



Common Myths In Cosmetic Dentistry



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**ADVANCED COSMETIC AND
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Since the development of porcelain veneers, there have been many myths surrounding the capabilities and procedures involved in "cosmetic dentistry".

Over the years we have seen numerous patients who have been misinformed regarding these procedures and expected outcomes. One of the most

common situations we encounter is the person that comes to us requesting that we "take over" their treatment. Often these patients are in the middle of treatment and have temporary crowns or veneers (see picture #1). We also have had patients come to us requesting that we redo the treatment they recently had completed by another dentist (see picture #2). These are sad and regrettable situations that are avoidable by choosing the correct "cosmetic dentist".

Of the estimated \$70 billion dollars spent nationally in the United States on dental care, over half is estimated to be spent on "Cosmetic Dentistry". Nearly \$10 billion dollars is

estimated to be spent yearly on patients having their substandard cosmetic dentistry redone by a more qualified professional. The following is a list of some of the myths that we have heard from patients that have come to our office requesting more information.

Teeth Bleaching

Myth #1

Teeth Bleaching harms ones teeth and/or enamel.

Nothing could be further from the truth. Whitening chemicals have been proven safe and harmless to tooth structures when used properly. One of the biggest complaints is gum tissue irritation which is eliminated when proper fitting "whitening trays" are fabricated and directions are followed. Teeth bleaching continues to be the #1 requested and completed cosmetic dental procedure to date.

Myth #2

Over the Counter products, Mall Kiosks, and "Teeth Bleaching Booths" offer the same strength gels and same results as provided by dentists.

Only dentists can provide you with professional strength bleaching formulas for you

to obtain your whitest result. Regardless of what the sales people claim, the gels provided at Mall Kiosks or stands in supermarkets legally cannot provide you with the same strength as your dentist can provide you. We would strongly warn against using these services considering they are not dental professionals, and are not trained in diagnosis or oral healthcare. They are simply charging you more money with the claims of "professional whitening" with an over the counter product strength.

Numerous over-the-counter teeth whitening products are now available, but dentist-supervised teeth whitening remains the safest and most effective method for brightening your smile.

One key reason includes Proper Fitting Mouth Trays. Often, over-the-counter teeth whitening trays do not provide a custom fit and are more of a "one size fits all solution". Improperly fitting trays may cause the teeth whitening gel to leak and can result in gum irritation and a less effective treatment. Always remember to have your teeth cleaned at a dental office prior to any whitening treatment. The removal of surface stains and calculus (tartar) will allow your teeth to achieve the best result possible!

Dental Materials

Myth #3

Porcelain fused to metal crowns are stronger than all ceramic crowns.

Many general dentists use crowns where the porcelain is layered over a metal substructure. Their appearance is usually opaque and unnatural (picture 3) due to the techniques required to hide the underlying metal. These types of crowns are typically responsible for a grey appearance or dark line which is visible on around some people's teeth.

Although it is true that the metal underlying the porcelain is strong, the porcelain layered over the metal is the same strength as any other layered crown, including most all ceramic crowns. However, in the last seven years or so, all ceramic crowns have been used that are stronger than the PFM (porcelain fused to metal) option. So if strength is not an issue between the old metal crowns and the more natural appearing all ceramic crowns then why would general dentists choose the PFM option? **First is cost**, Porcelain fused to metal crowns are much cheaper to fabricate. This cost saving option is often the first option



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Actual Smile Makeovers From Advanced Cosmetic and General Dentistry



BEFORE



AFTER



BEFORE



AFTER



Trusting Your Smile To A True Cosmetic Dentist

The following are pictures of patients who presented to our office in need of cosmetic corrections.



Picture 2

Patient who presented with crowns of incorrect color match.

Atlantic County Woman Exclusive!
Complimentary Smile Consultations
 September 15th through December 31st.
A \$150 value.
 Schedule your consultation today!



Picture 1

Patient who presented with poorly fabricated temporary crowns.

Call
 Advanced
 Cosmetic and
 General
 Dentistry
 And Let Us
 Help You Put
 A Smile Back
 On Your
 Face!



Picture 3

Porcelain fused to metal crowns which are opaque, and show grey lines at the gum line.

chosen by general dentists. All ceramic crowns are usually 2-3 times more costly to have fabricated and thus the dentist usually has to charge more money to provide this type of service. **Second is ease of placement.** All ceramic crowns require special techniques to place them and are thus more difficult to use. Many general dentists do not have the training necessary and thus do not feel confident to place these types of restorations properly. The ability to provide and properly place all ceramic

crowns, rather than porcelain fused to metal crowns, is essential in providing the optimal esthetics that most people are seeking.

Training

Myth #4

Every general dentist has training in cosmetic dentistry.

Dental school training is geared to provide dentists with the skills necessary to provide routine dental care. Cosmetic

dentistry procedures require a much higher training level that is typically achieved after graduation. The simplest way to find out if your dentist is trained in cosmetic dentistry is ask!

Furthermore you should check into what organizations your dentist belongs to, and what Fellowships or Accreditations he or she holds. A good place to start is to see if your dentist is a member of the American Academy of Cosmetic Dentistry.

Lastly, and certainly not less important, is to see if your dentist has before and after pictures of patients he or she actually treated.

These should be patients of record and not purchased before and after pictures from another treating dentist. Typically dentists with before and after books will be able to provide you with patients names and numbers so that they can talk to you about their experience with the dentist.

Myth #5

Cosmetic Dentists charge more money.

You may be surprised to find out that most offices that perform a large amount of cosmetic dentistry also provide general dentistry such as cleanings, fillings, and other routine dental care at comparable costs to other area dentists.

Always remember to do your research on any procedures or dentist prior to undergoing extensive cosmetic care.

About The Doctors of Advanced Cosmetic and General Dentistry. . .

• **Milt Noveck, D.M.D.** graduated from The University of Pennsylvania School of Dental Medicine in 1980. He has since accumulated over 1500 hours of post graduate continuing dental education with special emphasis on cosmetic dentistry, esthetics, fixed and removable prosthodontics, full mouth reconstruction, and myofascial pain/occlusion. Dr. Noveck has completed the postgraduate curriculum at the world renowned Dawson Center for Advanced Dental Study in St. Petersburg, Florida. In addition, he has had extensive training by Dr. Frank Spear of Seattle, widely recognized as one of the world's finest restorative dentists and leading dental educators. Dr. Noveck is a member of the Academy of General Dentistry and the American Academy of Cosmetic Dentistry.

• **John Nosti, DMD, FAGD, FACE** graduated from The University of Medicine and Dentistry of New Jersey in 1998 and completed his residency from Lehigh Valley Hospital in Allentown, Pa. He is Atlantic County's only Fellow of the Academy of Comprehensive Esthetics (FACE), and is a Fellow of the Academy of General Dentistry (FAGD). His extensive post graduate education in cosmetic dentistry, Temporomandibular Joint Dysfunction, and full mouth rehabilitations includes completing over 1700 hours of continuing education. He holds additional memberships in the American Dental Association, and American Academy of Cosmetic Dentistry. Currently Dr. Nosti is adjunct faculty at Arizona School of Dentistry and Oral Health and lectures nationally in the field of cosmetic dentistry. Clinical Mentor with The Clinical Mastery Series.