

COSMETIC BONDING TREATMENTS FROM
DUBLIN'S EXPERT DENTAL CLINIC



“Your Complete Guide to the options for
Cosmetic Dentistry for *straighter, whiter*
and more *beautiful teeth*”

A special report by
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Introduction

One of the things we're passionate about is what is known as 'Minimally Invasive Dentistry' – this means we do the absolute smallest amount of treatment possible to achieve the desired result, and that desired result could be better dental health or better aesthetics.

Up until fairly recently the only option for cosmetic dentistry was to have healthy tooth structure removed to make way for either crowns or veneers, this is still a common treatment option and in many cases is the right thing to do. However modern advances in 3 key areas have changed this dramatically.

1. Modern advances in Teeth Whitening techniques to reduce the dark and/or yellow colour on teeth
2. Our ability to move crooked and misplaced teeth in to the perfect alignment with modern orthodontic techniques that are almost invisible
3. Advances in materials for dental bonding to restore broken tips and make minor changes to the shape of teeth

This guide, whilst containing information about veneers, is primarily aimed at showing and explaining how you can have the perfect smile with the least amount of dentistry...

--Teeth Whitening--

Ways in which Teeth Whitening will change your life!

Many people are no longer satisfied with yellow teeth no matter how healthy they may be. More and more people are demanding whiter and brighter teeth to avoid an 'unhealthy' appearance.

Over 85% of adults say that an unattractive smile makes someone less appealing to the opposite sex. It is said that a healthy and good-looking smile is part of one's own appearance and marketing. Your Smile is unique. It tells the world about you in so many ways. Your smile influences communication and your social standing. Your smile is a sign of your vitality, state of happiness and general well being.



People consider Teeth Whitening for all sorts of reasons like;

- Their Wedding Day – Most people want to capture and treasure their wedding day inside beautiful pictures with happy smiles, forever.
- Looking for better career opportunities in their lives where their smile portrays a warm welcoming and confident image to others.
(Research has shown that a beautiful smile doesn't only make you more attractive to others; it can even improve your job prospects! A coy 'hand over the mouth' approach may work among friends but like it or not, in a one-to-one interview, that smile is just going to show.)
- Socially wanting to look good at parties with friends.
- Before going away on holidays – happy holiday snaps become more amazing.
- Boosting their self-confidence that brings out the best in them.
- Dating ...

- Comments from friends & family making them feel self-conscious.
- Wanting to look more youthful – yellow teeth can start to make a person look older than they actually are.



How can I ensure my teeth look white? What foods and activities should I avoid?

Majority of people are born with healthy teeth. Due to modern diets, we are all prone to extrinsic staining to greater or a lesser extent. The most common reasons why people's teeth darken with time are:

1. Smoking
2. Beverages (tea, coffee, red wine, cola)
3. Foods (curry, fried foods, foods with colouring, berries, beetroot)
4. Mouthwashes – Corsodyl
5. Antibiotics – Erythromycin, Amoxicillin, Tetracycline stains within teeth
6. Iron supplements
7. Fluorosis stains (ingestion of too much fluoride in water, toothpaste or fluoride tablets)
8. There maybe unsuspected decay that appears like stains
9. Darkened white fillings or crowns
10. Natural ageing process
11. Some are just born with darker teeth
12. Excessive grinding

You can maintain the colour of your teeth by using whitening toothpastes to help avoid teeth staining. If you are looking for a brighter smile, consider safe professional teeth whitening treatments. Definitely avoid using domestic bleach or any acid containing products to whiten your teeth. Consider having your teeth cleaned professionally by dental hygienists.

Can I lighten the colour of my teeth?

Teeth whitening can be a highly effective way of lightening the natural colour of your teeth without damaging their structure. Whitening toothpastes may improve the colour by removing only the surface stains on the teeth, but this lightening is only temporary.

How does Teeth Whitening work?

Professional Teeth Whitening is an extremely versatile way of making your natural teeth look brighter without causing them any harm. It can be carried out in a number of ways depending on the nature and intensity of discolouration. The 'active ingredient' in the gel

is usually hydrogen peroxide. As it is broken down, oxygen gets inside the enamel of the teeth and dissolves the discoloured pigments, thereby, making the teeth look overall lighter.



What are the Teeth Whitening options available?

The whitening treatment we offer here and the one we find safest with the best results is a slow releasing at home whitening kit.

The best part about this type of teeth whitening is that you are in control and it is tailor-made to suit your daily routine or lifestyle. For this procedure we take impressions of your teeth and tailor make your soft and comfortable “whitening trays” that fit snugly to your teeth. A very small amount (dot-sized) of whitening gel is placed on the inside of the trays. The trays are then worn overnight for a minimum of 5-6 hours.

For this home whitening treatment you will whiten actively for 2 weeks every night using your trays, the colour will fully settle approx. 3-4 weeks after you finished the active whitening.

