

How Can It Be The Perfect Day... Without The Perfect Smile?



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plastic trays (each one a "straighter" version of the last one) must be worn 24/7, except when eating, flossing, and brushing. The trays fit snugly over the teeth, so they are nearly invisible and don't effect speech. Other options include the **Inman Aligner** which is an active aligner that looks like the old metal wire retainers. It is ideal for patients who only want to straighten their bottom anterior teeth. **6 Months Smiles** is similar to the traditional straight wire system, but with clear brackets. It promises to finish candidates in 6 months or less.

Another way to straighten and whiten your teeth quickly is to perform a smile makeover with **Porcelain Veneers**. Porcelain veneers are thin wafers of porcelain, about half a millimeter thick, that are bonded onto the front of the teeth. Porcelain mimics tooth structure better than any other restorative material. It is harder than enamel, so it resists wear and can last for many years. It resists stain better than tooth enamel, and they very rarely will discolor unless the surface has been damaged.

Some advertising creates the false impression that placing porcelain veneers requires that your teeth be "ground down". It would be more accurate to say that your teeth are shaved a little. There are also instances where your tooth does not have to be shaved at all to perform this procedure; these are called "No Prep Veneers". Advertisers like "Lumineers" made this procedure a household name, but in fact there are much better, stronger, and more lifelike alternative porcelains available today.

WHAT CAN BE ACCOMPLISHED WITH PORCELAIN VENEERS?

Many problems with your teeth can be solved with porcelain veneers. They are great for restoring worn or chipped teeth, stained or discolored teeth, and in fact for those with tetracycline staining may be their only solution to the beautiful smile they are looking for. They can also be used to close spaces between teeth, lengthen teeth, and many times can be an alternate to braces. Some cosmetic dentists term this procedure "instant orthodontics" because with porcelain veneers you can have your teeth straightened (and whitened) in two appointments rather than waiting one to three years for regular orthodontic treatments. As always, before undergoing any elective cosmetic treatment it is important that the dentist is able to show you examples of their work through photo albums, testimonials, or provide you with patients names who are willing to share their experiences.

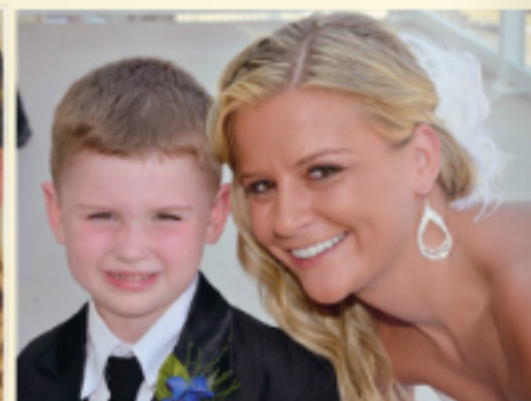
Good luck to all the Brides and Grooms for the summer of 2014. Of all the languages in the world, a smile speaks them all... what does your smile say?

Missed any of our previous informative articles? You can see them on our website www.CosmeticDentistryofSJ.com

Actual Patient Smile Makeovers & Testimonials



BEFORE



BRIANNA - AFTER

We all have things that we are self conscious of - it's human nature. Not one person can say that they would not change something about themselves if they had the opportunity to. For me, and for many people, it's your smile. I was always self conscious about my teeth. I would constantly look at pictures with friends and family, but all I would see was my teeth.

As a little girl, I always dreamed of what my wedding day would be like. I was lucky enough to meet a wonderful man that asked for my hand in marriage. We found a beautiful venue on the beach and our dream wedding was coming together nicely. Everything was going to be perfect, except my smile. Then I met Dr. Nosti who told me he could make my dream come true with porcelain veneers. Four months before the big day, I was nervous to say the least. Was that enough time? What if they don't look natural? Dr. Nosti eased all my fears. His knowledge and professionalism made me confident that I had made the right choice. He was so supportive and caring through the entire process.

Dr. Nosti made my vision of a perfect smile for my perfect wedding became a reality. I was thrilled with the new me. My teeth looked amazing! Our wedding was beautiful and a memory I will cherish forever. I love our wedding photos with my new smile.

Thank you, Dr. Nosti for making my dream wedding come true.

Sincerely, Brianna R.

Dr. Noveck, I cannot thank you and your staff enough for helping me become a beautiful and confident bride on my wedding day! All of my friends and family were



BEFORE



AFTER

overwhelmed with my beautiful smile. I would like to express my sincere gratitude to everyone for being so courteous, flexible and professional through the entire process.

Sincerely, Natasha H.

A perfect smile can be one of the best accessories to have on your wedding day, or the wedding day of your loved ones... this means you moms!

Want a beautiful smile that turns heads and lights up the room? For the Brides and family members whose smile is less than stellar, there are several ways to accomplish this:

Whitening is the single most common cosmetic treatment in dentistry today. By far the most effective way to whiten your teeth is with a professional "take home" kit provided by your dentist. It is completely safe, and allows you to whiten your teeth in the comfort of your home.

Have you tried this before and have been un-impressed with the results? Not all bleaching agents and "kits" work the same or have the same strength. "Power Bleaching" or "Deep Bleaching" maybe an option for you that works when others have not! Be leery of in-office systems that claim to be superior because they are "laser assisted" or use a "light." Research has shown that although in-office systems can be stronger and more effective, the laser or lights used in these systems have no additional benefits.

If straighter teeth are what you desire, it has never been easier with the many systems available today.

Invisalign/Smart Moves/Clear Correct are invisible braces systems that use a series of about 12 to 30 clear



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