton bud, This is then placed on your gums and the end result is you won't even feel that dreaded needle.

It is ironic to think that the key to the least amount of dental pain is in fact to ensure that you take the time to make an appointment and visit your dentist at regular intervals. Most dentists pride themselves in their prevention and decay stopping techniques.

For those of you who do in fact have to visit your dentist for a long overdue appointment, Don't worry, Don't panic and simply make sure your dentist is totally aware that you are terrified out of your wits as he prods and examines your mouth. The thing is that it has been found that an amazing eighty percent of folk visiting the dentist are actually not bothered by this experience at all, Our dentists say that because of this they tend to get into such a routine that sometimes the thought of a person being scared has not even entered their mind.

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If you are among the small percentage of folk who are indeed petrified of dental visits then it is vital that you tell your dentist exactly how you feel. Once he knows this you can be assured that every effort will be made to ensure your visit is as stress free and most importantly,

As pain free as possible.

Layla Thornton writes for the famous

Dentist

information website <http://aboutdentist.com>

## **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:

**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.

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**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.

For other great information about cosmetic dentists or cosmetic dentistry please check out

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