*“Smiling is contagious. Not only is the action itself returned, but the good feeling as well.”
- Dr Paul Ekman, Professor of Psychology, University of California*

How safe is Teeth Whitening?

It is not true that Teeth Whitening damages teeth. It is also not true that yellow teeth are healthier than whiter teeth. Teeth Whitening is a non-invasive and safe procedure causing no harm to the dental health or otherwise overall health of an individual when carried out by a professional dental practitioner.

The only people in whom we avoid using whitening chemicals are the expecting and nursing mothers, individuals with known allergies or children under 16 years of age.

The most common after effects could be teeth sensitivity or a blister/laser burn, both of which are very temporary.

Rarely, existing hidden dental abscesses may become active as a result of whitening gel penetrating the tooth surface.

What do I do if I have any sensitivity?

Many people have naturally sensitive teeth any way.

Sensitivity of teeth is the most common side effect of teeth whitening on those teeth surfaces where enamel is absent or is very thin. It often occurs around the necks of the teeth where the gum may be receded. If you are experiencing sensitivity, you should stop whitening and obtain support. Based upon our experience, we can suggest you some tips that you will find effective in minimising teeth sensitivity. We have 16%, 10% and 5% solutions of whitening to cater for different sensitivity levels – the 10% being the most popular strength in our clinic.

If you are at all concerned, please seek professional advice.

What happens if the teeth do not whiten evenly?

During the first few days of whitening, you may notice new white spots forming on your teeth. Do not worry. These white spots were originally present on your teeth but were not visible to your eyes. As the teeth start to become lighter they become more visible because these white spots are also whitening. As the whole tooth becomes lighter these spots fade and so become less noticeable. Sometimes the dentist can do a special procedure called Microabrasion where the white spots can be more permanently removed. Ask us about the procedure if you are concerned about this.

Some people's teeth may appear banded with lighter / whiter areas. Again these bands were originally present on the teeth. As the teeth become lighter, the lighter parts of the teeth will lighten first followed by the darker banded area. After a week or so these will not be noticeable any more.

How will my teeth feel?

Normally the teeth feel very smooth and clean after the whitening procedure. The whitening materials also have an indirect effect on the gums in helping them to heal or

improving their health of the gums. Amazingly, this is how the technique was invented as it was first used to heal gum irritation during orthodontic treatment.

What about my existing crowns?

If you have pre-existing white fillings (or crowns) on your front teeth that match the existing shade of your teeth, then it is very likely that they may not match the teeth afterwards. This is because your teeth can lighten, but the fillings (and crowns) do not lighten. When the desired colour has been achieved, we can replace these fillings with a lighter shade of filling material to match the new shade of your teeth. Normally we would wait two weeks before renewing the fillings.

How long does the whitening last? Will I have to whiten my teeth again?

Normally the new white colour of your teeth keeps quite well. However, depending on what caused the teeth to discolour in the first place will dictate the treatment's prognosis. If you drink lots of black coffee, red wine, cola drinks or have curries then the teeth may discolour again. In this situation some people prefer to do a top up treatment as and when required. If you practice good oral hygiene and brush normally, especially after consuming foods that stain teeth then the results could last for years.

Does Whitening harm the teeth or gums?

Safety studies have shown that Teeth Whitening, under the supervision of an experience dentist using the right products, is perfectly safe on the teeth, cheeks, gums and other tissues of the mouth.

Problems have been reported with the whitening kits that are purchased over the counter and other **non licensed teeth whitening providers** such as hairdressers and nail clinics. Although they are inexpensive, some contain an acid rinse, which can damage the teeth or thin down the enamel of the teeth. This acid rinse can be extremely harmful to the teeth.

There was a case where someone purchased a kit over the counter, whitened their teeth. The teeth went darker and so they continued over using the treatment. This was because the acid rinse had worn the enamel away and the darker shade was the inner dentine that was now exposed.



If you smoke, it is not advisable to whiten your teeth. It is best to stop smoking for at least 3 weeks before commencing the whitening procedure. Smoking causes the teeth to darken anyway and the effects will be diminished.

