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# WEDDING

## To Me

Wedding pictures are forever! So are you really ready to look your best in them? Since these photos will be with you the rest of your life, plan ahead to make sure you will have the best smile possible in your pictures.

Surveys show the most desired ingredients of a great smile are bright, white, straight looking teeth. So if you plan ahead, no problem with bleaching; but what if you forgot about your yellow looking teeth? Can you bleach quickly? Bleaching is certainly the most economical way to get a whiter looking smile but it takes time and you have choices: home bleaching (do-it-yourself) or at the dental office. But first you do need to

ask your dentist if he or she recommends bleaching for your teeth because many times bleaching may not get the result you are looking for.

While yellow stained teeth tend to bleach best, it is possible to whiten teeth that have darker brown stains as well. And if you have white spots, can they also be removed? Yes, with a treatment called microabrasion, where the dentist uses a special polish – but later it may be necessary to bond the remaining white spots to blend in to your final bleached shade.

Over the many years I have practiced cosmetic dentistry, I have answered countless questions especially from brides. Today, I want to share with you some of these.

## Q&A

### Q: CAN I BLEACH MY TEETH IF THEY HAVE FILLINGS?

A: The dark fillings can be taken out and replaced with a lighter shade composite, but it is a good idea to bleach the teeth first to improve tooth color.

### Q: HOW CAN I AFFORD BLEACHING WITH ALL OF THE OTHER WEDDING EXPENSES I HAVE?

A: Your wedding day means that all the attention will be on YOU! Think about the value of having a whiter smile not only for your wedding day but for the years to follow. Plus, bleaching your teeth does not have to be that costly.

### Q: I AM GETTING MARRIED IN FOUR MONTHS – IS THERE ENOUGH TIME TO GET A PRETTY SMILE?

A: Yes, there is enough time if you set up your cosmetic evaluation now so you will have options of which treatments will be best. And there are compromises that can be made to have a pretty smile in time for your photos.

### Q: MY TEETH ARE SO SENSITIVE, WILL THERE BE ANY PAIN?

A: No, many of the new bleaching compounds have desensitizing compound in them. Plus, you can choose a lower concentration of bleaching material. And you can choose from a variety of treatments to get your best result.

### Q: HOW CAN I KEEP MY NEW SMILE LOOKING BRIGHT AFTER THE WEDDING?

A: Getting checked two to three times yearly, and occasionally re-bleaching your teeth at home. If you choose to have porcelain veneers to instantly whiten your teeth, you will probably need to be fitted for a bite guard to wear during sleep.

### Q: I HAVE CROWNS – DOES THAT MEAN I AM NOT A GOOD CANDIDATE FOR BLEACHING?

A: Your crowned teeth will not bleach, but the others can be bleached and later you can change the shade of your crowns.

### Q: IF I WANT WHITER TEETH, WHY NOT GO TO THE DRUG STORE AND PURCHASE WHITE STRIPS OR A HOME BLEACHING KIT?

A: I have seen too many patients who have wasted time and money trying to bleach their teeth when bleaching is not the best treatment for them. Therefore, the very first thing you should do is to arrange a cosmetic evaluation with your dentist or another dentist who devotes most of his or her practice to cosmetic dentistry. You will need some x-rays of your teeth to predict if you will have too much sensitivity. Laser instruments can also help determine if you have any cavities. Finally, each tooth will be evaluated with a high powered small camera to determine if there are any micro cracks in your enamel that may or may not need treatment.

## TIPS

1. Plan ahead for best results. If your choice is bleaching, then don't wait until the last minute to bleach with a high concentration of bleaching agent. Tooth sensitivity can result and your wedding may not be the fun experience you expected.
2. Make sure you have your teeth professionally cleaned at least two months in advance plus one week before your photos to make sure your gum tissue looks its best. And ask for a special enamel polish so your new pearly whites sparkle!
3. Bleach first and then replace any discolored fillings before your photo sessions.
4. Unfortunately, a certain amount of wedding stress is natural, but **DO NOT** clench your teeth! If necessary, opt for a special night guard to prevent tooth fracture, loosening of any fillings or, worse yet, a cracked veneer!
5. Since you will be at the center of photos all day on your wedding, be careful of what you eat. It's not pleasant to see your photos after the honeymoon only to find you have food stuck between your teeth! So make sure you carry your dental floss, tooth brush and toothpaste with you to use during a bathroom break at the parties!



This patient had an ideal tooth discoloration that responded to both in-office and at home bleaching.



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WITH A LIFELONG INTEREST IN BEAUTY, DR. RONALD GOLDSTEIN CONDUCTS ONGOING RESEARCH ON THE PHYSICAL ATTRACTIVENESS PHENOMENON AND ITS ROLE IN THE ACHIEVEMENT OF PERSONAL SUCCESS. HIS DENTAL PRACTICE WAS THE FIRST TO MOVE BEYOND THE SMILE AND FOCUS ON OVERALL FACIAL HARMONY. HE WRITES EXTENSIVELY FOR BOTH CONSUMERS AND THE DENTAL PROFESSION ON BEAUTY, ESTHETIC DENTISTRY AND RELATED TOPICS. DR. GOLDSTEIN IS THE AUTHOR OF THE 2-VOLUME TEXTBOOK, *ESTHETICS IN DENTISTRY AND CHANGE YOUR SMILE* (12 FOREIGN TRANSLATIONS), WHICH NOW IN ITS 4TH EDITION IS THE TOP-SELLING CONSUMER GUIDE TO COSMETIC DENTISTRY FOUND IN THOUSANDS OF DENTISTS' RECEPTION ROOMS AROUND THE WORLD. HE IS ON THE ADVISORY BOARD OF *NEW BEAUTY* MAGAZINE AND WRITES FOR IT AS WELL. HE IS THE FOUNDER OF TOMORROW'S SMILES, A NATIONAL NON-PROFIT FUND THAT HELPS DESERVING ADOLESCENTS RECEIVE LIFE-CHANGING SMILES THROUGH COSMETIC DENTISTRY. HIS MULTIDISCIPLINARY PRACTICE IS IN ATLANTA, GEORGIA.