

Love Your Smile: How to Choose a Cosmetic Dentist.

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What is a more important physical characteristic than your smile? If you think about this question carefully, you will easily conclude that no features are more important than your smile, or lack of one!

Studies repeatedly show that people really zero in on faces. In fact, people notice a person's smile well before they notice almost any other physical attribute. You may think you have great hair or an excellent build, and that might be true, but those great features can be quickly undermined by imperfections with your teeth.

Phrased another way, you can spend all day in the gym and dress to impress, but if your smile kills, people will likely think less of you. It may be unfair that one's smile can carry so much weight, but the truth is that these types of imperfections are hard for others to ignore.

A Winning Smile Definitely Makes an Impact

An attractive, winning smile will make you more appealing to others and may even have an impact on your career! Studies show that attractive people often do better in the workplace, and a top-notch smile can play a role in this regard. Improving the look of your teeth might actually help you improve your bank account!

The benefits of a great smile can help your life in many ways, maybe even transform your life. Want more dates? Want more people to notice you? Want the boss to like you more? Want people to react to you better? The answer to all of these questions should be a big and loud "yes!"

When it comes to your mouth, there is a lot on the line. This is why it is critical that you are very careful with cosmetic dentistry. Poorly done cosmetic dentistry can be a big problem and may even result in more harm than good. Most of us have seen teeth that didn't look natural or just somehow felt wrong. If you select the wrong dental professional, you can end up regretting it for years. The last thing you want when you

opt for cosmetic dentistry is to wish you had your old smile back. Yet, sadly, this is exactly what happens to many people each and every day.

In this book, we will answer some of the most common questions regarding cosmetic dentistry and, in the process, help give you the information you need to make a great decision. By reading this book you will dramatically increase your chances of getting the kind of smile that you've always wanted and always deserved.

We'll also help you take the stress out of the process of selecting a dentist. Dentists know that your decision to transform your smile is a very personal one. As a result, they should work closely with you to ensure that you understand the process and know what kind of results you should expect. If you feel a dentist is rushing through the process, look elsewhere.

Many people are completely shocked to learn just how much cosmetic dentistry can actually correct. The scope of problems that today's cosmetic dentistry can fix is nothing short of amazing. No matter what problem you have, the odds are excellent that it can be corrected! So many people go through life believing that their dental problems either can't be fixed, or will be too painful or too expensive to change. Yet, modern dentistry can accomplish a great deal.

Part of the purpose of this book is to help you understand that cosmetic dentistry can fix virtually any dental problem. In recent years, there have been serious advancements. Today, a dentist can truly transform your smile into one that you will love!

It is important that you remember that there is absolutely no reason to continue worrying or fretting about your smile. Do you spend time worrying about what people think of your teeth? Are dental issues holding you back from doing the things you want to do in life? If you answered "yes" to either of these questions, then realize that cosmetic dentistry offers a powerful and transformative tool.

What Issues Can Cosmetic Dentistry Correct?

Your first real step is to believe that cosmetic dentistry can completely change your smile. This is actually the easiest part of the process, as there are plenty of photographs out there showcasing the great "before and after" work of talented cosmetic dentists.

Seeking out these photographs is one of the smartest moves that you can make. Why? Seeing for yourself the amazing results that are possible will definitely fuel your desire to begin the process of getting a brand new smile all of your own. If you look for photographic evidence of the kind of cosmetic dental work that is possible, you will likely find mouths that needed far more help than your own.

Can you really get the smile you've always wanted? Are your dental problems too difficult to repair? Virtually all dental problems can be fixed or dramatically minimized, thanks to cosmetic dentistry. Let's take a look at the kinds of issues you can change for the better.

Missing Teeth or a Missing Tooth

A missing tooth or missing teeth is a common dental problem. Quite often, people ignore the fact that they have missing teeth for a variety of reasons, but you should never do this. When you are lacking teeth it will most definitely impact your appearance. If you want people to think the best of you, then you should take steps to fix this issue.

People can judge harshly, and when it comes to missing teeth, people's opinions can be rather harsh. That is, of course, the bad news. But there is also good news as there are many different ways for you to take care of this problem.

Dental implants are one way to deal with your missing teeth, and they have some amazing benefits. One benefit is that no one will ever know that you had anything missing in the first place. In fact, dental

implants look so real that you might even forget that you have a dental implant yourself! Also, unlike dentures, dental implants are permanent and function just like real teeth. While they may be a little more effort than other options, the rewards of dental implants are huge.