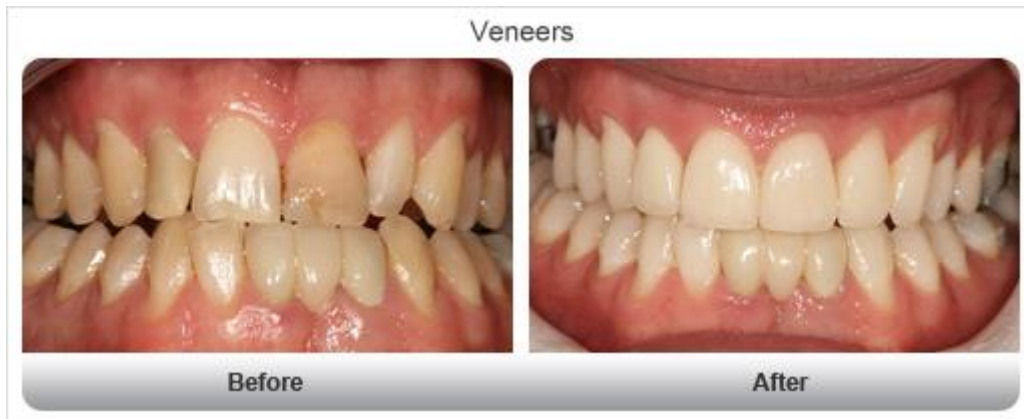
The technique of whitening teeth is not for everybody. There are some situations where whitening teeth is contra-indicated such as where the front teeth are already crowned or veneered or where there are very large fillings on the front teeth or where the teeth are already excessively worn and there is loss of tooth surface. The most ideal situation is where there is not much wrong with the teeth except for the colour which has become more yellow with age.

Some useful tips.

1. Do not use household bleach to whiten your teeth.
2. This technique is not recommended for pregnant or lactating women.
3. Keep gel out of heat/sunlight. Keep it refrigerated. Do not freeze.
4. Tooth coloured fillings and crowns do not respond to teeth whitening.
5. Foods and juices high in acid may cause sensitivity. Avoid having too much tea/coffee/red wine/curries during whitening treatment. Please do rinse your mouth well after having any of these items mentioned.
6. If you have questions about any aspects of this treatment, please seek professional advice.
7. Do not use tobacco products or eat/drink while whitening.

--Dental Veneers--

Veneers are used to create the ultimate smile makeover. They make it possible to transform crooked, stained, damaged or badly worn teeth into brand new straight white smiles



What are Veneers?

Veneers are wafer-thin laminates or shells of tooth-coloured material (which can be porcelain or composite (white filling material)). They are “cemented” to the front surface of teeth to improve their appearance.

What are Veneers used for?

There are a wide variety of reasons why people opt for dental veneers:

- Staining – Badly stained teeth that cannot be improved by teeth whitening or professional cleaning can be improved with dental veneers, which cover any existing stains on your teeth.
- Damaged teeth – Teeth that have become badly worn through excessive grinding or fizzy drinks, as well as those that have been chipped or broken can benefit from veneers. A single damaged tooth can easily be repaired with a porcelain veneer that has the same characteristics and colour as your natural teeth.
- Gaps – spaces between your teeth can easily be closed using dental veneers, giving you a more uniform-looking smile.
- Crooked teeth – Veneers are not the ideal treatment for crooked teeth as we would rather preserve your natural teeth structure, orthodontics or Invisalign braces would probably a better solution. However, these treatments can take up to a year.

For teeth that are not severely crooked, veneers placed over their front surface will give a straight and perfectly aligned-looking smile.



26 year old female

Problem

Stained and discoloured teeth, asymmetric gums

Treatment

This was a complex case requiring multiple types of treatment; airflow stain removal, tooth whitening, periodontal cosmetic gum re-contouring, cosmetic incisor build up using aesthetic composite material, porcelain veneer, and all porcelain crown on severely discoloured front tooth.

What are the different types of Veneer?

Porcelain Veneer

This is the most popular type of veneer; it is a stronger and a more durable material to use. Porcelain veneers also offer a more natural looking, translucent appearance.

Composite Veneer

These veneers are more prone to staining and do not last as long as porcelain veneers. Composite veneers are much cheaper than porcelain veneers in general, but considering that they do not last as long and need replacing more often, they could end up costing more in the long run. Composite work is ideal for small chips, as this treatment preserves more of your natural tooth structure.



44 year old male

Problem

Yellow and stained teeth with large gap between two front teeth

Treatment.

An initial course of tooth whitening followed by a one visit procedure of bonding to close the space between the two front teeth. This is a very conservative treatment option involving little or no tooth removal (drilling) where the cosmetic composite material is bonded to the teeth to invisibly mask the space.

How are Veneers fitted?

1. The first part of any dental procedure is the initial consultation and examination, so that our dentist can get a feel for what you want and understand your needs and concerns. Our dentists will explain the treatment procedure to help give you an accurate guide to the likely costs of your treatment.
2. Before your veneers are designed, your dentist will need to reshape and prepare the front surfaces of your teeth so that they can accommodate the veneers.
3. A mould (copy) of your teeth is taken and sent to our dental laboratory. They will then use this as a guide to help them make your new veneer. This can usually take them around two weeks.
4. While we wait for your veneers to be made, we will fit you with some temporary veneers to protect your teeth.
5. On your next appointment, we will fit your new veneers to your teeth.

How will I know what I will look like afterwards?

This is a great question and you are right to ask it.

