

# Grin and Wear It

Dr. Andrew Kaplan gives us the inside scoop on how to achieve a red carpet-ready smile

**Tell me, how do I get a movie star smile?** Getting a movie star smile may not be all that difficult, but the question is what defines a “movie star smile”? I can tell you firsthand that some celebrities have crowded teeth, others have subtle discolorations and some of the hottest models have spaces between their teeth (à la Lauren Hutton). So what you may really want is a lighter and brighter smile, with teeth that look better aligned and better proportioned.

To do this, we start by getting to know you. First, you should try to decide what really bothers you about your smile, then Dr. Mark Gross and I will take the time to discuss your concerns and wishes. We will do a detailed work-up including digital x-rays, photographs, models of your teeth and a thorough examination. We will then consult with our on-site aesthetic ceramist, who will fabricate a mock-up to preview the intended results. In a second appointment, we look together at the proposed new smile, and see if all of your concerns have been met. We discuss the proposed treatment and the costs and time involved, and all questions are answered. Only then are the procedures scheduled.

**How long do these procedures take?** While most cosmetic procedures can be completed in two visits, some can be finished in one short visit, while others need multiple appointments. Limited reshaping and/or bonding can usually be done in one visit. Procedures involving many veneers or porcelain crowns can take two or more visits, and complex procedures that may include braces, gum treatments, implants, crowns and veneers take much longer. But most commonly, placement of crowns and/or veneers is done in two or three visits. We are able to limit the number of appointments by having an in-house ceramist.

**Are these procedures painful?** Bonding and tooth reshaping procedures can often be done quickly with no anesthesia, and the results can be dramatic. Procedures involving veneers, crowns and dental implants generally require local anesthesia. Once the anesthesia is administered, treatment should be comfortable and pain-free. In our practice, we also offer Nitrous Oxide Analgesia (laughing gas) for patients who may be a bit anxious. For those that have a real phobia of dentistry, we can bring in an outside anesthesiologist to administer IV sedation.

**Which procedure offers the quickest way to refresh one's look?** The quickest, easiest way to refresh one's smile is to have cosmetic tooth recontouring, combined with in-office teeth bleaching. In one appointment, unsightly jagged edges can be improved, tooth alignment can be made to appear less severe and color can be enhanced. This is not only the quickest solution, but also the most economical.

**What should one consider when choosing a dentist?** We suggest that you start by speaking with friends and assemble a list of three or four dentists. Visit their websites and get an idea of their educations



and backgrounds, the range of services offered and convenience of location. Try to choose a dentist that has an in-house laboratory with a good ceramist. Look at some before and after photographs. Next, narrow the selection down to two dentists and schedule consultation visits. On visiting the office, note the cleanliness and how up-to-date the facilities are, and assess the helpfulness and friendliness of the staff. On meeting with the dentist, tell him why you are there, allow him to gather the necessary information and to present the proposed solutions. Ask as many questions as needed, including costs and time involved, and have him describe (and show) the anticipated results.

**What sets you and your practice apart?** At Dental Partners of Fifth Avenue, Dr. Gross and I have more than 60 years of combined experience. Our office offers a wide range of procedures, including preventive dental care, composite fillings, porcelain veneers and all porcelain crowns. Our in-office specialists (who have been with us for more than 15 years) provide comprehensive periodontal care, dental implants and root canal treatment. Our office has the latest digital X-rays, lasers and full service laboratory. We are very adept at putting together complex treatment plans to achieve the most optimal aesthetic and functional results. Come and ask us what we can do for your smile. ♦

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