Bridges are another option that many people choose, and they are ideal when you have a few teeth that are missing and need to be replaced. A professionally done bridge will look great, and only you'll know that you have it.

Dentures have come a very long way in the last 20 years! They no longer have to be painful and awkward. Today's dentures are often so good that most people will never have any idea that you have a good amount of missing teeth. There are substantial health benefits associated with dentures as well. For example, high quality dentures make it easier to chew food and that improves the digestion process. If you have many missing teeth and are on a tight budget, then you should definitely consider dentures.

Discolored Teeth

Severely discolored teeth rank right up there with missing teeth in terms of turning people off. Teeth can become discolored for a range of reasons, such as smoking, coffee and tea staining or tarter buildup. But no one will care about why your teeth are discolored; they'll just see discolored teeth.

Just as there are many reasons for discolored teeth, cosmetic dentists can correct them in many different ways. Whitening is a popular option and many people take it upon themselves to use over the counter methods. But considering the importance of your smile, this is not the best option.

Your smile is invaluable and so are your teeth. Should you really trust whitening your teeth to anyone other than a very experienced

professional dentist? Whitening your teeth involves using chemicals, and that means you need to know exactly what you are doing in order to get the right look.

When an experienced dentist handles your teeth whitening, the end result will amaze you and everyone you know. If you want to make your discolored teeth a thing of the past, then you will love what professional teeth whitening can do for you.

Microabrasion can be incredibly effective for whitening teeth as well. During this process, your dentist will rub a compound on the teeth. Through microabrasion, it is possible to remove serious tooth discoloration and staining. However, not all stains can be improved by microabrasion. If the discoloration was caused by trauma or medications, you might need another type of procedure. Also often white discolorations end up getting improved, but not completely eliminated.

In some situations, your best option might be veneers or crowns. When is this the case? If there is too much damage to a tooth, then tooth whitening or microabrasion might not be an option that will work. Veneers and crowns can also cover up damage in a rather impressive fashion! Many patients opt to try microabrasion first because the procedure is less expensive.

Worn and Misshapen Teeth

It isn't just discolored teeth that can benefit from using veneers and crowns. Over time, teeth can become worn even with the very best of efforts. Veneers and crowns are fantastic for making worn and misshapen teeth look as good as new. ,

There are a variety of types of worn and misshapen teeth, but they usually will detract from your smile. For example, sometimes someone

will just have one misshapen tooth, and it ends up being the most noticeable thing in his or her mouth. Other times, it will appear that a person has dental damage or even severely crooked teeth just because of the shape of a few teeth.

Whether you're dealing with worn or misshapen teeth, veneers and crowns serve as a reliable and highly effective way to transform your smile. Even badly misshapen and worn teeth can be brought back to life in a brilliant fashion. Once you've tried a crown or veneer, you'll wonder why you waited so long.

Spaces Between Teeth

Spaces between teeth is a more common problem than many people realize. Even small spaces create a negative perception, and larger spaces and gaps between teeth can really get noticed and in a bad way! If you were thinking that spaces between teeth were impossible to fix, then think again, as there are many different ways that spaces can be repaired. The end result can look nothing short of flawless.

Here are 3 ways that cosmetic dentistry can transform your smile, regardless of the spaces between your teeth.

1) Orthodontics

Yes, braces have come a long way recently, and there are many options. For example, you can now consider invisible braces as well as ones that can be attached behind your teeth. Closing relatively small spaces could mean just a short amount of time wearing orthodontics as well. But don't worry if braces aren't your thing, there are other excellent options.

2) Veneers and crowns

Veneers and crowns, is there anything you can't do? Consider these the "go to guys" that can fix a wide array of problems. Spaces between teeth can often be addressed relatively easily, thanks to both of these options.

3) Bonding

Dental bonding is a very common type of procedure that covers up imperfections and flaws. In this case, a type of paste is applied and then sculpted to the ideal shape. This material will be matched to the tooth's natural shade and then hardened and polished.

Crowded and Crooked Teeth

Through the use of orthodontics, veneers, crowns, bonding and reshaping, it is possible to transform even crowded and crooked teeth. In the world of dental problems, missing teeth may be more noticeable overall. But there is no way around it, crowded and crooked teeth don't make a good impression either.

If you want people to feel that you care about your health, then a great smile is the way to do it. After all, people may assume that if you don't care about your smile, you probably also don't care about your health!

