

By Ronald E. Goldstein, DDS

Does Your Smile Work For You?

Getting The Most Out of Your Smile

One Appointment To a Better Smile

Maximizing Your Smile In One Appointment

Cosmetic contouring of your teeth can be the artistic achievement that can make you look better in one hour! Cosmetic dentists who are also artists can create visual and actual illusions in your smile by reshaping your teeth. Crowded teeth can sometimes look remarkably straighter in less than an hour by cosmetically contouring the teeth to create an illusion of straightness.

Orthodontics may still be your ideal treatment, but if you want speed and an illusion that can improve the appearance of your teeth, there is nothing like cosmetic contouring.

One of the pioneers in this technique, Dr. Ronald Goldstein, has been helping his patients perfect their smiles through cosmetic contouring for over 40 years. Goldstein teaches the technique to dentists worldwide and via his textbook, *Esthetics In Dentistry*, and in his consumer book, *Change Your Smile*. The technique involves:

- photographing the patient's image and computerizing the image onto a monitor before any treatment is performed.

- Looking at the patient's image together and noting the positive as well as weaker aspects of the patient's smile. (The patient actually becomes a co-diagnostician with this dentist at this time.)
- Comparing the size, shape and color of each visible tooth with the ideal size, shape and color of each tooth.
- Seeing the proposed new smile as a computer-enhanced image.
- Reconsidering the advantages of orthodontics versus contouring.
- Reviewing the dentist's step-by-step plan of treatment to achieve the desired result.
- Trimming selected teeth to create an illusion of straightness, less crowding, or several other desired illusions.

Goldstein encourages a cosmetic analysis and consultation, which usually include a computer image. The imaging also allows you to see the comparative difference between repositioning your teeth through orthodontics versus the compromised technique of cosmetic contouring. The doctors at Goldstein, Garber, Salama & Gribble may also suggest other possible cosmetic treatment to improve your smile so you will have a choice of virtually all the ways to look your best.

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