We do this by what we call a 'Provisional Smile'.

This is a complete mock up of your new smile that we will produce for you on a replica of your teeth. This mock up can be modified until we both feel the result will be great. We are then able to transfer this mock up to your own teeth.

This then provides you with the opportunity to see how you will look and decide whether you wish to carry on with the treatment.

This is a vital step in our procedure and is one of the things that sets us apart from other dentists in the area.

How long do Veneers last?

Porcelain veneers will typically last between five and ten years, while composite veneers last a year or two at most. Although veneers will eventually need to be replaced when they become old and cannot be repaired. To make your veneers last longer, follow a good oral hygiene program and visit us for check-ups on a regular basis.

How much do Veneers cost?

A great question. Let me put it to you this way, how much would the typical woman have to pay for ALL their beauty treatments for 10 years? Let's do a quick calculation on the averages people spend:

- * Hairdresser €50 every 6 weeks = €450 per year
- * Nails - manicures, care and varnishes, Face creams & Makeup =€200 per month = €2400 per year
- * TOTAL cost = €2850 per year

So over a 10 year period you will typically spend around €28,500 on beauty treatments. Now, how much do you think dental veneers would cost over the same period? €20,000? €15,000? What about €10,000?

in fact, for around **half this amount**, that's under €6000 approx, you could have a brand new smile with 8 dental veneers.

So think about your teeth now and notice which ones you would like to change, and notice now how you would like your smile to look once your veneers are done. This is a GREAT place for us to start and will provide us with excellent information on starting to design your new smile.

What should do if you're interested in veneers?

If you would like a veneer to improve the appearance of your smile you can make a consultation appointment and speak to one of our dentists, or if you have any questions please contact us as we are always happy to help.

--Dental Bonding--

Bonding is used to make minor adjustments to your teeth. It involves 'bonding' a tooth coloured material to your teeth to correct minor imperfections. We typically use bonding to correct:

- Chipped Teeth
- Rotated Teeth
- Gaps Between Teeth
- Discoloured Areas

Most of the time there is no need for us to remove any of your natural tooth structure, we simply bond the tooth coloured material on the top. However in some cases, for example if you have a dark spot or pit in your tooth, it is best for us to reduce the tooth structure a tiny amount in this area, then cover with our dental bonding material.

The results can be quite amazing with bonding and most patients love it as it is often done with no injection as there is no risk of pain – and always done in one appointment – so you walk out of the practice with a beaming new smile!

As bonding takes less time to do than some other techniques, such as veneers, it is often a more cost effective alternative.

Here are some brilliant results with bonding:



44 year old male

Problem

Yellow and stained teeth with large gap between two front teeth

Treatment.

An initial course of tooth whitening followed by a one visit procedure of bonding to close the space between the two front teeth. This is a very conservative treatment option involving little or no tooth removal (drilling) where the cosmetic composite material is bonded to the teeth to invisibly mask the space.



A 27 year old male

Problem.

Recently fell and broke his front teeth; we saw him 2 days after the accident.

Treatment.

Cosmetic composite build up of the incisors with no further tooth removal. A conservative treatment with an excellent aesthetic result which can be achieved in one visit. Due to the extent of the damage, the front teeth may require root canal treatment at a later date, we will review and x-ray every three months for a year.



43 year old female

Problem.

An interesting case where there were two issues we decided to address. There is a failed, leaking and unsightly filling on one of the front teeth, but this patient was also missing one of her front teeth on the other side (lateral incisor) leaving an asymmetrical smile.

Treatment.

She wanted a quick but long lasting solution to create a more pleasing smile, so after discussing all treatment options, we elected to use a non-porcelain approach. We whitened all the teeth, and then used a cosmetic composite material to repair the discoloured tooth on one side, and also to rebuild and reshape the pointed canine tooth on the other side to create the illusion of a symmetrical smile. Compare the teeth either side of the two front teeth in the before and after photo. The advantage of this kind of treatment is that it is very conservative with little or no tooth structure removed.

Thank you for taking the time to read through our guide today, we hope you now have all the information you need in order to make a decision about whether cosmetic dentistry is for you.

Here's a question we get asked a lot...

When can I start treatment?

Why not straight away! Call us on 01 4542022 or enquire online through our excellent website www.portobellodental.ie – you can also book an apt with us via our website too!

Have a look through our smile gallery to find more before and after images.

You can also email us in a picture of your smile via our website if you are interested in cosmetic dentistry – while having a face to face consultation is the best method of deciding treatment for you, we'd be happy to take a look and advice you as best we can based on your initial image.

We look forward to meet you and helping you achieve the smile you have always dreamed of and deserve to have.

Best regards from all the team here at Portobello Dental.



Dr. Helen Walsh



Dr. Nick Beirne



Dr. Daisy McCarthy



Dr. Gina Kilfeather



Dr. Aodh Gráine