Uneven Gums

Uneven gums can happen even if you are taking the best care of your teeth and practice good oral health. The solution to uneven gums is gum surgery and orthodontics. Now, the fact that gum surgery is an option may not surprise you, but you might be surprised to hear that orthodontics can be used to address this problem. Orthodontics can be used to help give your smile the appearance that you desire even if you have uneven gums.

Are Your Teeth Too Short or Too Long?

Are your teeth too short? If so, there are steps that you can take to fix this problem as well, thanks to modern cosmetic dentistry. Gum surgery, jaw surgery, orthodontics, crowns and veneers are all procedures to consider. Of course, some of these options are more involved than others, so you will need to consult with a cosmetic specialist to find the option that works best for you and your needs.

Just as there are exciting and effective options for correcting teeth that are too short, the same holds true for teeth that are too long. Everything from tooth reshaping to jaw surgery, orthodontics, crowns and veneers can be used to take teeth that are too long. These procedures will alter or change the appearance of your teeth so that you are left with the exact smile that you deserve!

Do You Really Need to Make a Change or is Your Smile Fine the Way It Is?

The facts are that even the slightest dental imperfection can take away from the overall quality of your smile, and that means people will literally see you differently. If you want to impress people and put your “best foot forward,” then you shouldn’t worry so much about your shoes. Instead, you should worry about your teeth!

There are many smile imperfections that can and will distract from your appearance and you should correct these issues if possible. After all, do you really want to risk having an imperfection in your smile? Any imperfection can be very bad for your social life, your professional life and your self-confidence.

All too often someone's self-confidence suffers tremendously as a result of a poor smile or even “minor” smile imperfections. The bottom line is that a lack of self-confidence can spread out to all areas of your life. Do you want to get more out of life? If so, you will want to have the best smile possible. Those who lack self-confidence may not ask out that potential date or go after the big job promotion.

Why are people so tied into smiles? We are all taught to smile at other people when we are young and to expect people to do so in return. We also come to expect a certain degree of, well, quality from the smiles that we encounter. If the smile that we expect isn’t there, it has an impact.

You may not even realize it at a conscious level, but when you don’t see the smile you expect, you may think less of the person with the inferior smile. Or you might start to feel uneasy. Even worse, you may form a

poor opinion of that person on a subconscious level, even if it isn't your intention to do so.

Make a Great and Lasting First Impression

A great smile is an essential tool in making a great first impression. First impressions are incredibly important both in the business world and in the dating world; screw up your first impression and you usually don't get much of a chance of to recover. And that is why you need to be certain that your smile is nothing short of top-notch! People might not notice that you are not wearing an expensive watch or jewelry or if you don't have the latest smartphone, but you can be very sure that people will notice dental problems, such as missing teeth.

While no two situations are the same, it is quite possible that over your lifetime your investment in a new smile will pay dividends many times over in the form of pay raises and new opportunities. It may not be fair that people are judged on their appearances, but the fact is that this does happen. Correcting any imperfections in your smile will transform both your self-confidence and how other people see you, interact with you and think about you.

Cosmetic Dentistry Can Completely Transform Your Appearance

Of course, the good news is that through selecting the right dentistry professional, you can completely transform your smile. Here is a key point that you may not have thought of just yet-through dentistry, it is possible to turn one of your main weak spots (a problematic or poor smile) into one of your strongest assets! A new pair of shoes, a great dress or designer label polarized sunglasses might help improve your

appearance a little, but none of these options will transform your appearance.

Cosmetic dentistry can transform your appearance and without the recovery time, pain and worry that is associated with even minor cosmetic surgery options. When it comes to helping sculpt and craft a new you, what cosmetic dentistry can do is nothing short of truly amazing!

People all around the world pay thousands of dollars to consultants and self-help gurus to help them boost their confidence levels and yet often never think about making improvements to their smiles. When it comes to feeling better about yourself and boosting your confidence your first stop on the road to a new you should be addressing your smile imperfections whatever they may be. Any self-improvements you make after you've improved your smile will only be all the better as a result!

