

# Porcelain Veneers Help the Real You Smile Through!

Are you smiling when you look in the mirror? Or is the real you blocked from view by one of these conditions?

- Spaces between teeth (diastemas)
- Broken or chipped teeth
- Unsightly, stained or washed out fillings
- Permanently stained or discolored teeth
- Misshapen or crooked teeth
- Dark yellow or stained teeth

As a member of the American Academy of Cosmetic Dentistry, I would like to tell you about an alternative that will let the real smile through – **Porcelain Veneers**.

## What are veneers?

These wafer-thin shells of porcelain are bonded onto the front side of teeth in order to create a cosmetic improvement. Porcelain is an extremely durable material with a color, translucence and texture similar to your natural teeth. Veneers are not susceptible to decay and resist staining, while maintaining a natural look. Although no cosmetic procedure can replace good oral hygiene, porcelain veneers applied over your natural teeth can brighten your smile and your self-esteem.

## How is veneering performed?\*

Patients usually need three appointments for the procedure:

**Diagnosis and Treatment Planning:** Your cosmetic dentist will consult with you, ensuring you understand the procedure and your goals for obtaining a beautiful smile are defined.

**Preparation of teeth:** The teeth are lightly buffed to allow for added thickness of the veneer. Usually, about ½ millimeter of the tooth is removed, which may require anesthetic. Then a mold is taken of the teeth. If the teeth are too unsightly, a temporary veneer can be placed.

**Bonding of Veneers:** Approximately two weeks later, the dentist places the veneers with water or Glycerin on the teeth to check their fit and get a sense of color matches, since color can't be adjusted once the veneers are cemented. To apply the veneer, the tooth is cleansed with specific chemicals to achieve a bond. Once this cement is in place, a light beam initiates the release of a catalyst to harden the cement.

## What can I realistically expect?

Porcelain veneers are reasonable facsimiles of natural teeth, but they're not perfect. You might see slight variations in the porcelain color, just as with natural teeth; however, this procedure can greatly enhance your smile and heighten your inner satisfaction. And the next time you look in the mirror, your smile will be a reflection of the real you.

\* American Academy of General Dentistry

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