



Cosmetic Dentistry

'The Smile Makeover' Is Possible At Advanced Cosmetic



MILT NOVECK, DMD



JOHN NOSTI, DMD, FAGD, FACE

ADVANCED COSMETIC AND GENERAL DENTISTRY

With the New Year upon us have you decided what your resolution is going to be? "This is the year I lose weight", "...Quit Smoking", "...Get Healthy", "...Make that Dentist appointment". Need some extra motivation to get to see your dentist, or find a new one?

appear more successful, more intelligent and happier in their careers than those with crooked, stained teeth, according to a study by Beall Research and Training in Chicago. And get this; A smile can also function better than any anti-aging cream. In a Roper survey, based on before and after photos, 41 percent of Americans said aligning a set of crooked teeth subtracted five years from a person's overall look. Is your smile less than stellar? No worries: it has never been easier to perfect your pearly whites.

SMILE MAKEOVER

Want a beautiful smile that turns heads and lights up the room?

There are several ways to accomplish this: Whitening- is the single most common cosmetic treatment in dentistry today. By far the most effective way to whiten your teeth is with a professional "take home" kit provided by your dentist. It is completely safe, and allows you to whiten your teeth in the comfort of your home.

If straighter teeth is what you desire Invisalign, the invisible braces system, is a series of about 12 to 30 clear plastic trays (each one a "straighter" version of the last one) must be worn 24/7, except when eating, flossing, and brushing. The trays fit snugly over the teeth, so they are nearly invisible and don't effect speech.

The most common way to perform a smile makeover is with Porcelain Veneers. Porcelain veneers are thin wafers of porcelain, about half a millimeter thick, that are bonded onto the front of the teeth. Porcelain mimics tooth structure better than any other restorative material. It is harder than enamel, so it resists wear and can last for many years. It resists stain better than tooth enamel, and they very rarely will discolor unless the surface has been damaged.

Some advertising creates the false impression that placing porcelain veneers requires that your teeth be "ground down". It would be more accurate to say that your teeth are shaved a little.

Porcelain veneers should be placed by an expert cosmetic dentist

General dentists tend to be very inartistic. What attracts them to dentistry is that they like to fix things. Most don't have the motivation to attend the extensive continuing education required past dental school to master the techniques involved to perform porcelain veneers, as most commonly termed in the dental profession - "Smile Design".

There are many "handy men" that can repair anything that can go wrong in your home. The analogy to this in dentistry is the general dentist who can fix and repair

most single tooth problems that arise. When your home requires an extensive addition, or when you are rebuilding from the ground up, you hire someone who is specifically trained to "design" your new home. A cosmetic dentist is someone who is expertly trained in the "designing of smiles".

Let us illustrate this with an incident that we viewed on a popular online dental forum. A dentist posed a situation: A beautiful woman who was his patient had a large space between her front teeth. It was large enough, he said, that he could fit an extra tooth in the space, so he asked about the feasibility of placing a dental implant there.

Can you imagine going to a technician dentist to get a new smile with porcelain veneers when that dentist thinks that having three front teeth instead of two looks okay? But that is what happens, and our e-mail files (and schedules) are full of complaints from disappointed patients who, after getting a smile makeover from their family dentist, are wondering why it doesn't look beautiful and sparkly like they expected.

We would like to pass on the message to the public to prevent this from re-occurring. Prior to allowing a dentist to perform a "smile makeover" on you, please ask what training, awards, or Fellowships they have specifically in Cosmetic Dentistry. Can they show you photos of patients they personally have performed the procedures on? Will they provide you with testimonials from patients who have had their smiles enhanced by the dentist, and more importantly, can you speak with these patients about their experience.

What can be accomplished with Porcelain Veneers

Many problems with your teeth can be solved with porcelain veneers. They are great for restoring worn or chipped teeth, stained or discolored teeth, and in fact for those with tetracycline staining may be their only solution to the beautiful smile they are looking for. They can also be used to close spaces between teeth, lengthen teeth, and many times can be an alternate to braces. Some cosmetic dentists term this procedure "instant orthodontics" because with porcelain veneers you can have your teeth straightened (and whitened) in two appointments rather than waiting one to three years for regular orthodontic treatments.

There is no better time than now to pick up the phone and make the Dentist appointment that you have putting off for months, or years. Many offices now "Cater to Cowards" with your visit being more "spa like" and less like the dental visit of years ago.

Your smile is waiting, why are you?

- Somers Point 609-927-8448
- Mays Landing 609-625-3499

Have you missed any of our previous informative articles? You can see them on our website www.CosmeticDentistryofSJ.com

A survey conducted in 2007, Muscle and Fitness magazine reported that "The smile" was chosen as the physical feature found most important in both men and women when evaluating attractiveness in the opposite sex. In fact it was the only physical feature in the top five. In a survey conducted by the American Academy of Cosmetic Dentistry, "75% of Americans feel that an unattractive smile can hurt one's chances of career success".

People with straight, white smiles



ADVANCED COSMETIC AND GENERAL DENTISTRY

MILTON NOVECK, DMD
JOHN NOSTI, DMD, FAGD, FACE
STEVEN KATZ, DDS

609- 927-8448
551 New Road
Somers Point, NJ

609-625-3499
4705 Harding Hwy.
Mays Landing, NJ

WWW.COSMETICDENTISTRYOFSJ.COM

About The Doctors . . .

• **Milt Noveck, D.M.D.**
graduated from The University of Pennsylvania School of Dental Medicine in 1980. He has since accumulated over 1500 hours of post graduate continuing dental education with special emphasis on cosmetic dentistry, esthetics, fixed and removable prosthodontics, full mouth reconstruction, and myofascial pain/occlusion. Dr. Noveck has completed the postgraduate curriculum at the world renowned Dawson Center for Advanced Dental Study in St. Petersburg, Florida. In addition, he has had extensive training by Dr. Frank Spear of Seattle, widely recognized as one of the world's finest restorative dentists and leading dental educators. Dr. Noveck is a member of the Academy of General Dentistry and the American Academy of Cosmetic Dentistry.

• **John Nosti, DMD, FAGD, FACE**
graduated from The University of Medicine and Dentistry of New Jersey in 1998 and completed his residency from Lehigh Valley Hospital in Allentown, Pa. He is Atlantic County's only Fellow of the Academy of Comprehensive Esthetics (FACE), and is a Fellow of the Academy of General Dentistry (AGD). He has an extensive post graduate education in cosmetic dentistry, Temporomandibular Joint Dysfunction, and full mouth rehabilitations. Currently Dr. Nosti is adjunct faculty at Arizona School of Dentistry and Oral Health and lectures nationally in the field of cosmetic dentistry.

WWW.COSMETICDENTISTRYOFSJ.COM