Ten Imperfections That Can Distract From Your Appearance and You as a Person

- 1) A tooth that differs in color from the teeth next to it. Uniformity of color is a "big deal" when it comes to teeth. If you want to have an excellent smile, you want teeth that blend well with one another!
- 2) Yellow and discolored teeth don't win people over. What exactly is too yellow? Answering that question is difficult. However, if you feel as though your teeth never look white and worry you have yellow teeth, then the odds are excellent that they are indeed too yellow.
- 3) Small teeth can be problematic. If your teeth are longer than they are wide, then a cosmetic dentistry specialist can help you.
- 4) Another standout imperfection is teeth that follow the general shape of your lower lip.

- 5) Showing too much gum instantly draws people's eye to your smile, and in a bad way.
- 6) Healthy gums should not look red or inflamed, and you can be sure that people will notice when your gums don't look healthy. Red or inflamed gums usually indicate oral health problems that can eventually lead to tooth loss. If you have this dental problem, get help immediately.
- 7) If you have gums that are not symmetrical, you can be sure that people are going to notice.
- 8) Crowded and overlapping teeth never look good. For example, no one gets braces so that he or she can have crowded or overlapping teeth.
- 9) Gaps between your teeth are problematic, but can be corrected with orthodontics and other cosmetic dentistry procedures.
- 10) A missing tooth or teeth will always stand out. In short, no one will miss your missing teeth!

If you correct any of these 10 imperfections in your smile, you can be sure that people will start to react differently to you. Improving your smile is one of the single smartest moves you can make, as an enhanced smile means an enhanced appearance!

Let's face it, sometimes it can be tough to judge the quality of your own appearance. Sure something like a missing tooth might be a "no-brainer" as you know you should have a missing tooth fixed. But it might be a little harder to for you know what to do about other problems. After all, you look at your smile in the mirror every day, and it is hard to judge what should be fixed.

So where should you turn to get advice regarding your teeth? Here are three major options to consider when asking for advice on whether or not you should have cosmetic dental work performed.

1) Your friends

Trusting your friends can be tricky when it comes to determining whether or not you should opt for cosmetic dentistry work. Why? Some friends may not want to hurt your feelings and yet others may secretly be jealous of you in one way or another. As a result, you may not get a straight answer.

2) Your family

Your family members are, usually, conditioned to love you no matter what, and that means they may not be able to honestly judge your smile. When it comes to having family members judge your smile and give advice, they may have “love goggles” on.

They may want to give you an honest assessment, but are unable to see your smile for what it is even if you tell them to be “brutally honest.” Think about it, is grandma really going to tell you, “Yes dear, your teeth are pretty awful?” Most family members will sugarcoat the truth at least a little. This means that you won’t be receiving the kind of advice that you need to make the right decision.

3) A dentist

Dentists look at teeth, gums and dental problems all day long. It is their job to tell you exactly what they think about your teeth. If there is a problem, you can be sure that dentists will let you know what they think and what you should do to fix the issue.

The state of your feelings isn’t as important to a dentist as making sure that you walk out of their office with a better and healthier smile.

Dentists realize that there is a link between your overall health and well-being and the quality of your teeth and smile. As a result, you can likely depend on a dentist to give you a straight answer regarding your teeth. Your dentist doesn't love you like grandma or your spouse (well, at least not most of the time!) That means you'll get the information you need to make an informed decision.

There is little doubt that dentists are the best people to evaluate your smile and make recommendations. These professionals have the training necessary to make such an evaluation, and they are also emotionally detached. So where does the process of evaluating your smile begin? Usually, the first step is to take some photos. Why photos? Photos work great as they can help you see your teeth in a different way, and they also let a dentist show you what should be changed.

A dental professional will be eager to review your photos with you, and he or she will take careful notes on what you want changed. Once this information has been gained, it is possible to develop a plan for making changes to your smile. You can expect your dentist to go over the different parts of the process, as a list of your smile imperfections is created.

When your dentist is done, he or she will have an excellent idea of what steps should be taken to improve your smile. Remember that once you understand the problems with your smile, it is possible to make the kind of decisions that will make a positive change! Imagine how great it will be to have the smile that you've always wanted. This is exactly the kind of help that your dentist can give you.

You've Decided That You Want to Make a Big Change In Your Smile. How Do You Find a Dentist?

Selecting a dentist to handle your cosmetic dentistry work can be very stressful if you don't handle the process carefully. Taking the time to understand what strategies and approaches will help you find the right dentist is time well spent. Having the smile of your dreams is a big deal, and that means you'll want to find a dentist that can help you get that smile! Let's take a closer look at the steps you need to take to ensure that you'll find the right dentist for you.

