



## The Benefits of Cosmetic Dentistry

There are many benefits with cosmetic dentistry; however the most important benefit is how you are going to feel with a beautiful smile. A great smile is one of the biggest self-esteem boosters there is. With this in mind, it is no wonder that so many people are choosing cosmetic dentistry. With so many benefits and options in cosmetic dentistry, it is easy to find the right procedure for your needs. Here is a list of the benefits of cosmetic dentistry:

1. More self-confidence and a healthy smile bring a boost to anyone's self-esteem. It is proven that a person appears more self-confident when they smile, especially a healthy, beautiful smile.
2. Long lasting dental treatments such as implants and porcelain veneers or crowns will result in less necessary dental work in the future.
3. Whiter, brighter teeth create a glow of confidence and appeal.
4. Less embarrassing moments from smiles that are less than beautiful. There is nothing more embarrassing than laughing at a funny joke at a business meeting and having people cringing at your teeth due to decay and stains.
5. A beautiful smile is the best and most important benefit. There is nothing like a great smile and a healthy feeling in your mouth.

Cosmetic dentistry includes so much more than whitening your teeth. Here are a few different procedures that are done to create the beautiful smile you are looking for:

- Porcelain Veneers and Crowns: all-porcelain restorations that are customized to the "whiteness" that you want to achieve. They are used to correct rotations, close spaces and cover imperfections in your enamel
- Dental implants: a permanent tooth replacement solution that looks just like a natural tooth
- Dental Bridges: an all-porcelain bridge is another tooth replacement option when an implant is not possible
- Braces: used to reposition teeth.
- Dental Bonding: tooth coloured resin is applied to the teeth to fill in cavities or close spaces
- Teeth Whitening: uses a bleaching process to whiten teeth for brighter smile

With all the options available in cosmetic dentistry, it is important to look at what the best treatment is to achieve your goal. We offer a complementary cosmetic consultation with one of our Treatment Coordinators to explain the procedures available and help you choose a treatment plan that is most ideal to meet your expectations.

Whatever treatment option you choose, remember that cosmetic dentistry is only the beginning of a healthy smile. It must be maintained with regularly scheduled visits with your hygienist at the interval best recommended to maintain good oral health and a long lasting smile.