

"Smile, it makes people wonder what you're thinking."

The Power of the Smile

A smile expresses happiness, joy, humor, pleasure, acceptance, agreement and other positive emotions. A smile makes both the one giving it and the one receiving it feel good.

When a person is self-conscious about the look of their smile, they may hide it. As a dentist, I often see people hiding their smiles. They may, consciously or unconsciously, cover their teeth with their lips, or with their hand, or even not smile at all.

How someone feels about their smile not only affects how they feel about themselves, it may also affect how other people perceive them. Others may perceive someone who doesn't smile much as unhappy, depressed, or even unfriendly.

Cosmetic dentistry can enhance a patient's life by focusing on the appearance of the smile. In the case of tooth bleaching, the patient's life will be enhanced by feeling a bit better about showing their new brighter smile with more confidence. In cases of more extensive improvements like filling spaces or correcting crowded teeth or eliminating the gummy smile, the patient may experience a life altering change in personality and confidence.

The Role of the Cosmetic Dentist

The role of the cosmetic dentist is not to tell people what they should do, but to inform people of the dental possibilities. I may ask a patient: Are you happy with the color of your teeth?

Are you happy with your smile? Is there any aspect of your smile that you would like to change? Are your teeth broken, worn or chipped? Are they too long, too short, too crowded, or too far apart? Do you show too much gum when you smile (a "gummy smile")?

Beauty is in the eye of the beholder. Every person is unique and has different desires, perception, social status, personality and circumstance. For my patient, John Climo (see photos) the space between his front teeth was something that made him self-conscious and "not quick with a smile."

For Lauren Hutton, the space between her front teeth has been her trademark – part of her unique beauty. I wouldn't suggest to Lauren Hutton that she have porcelain veneers placed on her front teeth to close that big gap. If people are happy with their smiles then they can focus on how to maintain their smile and their dental health for a lifetime. For others who are not 100% satisfied with their smile, cosmetic dentistry could make a difference in their lives.

The Power of Cosmetic Dentistry

The exciting thing about dentistry today is that we have the ability to give just about anyone a beautiful, natural looking smile with cosmetic procedures.

Bleaching teeth can safely leave smiles whiter and brighter. Reshaping and bonding teeth can better blend them with the contours and features of a patient's face. Porcelain veneers and porcelain crowns can change the color, size, and shape of teeth in an esthetically pleasing manner.

Gaps between teeth may be closed, broken teeth may be restored to full contour, and crowded teeth may be "straightened."

Through cosmetic dentistry we can in many cases provide a patient with a new smile in a very short period of time. The before and after pictures shown are an example of restoring teeth with porcelain veneers. Even up close it is difficult to tell that these are anything but this patient's natural teeth.

I believe the most significant outcome of these procedures is not how they make people look, but how they make people feel. With the confidence of great looking teeth, people feel good about smiling more than ever.

Before



Before porcelain veneers

After



Porcelain veneers placed on four upper incisors

"I've always been outgoing, but not quick with a smile because I was always aware of the space between my teeth. After getting my veneers, I definitely feel more at ease socially. I just wish I had done this years ago."
John Climo-Patient



Jeff Goodman, DDS
ROLLING HILLS DENTAL GROUP
857 Silver Spur Road, RHE
(310) 377-0966 • www.rhdental.com

Dr. Goodman is a 1988 Graduate of UCLA School of Dentistry and has had a private practice in Rolling Hills Estates Since 1989