Finding a Great Cosmetic Dentist Step 1- Ask Your Current Dentist for a Recommendation

Your first step in finding a professional to help you transform your smile is to turn to your current dentist for a recommendation and advice. Since your current dentist is an expert on dental issues and you have an existing relationship, it makes sense that you ask for his or her opinion.

You can trust your dental office to give you good referrals, as they will not want to lose you as a client. Keep in mind that your dentist has very likely already referred other patients to the professional that he or she has chosen for you, and he or she has likely done great prior work for other patients.

Also, keep in mind that your current dentist may have had no idea that you were unsatisfied with your teeth. Dentists are observant, but they are definitely not mind readers. This means that you have to inform them regarding both your dental needs and your level of satisfaction with your smile. Your dentist wants you to have the smile that you want, as he or she will realize that there is a connection between how

confident you are with your appearance and how confident you are as a person.

Finally, your current dentist may not personally have the skills that you need to transform your smile, but getting his or her advice is definitely that place to begin your journey. Helping you find the dental information you need is something that your current dentist will be more than happy to do for you!

Finding a Great Cosmetic Dentist Step 2-Check for Professional Affiliations

When it comes time to select a dentist to handle all of your cosmetic dental needs, one of the key factors to check is that of professional affiliations. There are 3 professional affiliations that you should be checking for when evaluating a prospective cosmetic dentist.

- 1) American Academy of Cosmetic Dentistry
- 2) American Academy of Esthetic Dentistry
- 3) Academy of General Dentistry

Finding a Great Cosmetic Dentist Step 3- Consulting with a Prosthodontist

You may never have heard of prosthodontists, but these professionals can be a very valuable ally in helping you transform your smile. A prosthodontist is a dental specialist who goes through an additional 2 to 3 years of training specifically in the training of complex dental problems. Thanks to this extra detailed training, a prosthodontist will be able to give you excellent advice regarding what steps you'll need to take to get a truly stunning smile.

Finding a Great Cosmetic Dentist Step 4- Dermatologist and Plastic Surgeons

You need great information so that you can make the very best decision possible. Luckily, there are many different ways that you can get the information you need. Dermatologists and plastic surgeons specialize in helping people find ways to transform their appearances. As a result, most dermatologists and plastic surgeons can refer a cosmetic dentist with an excellent reputation. The odds are excellent that dermatologists and plastic surgeons need to regularly refer their patients to cosmetic dentists, and that means these medical professionals likely have excellent referrals ready for you.

Finding a Great Cosmetic Dentist Step 5- A Friend Who Has Had Cosmetic Dentistry

If you have a friend or family member that has experienced great results with a cosmetic dentist, then why not find out more? Since you can see the results of this dentist's work firsthand, you already have something of an advertisement to look at in addition to the recommendation of your friend or family member.

Also, keep in mind that all professionals love referral business, and since you are a referral, you will likely get excellent care. Why? If you didn't like the results of your procedure, your opinion could influence your friend or family member. A negative review from you could cost the dentist in question not just your future business, but also the business of the friend who referred you in the first place!

Finding a Great Cosmetic Dentist Step 6- Look for Attractive Smiles

If you meet someone that has a stunning smile, why not ask them if they have a dentist that they can recommend? You will be surprised just how many people will not only tell you all about the cosmetic dentistry work they had done, but also will be eager to recommend their dentist. Such a stroke of luck can help you save a good deal of time.

Finding a Great Cosmetic Dentist Step 7- The Internet or Yellow Pages

Yes, you definitely can find everything on the internet. There is so much information on the internet that you might have a tough time knowing which dentist is the right one for you. The internet and yellow pages are definitely a way that you can quickly find a dentist who handles cosmetic procedures; however, there are some factors that you do need to take into consideration.

If you do opt for this route, then keep in mind that it is in your best interest to get at least 2 consultations or opinions before selecting your dentist. This is a smart step as it will help ensure that you are getting an accurate assessment. Keep in mind that if you receive two wildly different assessments regarding what procedures you need to get that winning smile you want, then something may be wrong.

What should you do if you receive conflicting opinions? First, realize that it doesn't necessarily mean that either dentist is wrong or is doing something unethical. Instead, it could indicate that there are many different ways to address your problem or that there is room for disagreement regarding your dental problem. However, if you do receive conflicting information, you will have to get yet more opinions so that you can develop a fuller understanding of what it will take to fix your smile.

