

How to Create the Smile of Your Dreams

Q: I am considering getting veneers to cover staining (white/brown spots, gray teeth) on various teeth. Would veneers or whitening be a better option?

A: Usually, teeth change color or develop spots after changes have occurred in the mineral content of a person's teeth, trauma or after ingesting certain medications, such as tetracycline—especially if taken during the time of tooth formation.

Treatment options can include fluoride treatments, bonding and porcelain laminate veneers and whitening. For the most part fluoride treatments and whitening make white spots whiter. If your staining is due to having had a root canal, or taking tetracycline, whitening will not change the color of your teeth.

Veneers, are an excellent option to obtain a flawless smile. Veneers, in addition to removing spots, can enhance your smile by adding length or closing certain gaps.

Q: What are veneers?

A: Veneers are also known as porcelain veneers and dental porcelain laminates. They are wafer thin shells of porcelain that are bonded on to the front side of teeth to create a cosmetic improvement for a tooth, but many times will improve functionality as well. They are routinely used by dentists to make cosmetic changes that cannot be improved with bonding, whitening or orthodontics. In the past there were veneers that were placed on teeth without removing any tooth structure, and a thick, bulky result was achieved. Then, the more traditional, common veneer was developed where approximately 1/2 a millimeter of tooth structure is shaved off to place the veneer. Recently a new type of veneer, called DuraThin Veneers was developed, where once again your tooth structure is not compromised, but the result is very natural. Not everyone is a candidate, but your dentist can let you know.

Q: What are some advantages of obtaining veneers in lieu of bonding?

A: Three advantages that come to mind are that they create a very life-like tooth appearance, they are stain resistant and they are durable.

One property of tooth enamel is that it's translucent (see through), especially towards the bottom edge of your smile. Technology today allows your dentist, in conjunction with a skilled lab technician, to give you the translucency effect of porcelain that creates a lustrous appearance for the tooth that will closely resemble the appearance of enamel.

In the past, "bonding" was used to camouflage imperfections. A shortcoming, which quickly became apparent, was its susceptibility to chipping, staining and discoloration. Porcelain, being a ceramic, and therefore glass-like, is extremely stain resistant and durable. While porcelain is inherently brittle, when it is firmly bonded to a sturdy substructure like your tooth, it becomes very strong and durable. Dentists have had materials available to them for years that are capable of creating a tenacious bond with tooth enamel. Porcelain veneer technique, utilizes these bonding capabilities of these materials to securely attach a veneer to your tooth.

Q: What types of problems do veneers fix?

A: Veneers are routinely used to fix potentially serious problems to your overall health such as bite issues, not just for cosmetics. Some reasons are:

- Teeth that are discolored, either due to endo (root canal) treatment; tetracycline or other drug staining; excessive fluoride; the presence of large resin/composite fillings that have become stained.
- Teeth that are worn down, due to poor occlusion (bite), grinding and/or clenching
- Teeth that are chipped or broken—due to accident or reasons mentioned above.
- Teeth that are misaligned, uneven, or irregularly chipped
- Teeth with gaps between them.

Q: What is the procedure for getting a dental veneer? Can I just get one, or is it always multiple teeth?

A: Getting a veneer usually requires three trips to the dentist—one for a consultation and two for the making and placement of the veneer. One tooth or many can simultaneously be done. One perfect one is difficult to achieve, but with a team of a talented dentist and ceramicist (lab technician) it can be done. The reason multiple teeth are prepared is to achieve a natural, uniform smile. Usually they are done as far back as you show your



Dr. Mary Gharagozloo

teeth when smiling naturally. This also aids in occlusion issues.

The steps in obtaining veneers are: Diagnosis and Treatment Planning; and Preparation and Delivery.

The first step involves active participation between you and your dentist. Here you discuss the result you are trying to achieve. The dentist will examine your teeth to make sure veneers are an appropriate option, and if so, which kind. There are veneers, such as DuraThin veneers which do not require any amount of your tooth surface to be removed in preparation to place them.

The dentist will also discuss what the procedure will involve and some of its limitations. He or she will take x-rays, photographs inside the mouth and of your face (front and profile), and diagnostic models of your mouth and teeth.

Once the lab has received the impressions, he will create a wax model of your new smile which you and the doctor can discuss together, to decide on length shape, etc. Usually at the same visit your teeth are prepped—meaning your teeth are shaved down (approximately 1/2 millimeter, the width of the veneer), a new model is taken, which will again go to the lab and your veneers will be constructed. You leave the office in temporary veneers and permanent ones are delivered in approximately one month.

Within a few days of the preparation the doctor will ask you to come back, examine tissues (gums) and pick a color of your new veneers for the most natural, mutually agreeable result.

Finally, once the veneers arrive from the lab, your doctor will remove the temporary veneers, and bond the permanent veneers in place. Your dentist will ask you to return for a follow-up visit in a couple of weeks to check how your gums are responding, reexamine veneer placement and photograph the final product.

About Dr. Mary Gharagozloo

The daughter and granddaughter of dentists, Dr. Gharagozloo was born and raised in Illinois. She received her DDS from the University of Maryland in 2000. She has continued her postgraduate education at such prestigious institutions as the Pacific Aesthetic Continuum at The University of the Pacific School of Dentistry, The Hornbrook Group, The Las Vegas Institute for Advanced Dental Studies, The Nashville Center for Aesthetic Dentistry and The Kois Center. Her passion for healing and patient care, combined with her sense of aesthetics and artistry has guided her in her career. They are the qualities that distinguish her in the dental profession.

Welcome

WELCOME TO A DENTAL PRACTICE LIKE NO OTHER, WHERE YOUR EVERY NEED IS ANTICIPATED, EVERY COMFORT PROVIDED - A PLACE YOU CAN FEEL AT HOME. THIS IS THE OFFICE OF MARY GHARAGOZLOO, DDS.

Mary Gharagozloo, DDS
6845 ELM STREET, SUITE 450, MCLLEAN, VA

Shannon - actual patient

FREE in-office whitening with new patient exam & full set of x-rays a \$630 value!

For more information, visit, www.marygdds.com, or call 703.356.7001 today for your initial consultation.

invisalign AMERICAN ACADEMY OF COSMETIC DENTISTRY HORN BROOK GROUP DURAthin VENEERS