

HOW COSMETIC DENTISTRY CAN CHANGE YOUR LIFE



Have you ever heard the expression, “You can hear someone smiling?” Smiling produces benefits far beyond merely expressing pleasure with a person, place, thing, or event. The upward turn of the mouth has a deep impact on the psyche, the ritual of which can garner a more favorable view of life for all individuals.

Unfortunately, smiling is an often avoided expression for some, especially when self-confidence and self-esteem are negatively affected by the actual or perceived condition of oral health. Are you someone who covers your mouth when you laugh to keep people from seeing your teeth

when you smile? If so, then cosmetic dental procedures may be your route to a more positive way to view yourself and your oral health. Cosmetic dentistry procedures can give you the life changing improvements needed to make you want to share your brilliant smile with those around you.

WHAT IS COSMETIC DENTISTRY?

Cosmetic dentistry, as per the American Academy of Cosmetic Dentistry, “... is aimed at creating a positive change to your teeth and your smile.” The biggest life change as noted by dental professionals often occurs with the improvement of a smile. Professionals working in this field of dentistry have the honor of transforming mouths into the smiles of individuals who, as a result, foster positivity, experience increased confidence, and have better outlooks on life and the world around them.

A myriad of procedures exist within the scope of cosmetic dentistry, each working to achieve the collective goal of a positive change to the teeth and smile.



Some of such procedures are listed below:

- ☞ Porcelain or zirconia crowns, bridges, and veneers
- ☞ Orthodontic treatment
- ☞ Tooth-colored fillings and bonding procedures
- ☞ Enamel recontouring
- ☞ Gingival recontouring
- ☞ Teeth whitening

POSITIVE MENTAL EFFECTS

It is said that form follows function. When you look better, you function better. When your ability to function is improved, you are more adept at enhancing your job performance, financial status, and relationships with others.

Cosmetic dental procedures can have a major impact on how you feel about yourself, inside and out. Facial expressions, both positive and negative, have a significant influence on mood and emotional well-being. When you avoid smiling or engage in frequent frowning due to embarrassment of your oral condition, it affects you psychologically, especially if this continues to occur over time. Cosmetic dentistry can be the catalyst to get you living a better quality of life – a life full of joy derived from positive feelings that come from within.



Replacing missing teeth can produce dramatic cosmetic effects in addition to offering numerous health benefits both orally and systemically.

A number of tooth replacement options are available, such as dental implants, dental bridges, and partial and full dentures.

START IMPROVING YOUR SMILE TODAY

Attaining a healthy mouth that is aesthetically pleasing may be a process, depending on your smile goals, but it is a turning point that can begin today. Make the decision to improve your smile, your health, and your perspective on life by scheduling a cosmetic dentistry consultation with your dentist.