You Have an Appointment for an Initial Consultation, What Questions Should You Ask?

The two most important steps in transforming your smile is to find that a qualified cosmetic dentist and then ask the right questions. By asking questions, you dramatically increase the chances that you'll love the end results of your dentist's work. Thinking through the questions that you should ask well in advance is one of the smartest steps you can take. Asking the right questions can influence everything from your selection of dentist to your what kind of cosmetic dentistry procedures you ultimately select. In short, the right questions do matter!

When it comes to selecting a dentist, it is smart to trust your gut instincts. If you feel that something is off, then move on and get another opinion. Trust is essential in this process. Since cosmetic dentistry is a very personal decision, you want to be sure that you trust and like the professional you ultimately select. If you don't like the office itself or the office staff, that too may be a factor. You simply must be comfortable.

However, don't overlook viewing a dentist's skills and make sure that he or she has a proven track record. This is much more important than whether or not you receive friendly treatment. You want the best smile possible, so your number one priority should be finding someone that can get the job done right the first time. No one wants to have to sit through additional dental procedures. This is no time to let your emotions get in the way. You want someone that knows what he or she is doing and can prove that they can get the job done right.

No matter how much you like a dentist and how good their work may, be you should strongly consider a 2nd opinion. This holds true even if the dentist in question is a referral from your dentist or another trusted referral. There are too many benefits from a 2nd opinion to skip getting

one. You will get another view and opinion of your problems, and you may get a different price estimate as well.

The bottom line is that all dentists believe that they can make a crown or a veneer, as they do this kind of work all the time. Cosmetic dentistry is a very different story, as it takes much more planning, precision and time than regular dentistry.

The fact is that the vast majority of dentists will eventually be able to help you achieve the smile you wish it, but could take a non-specialist a lot longer! Who wants to sit through trial and error procedures? The answer is, of course, no one. Your goal is to get the look you want and have it last. Otherwise, you may be back in the dentist chair again in a few months going through the exact same procedure!

Question Time!

When the time comes to ask questions, you need to be ready. So don't be afraid to write down your questions and bring them with you. Any dentist will realize that this is a big decision for you and that you have a lot riding on getting a great result. You are putting your time, your money and your mouth on the line so why wouldn't you ask lots of questions?

You need quality information, and the best way to get it is by asking lots of well-thought out, targeted questions. Here are a few questions and observations that can help you get the exact information that you need. Ask the right questions, and you'll have the information you need to make a good decision regarding your dental needs.

- 1) Checking with the front office

You should ask the front office if the doctor provides cosmetic dentistry. If the receptionist doesn't seem to know or fumbles, then there very well may be a problem. What could this mean? It probably means that the dentist doesn't perform a lot of cosmetic dental procedures.

It could also mean that the dentist needs to hire a better receptionist, and that doesn't reflect well on the quality of the organization either! You shouldn't base your decision solely on this factor. But if you get an uninformed or awkward response at the front desk, you should keep this factor in the back of your mind.

2) Ask the dental assistant questions

Just as you should ask the receptionist about how much cosmetic dentistry the doctor performs, you should do the same with the dental assistant. Follow the same rules that you followed for the receptionist in that if the dental assistant seems confused or evasive in his or her answer, you may have a problem. If you get a big and quick "yes," then that is a good sign.

3) Look at the dental teams' teeth

Should you judge a dentist by the teeth of his employees? Yes. Do they seem to have quality smiles? Does it seem as though their teeth are in good shape? It might just so happen that the quality of the teeth of the dental team is the kind of quality that you might receive. If you don't like what you see, you may want to seriously considering moving on.

4) Is the office busy?

A busy dentistry office is a good sign. Think of it this way; which office would you rather receive service from, the one that is very busy or the one that is empty or near empty? Cosmetic dentistry takes a good deal of time, especially when a dentist is dedicated to doing a great job. A

busy office could very well mean that they do a very good job and have lots of happy clients.

A busy office could also mean that they don't rush, but instead take their time and use the precision that is required in cosmetic dentistry. Finally, your appointment should not feel rushed, even if they are busy at the time. If your appointment feels rushed, then this could indicate that they won't give you the careful meticulous care you need.

5) Does the dentist take photographs?

Photographs stand as the best way to evaluate cosmetic concerns as well as outcomes. If a dentistry office routinely takes photographs, then you should be able to see a variety of examples of before and after work. If you see photos that you don't like or that make you nervous, then you should ask for an explanation. There may be good reasons why a compromise was made.

