



DENTISTRY BY
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How to choose a cosmetic dentist?

Veneers and tooth whitening are the most requested procedures in dentistry. You can buy several tooth whitening systems over the counter but it is faster and safer to whiten teeth under the guidance of a dentist.

Veneers can not only change the colour of teeth, but they can also be used to close spaces between teeth, improve the shapes of teeth and even straighten teeth. Veneers can in fact transform your smile and your overall facial appearance. For many people this changes their lives.

It is important to be able to find a dentist who has the required skill and experience in performing such procedures. Here are some things to look for when choosing the person you would like to enhance or transform your smile.

1. **Training and further education.** Most dentists have some basic dental knowledge about veneers. But how much do they really know about all aspects of cosmetic dentistry? Very few dental schools offer specific courses in this field and those that do, tend to keep the courses at an introductory level. Dentists who specialize in cosmetic dentistry constantly attend hands-on workshops and seminars to keep up-to-date with latest research and developments. These dentists invest lot of time, money and energy into this continuing education, thus showing their commitment to achievement and patient satisfaction. These dentists, just like Paula, belong to the British and American Academies of Cosmetic Dentistry. They are not shy about telling you where they have trained. Check their credentials!
2. **Good communications and 'upfrontedness'** A good cosmetic dentist will be honest about what they really can do for you, how much time it will take and how important it is for you to follow an ongoing post treatment maintenance regime. They will offer you all the latest available options of treatment in dentistry today so that you can make an informed decision. A good dentist will listen carefully to what you want and you must make sure that they really do understand your needs. They will customize the treatment to suit your needs. Make sure that you understand everything that is planned. A good dentist will describe in detail (unless you request that they don't) what they propose to do and answer all your questions clearly.
3. **Technology.** Up to date dentists will have up-to-date knowledge and technology. They will use computer generated x-rays, intra-oral cameras, lasers and dental photography. See if the dentist you choose has these pieces of equipment.
4. **Laboratory.** A good cosmetic dentist will be excited about the materials they use and will happily tell you what experienced laboratory they use to fabricate your veneers or crowns. The lab technicians also need to be highly skilled and should be regularly attending seminars and hands on courses.
5. **Overall facial aesthetics and function.** A good cosmetic dentist will take into consideration your overall facial appearance to make your new smile fit into this and to look as natural as possible. The way your new teeth work

- against each other is a critical factor in how long they will last. Your dentist must have a good working knowledge of occlusion (the way you bite and function). They will be happy to tell you about the courses they have done and are continuing to do to gain more and more knowledge about this subject. A 'bad' occlusion can lead to headaches, neck aches shoulder aches and jaw joint problems.
6. **Experience.** This will be evident by the **before** and **after** collection of photographs that the dentist will be able to show you of his/her cases. Make sure that he or she has actually done them – not library stock photos of what other people can achieve.
 7. **Cost.** Cosmetic dentistry is for everyone, not just celebrities. Financial plans are available to help make these treatments affordable. Don't make the mistake of going for the cheapest deals. Corners will have to be cut somewhere in the process and this will affect the final results e.g. using cheaper more inferior materials or less experienced laboratories.
 8. **Practice facilities.** Finally, have a look around the practice before agreeing to treatment. You will soon get the feeling of whether this is a good cosmetic practice or not by looking at the overall presentation and equipment available.

We hope this helps you in your first step towards achieving the smile you have always wanted. If you would like a visit around our facility or would like to make a consultation, please don't hesitate to call us on **01935 840784** or [email us](#) and we will call you back.