

properly diagnose your condition and determine what is really the best care for you.

5. Treatment Plan – Not every course of action is simple, and most mouths cannot be restored without careful study and planning. When your dentist has created a well thought out plan, your dentist will outline a series of procedures that are most appropriate for achieving the results you have previously discussed. You will be helped to envision what your ideal smile might look like and to understand the functional enhancement you will experience.

The plan may include treatment by a specialist such as an orthodontist or periodontist. Referral will be made to a specialist your dentist trusts to be as comprehensive and careful as he or she is, and your dentist will be in communication with the specialist before you start treatment.

Your dentist may offer alternatives and choices but will be recommending what is in your long-term best interest. When there are multiple ways to do a smile makeover, alternative treatment plans, and the pros and cons of each, will be discussed with you.

6. Preliminary Treatment – Many people have some amount of periodontal disease to be treated prior to restoration. Patients with occlusal (bite) problems will benefit from bite splint therapy. If tooth decay is occurring, it will be addressed to stop the disease process. Some patients can benefit from orthodontics and/or implants prior to restoration. In fact, it is not uncommon for a smile makeover to include orthodontics or dental implants.

7. Phases of Treatment – At each phase of the treatment plan that you select, your dentist will thoroughly discuss what is involved and address your concerns. If finances are a concern, many smile makeovers can be done over a period of years, with the dentistry done in stages. The most urgent health and functional concerns will be addressed first to improve health and comfort.

A makeover process may take anywhere from a few weeks to several months depending upon your needs. Before any extensive smile makeover is performed and while it is in process, your dentist will go to great lengths to ensure the final result will meet or exceed your expectations.

8. Temporary Restorations – Beautiful and durable temporary restorations are made from hard acrylic in the shape of the pre-approved wax-up. These are adhered to your prepped



teeth and can be worn while you “test drive” your new smile for function, comfort, and appearance. This time is important as it gives you and your dentist another opportunity to refine the changes in your teeth for optimal results prior to creation of the final restorations.

9. Final Restorations – You will want to have your teeth whitened prior to the fitting of your final restorations so your restorations can be made to match the ideal color you desire. Your dentist will counsel you about appropriate whitening for your circumstances and oversee the process. Final restorations, whether they are porcelain veneers, crowns, on-lays, bridges or other, are “tried in.” Once in your mouth, they can still be refined in shape and shade to meet your expectations.

10. Follow-up – Your dentist will continue to follow-up with you and ensure that your bite is evenly solid and your expectations are met. Your dentist’s happiest moment is when you say the dentistry you received exceeded your expectations and you are delighted with the results. Your dentist wants to help you maintain your new smile during the years to come and get the most from your dental investment. You and the dental team you trust will continue to partner to ensure your long term health, comfort and appearance.

Now, isn't this the kind of long-lasting smile makeover you really want?



From the pages of
**ORAL HEALTH
REPORT**

*A newsletter for the
patients of Pankey Institute
trained dentists*

Functional Aesthetic Dentistry
**COSMETIC DENTISTRY
THAT LASTS**

The Kind of Smile Makeover that Your Dentist Recommends

by Dr. Larry Burgess of The Woodlands, TX



Your Pankey Institute trained dentist wants to make aesthetic improvements to your smile while at the same time helping you achieve dentistry that is as healthy and functional as possible.

If you have teeth that are worn, discolored, misshapen, misaligned or missing, you might be a candidate for cosmetic dentistry. People choose cosmetic dentistry for different reasons.

- ◆ Some people have generally healthy teeth and choose to change their smile to a dazzling appearance.
- ◆ Others have dental problems and need to restore their teeth to health and full, comfortable function. During a restoration (makeover) process that addresses their health and function needs, their dentist can create a youthful, beautiful smile.

Regardless of your reasons, doesn't it make sense to get the best and most natural result possible?

There are many cosmetic and aesthetic dentistry procedures that can give you the perfect, even teeth that you've always wanted. Whether you are looking to subtly enhance your smile or are in need of more extensive work, your dentist can help you to look and feel more beautiful and confident.



Cosmetic Versus Aesthetic Dentistry

The term "cosmetic" makes us think of changing something to make it more beautiful. You may associate the word "cosmetic" with doing something for the sake of appearance. The term "aesthetic" carries with it the connotation of beauty taken to a higher art form. You may associate the word "aesthetic" with appreciation for the artfulness of the appearance being "in good taste."

Every dental restoration (for example a crown, implant, bridge or filling) can be made in such a way as to achieve an aesthetic, natural-looking tooth. But the restoration also has to be able to stand up to the forces of your bite over time. Form follows function, and properly functioning teeth have a specific shape for a reason. Your Pankey Institute trained dentist wants to balance the aesthetic results of your smile with predictable, functional and healthy outcomes that last as many years as possible.

Your dentist seeks to balance more than shape; your dentist seeks to balance the color. Matching the color of your restorations to your natural teeth is important so your restorations don't stand out when you smile. Your dentist can bleach your teeth to a lighter, brighter, more youthful shade before matching your restorations to your new natural color.

Your dentist is also concerned about the gradations of color, translucency and reflectivity of the restoration – like an artist emulating nature. A trained eye and perfected skills are critical to fine dentistry. Oftentimes, your dentist is working closely with an expert dental ceramist to create the most appropriate restoration.

The Stages of a Smile Makeover

1. Discussion – Prior to your examination, your dentist will spend time talking about your dental history, medical history, health concerns and oral health objectives. The best possible outcome of any dental service lies in the doctor and care team understanding your desires for your ideal smile. Everyone has different concepts of beauty, and this applies to teeth as well. Each patient's treatment plan should be individualized and custom designed to complement the patient's facial structure, skin and eyes. Your dentist has pursued advanced training in dental aesthetics to confidently guide you in making good choices.

2. Examination – The comprehensive oral health examination you receive from a Pankey Institute trained dentist may be unlike any other you have received in another dental office. The approach will be thorough and comprehensive. You will be encouraged to ask questions and voice concerns throughout the process. Your dentist will seek to understand your current oral condition and the underlying factors that affect your smile. Keep in mind that disease, nutrition, occlusal function (your bite), accidental injury, your genetic makeup and even more factors affect the appearance of your smile. One of your dentist's objectives will be to solve as many problems as possible, in order to make sure your new smile is optimally healthy and functional so it lasts a long, long time.

3. Photography – Your dentist may use pictures of sample, ideal smiles to start a dialogue. Your dentist might photograph your current smile and use photographic enhancement techniques to help you begin to visualize changes. With or without photographic enhancement techniques, your dentist will move on to the next step only after developing a good understanding with you of what is possible in your mouth and what you desire. A wax-up model of your mouth provides significant information for both you and the dentist, and it will help both of you in this process.

4. Laboratory Wax-up – The dental team will "take impressions" (make molds) of your mouth and from the molds create a mock-up of your mouth in wax. On this wax, your dentist can modify the shapes and contour of your teeth and examine the changes in three dimensions. This allows your dentist to do a proper and realistic assessment of your bite. Cosmetic dentistry without regard to the bite (stable occlusion) is asking for failure. The wax-up enables your dentist to