6) Find Out More About the Process

You should also ask questions about the process itself and how your dental procedures will unfold. For veneers and crowns, it should include at least the following steps.

Initial Consultation

During your initial consultation, you should be given a good deal of information as to what a dentist thinks about your teeth and what it will take to get you the smile that you want. Remember that you should be asking questions and expecting feedback during your consultation.

Examination

Your examination should include four key areas. In order to get the best cosmetic dentistry, each of these five areas will likely need to be represented.

- 1) Radiographs
- 2) Photographs-In addition to photographs, you should hope to see some photoshop images of what your final dental work could look like.
- 3) Evaluation of your gums
- 4) Evaluate bite and jaw joint
- 5) Models or impressions of teeth

Diagnostic Wax-Up of Models

A diagnostic wax-up of models allows the dentist to plan a 3D rendering of what is possible. Thanks to these models, it will be possible to show you potential results without even having to touch your teeth! Your dentist should review these models with you and explain everything carefully.

Consultation with Lab Technician

The lab technician is a critical player in the fabrication of your restorations. For this reason, it is essential that you meet with him or her in order to understand the fabrication process and what you should expect from the final result to be.

Teeth Preparation and Placement of Temporary Veneers or Crowns

Your temporary veneers or crowns should give you a pretty good idea of what the final work. Thanks to your temporaries, you should be able to envision your new smile like never before.

Evaluation of the Temporary Crowns or Veneers

The proper fit of your temporary crowns or veneers is very important. What should you be looking for at this stage? You should be able to speak without any difficulty. Also you should be able to eat comfortably.

In particular, make sure that your bite feels comfortable or “right.” Finally, you should love the way that your temporary crowns or veneers look. If you don’t like the look of your new smile, then you need to speak up. At this stage, more photographs and impressions will likely be taken.

Delivery or Insertion of the Final Crowns and Restorations

The big day has arrived. Once you have your final crowns and/or restorations in place, your new smile has transitioned from a dream to a reality!

Four Other Questions to Consider Asking Before Selecting a Treatment Plan

1. Are Orthodontics a Possibility?

All too often, dentists will just assume that an adult patient is not interested in braces. For this reason, you should ask your dentist if he or she believes that orthodontics or braces should lead to a better outcome. Sometimes the only way to get that truly great smile you want is to opt for braces.

2. Should You Change Your Gum Position?

Should the position of your gums be changed? If you didn’t think to about asking this question, don’t worry! Almost no one knows that he or she should ask about gums.

Yet, the fact is that your gums are what frame your teeth. Quite often, a relatively simple alternation to the shape of your gums is all that is needed to ensure that you'll have a great smile that you love. The relationship between your gums and your teeth have a tremendous amount to do with the look of your smile. If there is something off with how your gums and teeth "fit" together, then something will look "off." Your smile will suffer as a result. So be sure that you ask your cosmetic dentistry expert about your gum position.

3. What is the Lab Like?

Just as most people wouldn't think too much about gum position, the same is true for inquiring about the lab. The fact of the matter is that a laboratory technician plays a role that is equal to that of the dentist in cosmetic dentistry. You did just read that correctly! The laboratory technician plays a simply critical role in cosmetic dentistry.

While finding an exceptional dentist can be tricky, there are even fewer good cosmetic laboratory technicians. Your dentist and laboratory technician should work closely together to help you get the exact results you want.

4. Is There a More Conservative Approach to Treatment?

Sometimes there are many ways to address improving your smile. For this reason, you should ask if there are more conservative ways to make a change to your teeth. By asking this question, you may discover that there are options that you'll like better. The plan for improving your smile should ideally involve as little dentistry as possible. In the end, getting the smile that you want might still be an expensive proposition, but at least you'll know all of your options.

There are no right and wrong answers to these 4 questions. However, by asking lots of well thought out questions and having them ready ahead of time, you will be creating a good flow of communication between

yourself and your dentist. By asking lots of questions, you will also get more insight into a dentist's personality, attention to detail and the ability to help you get the smile you want!

How Can You Make Sure You Love the Final Results?

You're almost there! You've selected a dentist. Now how can you make sure you love the final results? With teeth whitening, bonding and orthodontics, the end results can be a little tough to predict. However, by selecting a great dentist, you'll definitely be putting the odds in your favor.

If you love your new smile, all of the time that you've invested in thinking about what you want your smile to look like, writing down key questions and more will be well spent in the end. No matter what you are trying to do, investing the time to do your research can mean big results. The process of getting a great smile is no different!

When it comes to veneers and crowns, it should be fairly easy to know whether or not you will like your results. The reason for this is that your temporary veneers and crowns will give you a good idea of what your new smile will be like. You should expect your temporaries to look fairly close to the final look.

Your temporaries may feel a little rougher and maybe not quite as lifelike as your final veneers or crowns will, but otherwise you should really like them. Once you approve of the temporaries, photographs and models are made. Then the laboratory technician can duplicate those results, giving you an even better version of something you know you already like.

If you aren't happy with the look over your temporaries, then this is the time to speak up. Whatever you do, don't wait until you have your final

veneers or crowns in place before addressing issues or problems, as there isn't too much that can be done at that point.

Change Your Smile and Change Your Life

Cosmetic dentistry, well done well and with great care, can change your life. A new and wonderful smile is an amazing thing. It will change how you feel about yourself, it will boost your confidence, it will make you feel like being more outgoing and expressive. Everyone's experience is different. But for most people, a new smile is a truly transformative experience. Confidence has the ability to completely change one's life and any step that you can take to boost your confidence matters and can impact your life for the better.

The information in this book was designed to give you a blueprint for how you should approach cosmetic dentistry. We've endeavored to outline the key questions and give you some insight into what you should be thinking as you explore the process. Ultimately, the results you get will depend largely on your selection process. This is why we gave the process of looking for a dentist so much attention. Here are some of the key factors that should be thinking about when it comes time to fix your teeth.

- 1) Which dental professional is right for you?
- 2) How can I get a good referral?
- 3) What do I want my final results to look like?
- 4) Ask plenty of questions, as this will help you get answers!
- 5) Be sure to get a second opinion
- 6) Speak up if you don't like your results. The earlier the better.

There are just too many benefits to having a great smile to not take the steps necessary to get that new look. What price can anyone pay on having a happier, better life? There are only a handful of steps that one

can take to improve one's life that are relatively easy, straightforward and affordable. Cosmetic dentistry is a very rare opportunity.

If you ask 100 people who had cosmetic dental work performed if they feel that the work changed their lives, the odds are that 99 out of a hundred or even all 100 would agree. A simple procedure can transform your life in many or even all of the following ways:

- 1) Boost self-esteem
- 2) Change how other people treat you
- 3) Help your love life
- 4) Boost your job prospects
- 5) Improve your appearance
- 6) Enjoy greater oral health which can mean less disease and a longer life
- 7) A great sense of satisfaction from knowing that you finally made the dental changes you wanted to make

Cosmetic dentistry comes with a wide array of big benefits, but it is vital that you find the right dentist for you. By using this book as a valuable reference, you'll be able to dramatically cut down the time you need to spend looking for a dentist and, at the same time, you'll also get better results. You have lots of choices. By following the guidelines in this book and asking the right questions, you'll get superior results.

Will people notice your new smile? Will people be able to see that you have a new spring in your step? The answer to both of these questions is "yes." That is because cosmetic dentistry really can change your life in ways both small and large. Talk to a professional today, and start your own impressive transformation; you'll be very glad you did.

"Cosmetic dentistry, done well, has the power to change your life. Hopefully this information has provided some insight into the process of selecting a dentist and getting the results you desire." --Jonathan G. Campbell, DDS

This book was made available by a team of dentists in Salt Lake City that provides cosmetic dentistry. You can learn more about all the diverse ways that we can help transform your smile at www.legacydental.com.

Please also feel free to visit the following links for additional details about our practice:

[How much does cosmetic dentistry cost?](#)

[Can a person be sedated for cosmetic dentistry?](#)

[Request a Complimentary Cosmetic Consultation.](#)

You Deserve the Smile You Want!

Sure, there are lots of practical reasons that you should improve your smile, but the greatest reason is your happiness! You deserve to be happy, and a new smile can be an amazing step in the direction of boosting your overall happiness level and well-being.

There are many ways that people work to make their lives better, such as losing weight and getting in shape, but those life improving steps can take a great deal of time and effort. Cosmetic dentistry, depending on what you need done, can be a relatively quick process. Best of all, the results you will achieve due to cosmetic dentistry can last a lifetime. This means that the benefits will just keep giving year after year. What a fantastic investment in you!