

SMILE MAKEOVER SECRETS FOR MEN

+ NOW MORE THAN EVER, MEN ARE TAKING AN INTEREST IN THEIR SMILES AND RECOGNIZING THE BENEFITS THAT HEALTHY TEETH AND GUMS CAN BRING, including fresher breath, enhanced confidence and a more youthful appearance. "Ten years ago, most men didn't give much thought to their teeth unless there was a problem. Thankfully, things are changing," says Jim Arnold, DDS, of Valparaiso, IN. "A smile is a very powerful tool in helping men look and feel better about themselves."

01

"I DON'T LIKE HOW MY TEETH LOOK."

"In general, a square, angular tooth is perceived to be more masculine," says Atlanta cosmetic dentist Ronald E. Goldstein, DDS, who adds that men who clench and grind their teeth can wear away enamel, making the teeth appear more rounded. "Clenching and grinding can chip away the straight edges that give male smiles their dominance." If the habit persists for a year or more, you can wear down about 25 percent of your enamel.

SOLUTION LASER GUM RECONTOURING

Using a laser to reposition the gumline, your dentist can expose parts of the tooth that were previously covered, reestablishing height and dimension. "Much like using a pencil, we use the laser to 'draw' where we want the top of the teeth to start, making a worn smile look taller and more even all around," says Tempe, AZ, cosmetic dentist Erica Elannan, DDS. "It's a great option for men who have used their teeth as tools, slightly altering the edges and shape of their teeth." The procedure, which is permanent, takes less than an hour and uses local anesthesia if necessary. "Contouring is a noninvasive procedure with minimal, if any, sensitivity, no anesthetic and tremendous smile improvement simply by changing angles, modifying edges and corners, and removing minor chips," says Dr. Elannan.

SOLUTION VENEERS AND CROWNS

For men who have ground away large amounts of enamel, veneers can be used to conceal cracks, fractures and chips. "The porcelain used today is very thin, textured and layered with various shades to match the natural enamel," says Tempe, AZ, cosmetic dentist Trent W. Smallwood, DDS. "Not only do they enhance the beauty of the smile, but veneers also provide greater strength than natural teeth, preventing further damage so you can maintain your smile for years to come."

For extremely worn, broken or damaged teeth, crowns may be a better option since they encase them on all sides, providing more coverage. "Many times patients think they need veneers when crowns are a better option because they provide more support," says Dr. Goldstein.

02

"MY SMILE IS DISCOLORED."

"Men, especially businessmen, are notorious for drinking coffee, which can discolor the smile," says Dr. Elannan. "We also see a great deal of male patients who suffer from red wine stains, which are the hardest to remove because they produce a grayish tint that is difficult to lift out of the teeth."

SOLUTION TOOTH WHITENING

"Men want faster solutions with instant results," says Dr. Arnold. Luckily, quick in-office bleaching treatments can help. During the procedure, a laser (or other light source) is used to speed up the whitening process, brightening the smile up to 50 percent within 60 minutes. Since professionally whitened teeth can fade, it's important to maintain your results with at-home whitening trays. "You can wear them while watching a football or baseball game. Or, if you can commit to sleeping in your trays, we can use a higher-strength bleach, requiring half the amount of time," says Dr. Elannan. "It takes about 16 at-home treatments to yield the same results as a single in-office procedure," adds Woodinville, WA, cosmetic dentist Michael J. Koczarski, DDS.

03

"I WANT STRAIGHTER TEETH."

If you're unhappy with the positioning of your teeth but not their shape, either genetics or bad habits may be to blame. Regular wear and tear, clenching, grinding and using your teeth for anything other than chewing can also cause your bite to shift.

SOLUTION INVISALIGN

Invisalign is an orthodontic treatment that uses clear plastic aligners to reposition the teeth over the course of about 12 months, on average. You'll need to wear your aligners both day and night, removing them only to eat. Every two weeks, you will be fitted with new aligners until your teeth are straight. "It's a great alternative for men who don't want to wear traditional metal braces and brackets," says Dr. Smallwood. "Patients can talk normally and straighten their smiles. You can even whiten your teeth with these aligners at the same time."

ALTERNATIVE VENEERS

For those who are interested in veneers but have some reservations about drilling, ultrathin veneers (also known as prep-less veneers) that don't require your dentist to remove healthy tooth structure may be an option. "They're great because they're noninvasive," says Dr. Koczarski. "Every patient should strive toward noninvasive procedures." Requiring minimal to no removal of enamel, they are ideal for patients with concerns like gaps, grooves and fractures. "For patients with bucked teeth, however, and those with more intense concerns that will require us to reshape the teeth, prep-less veneers may not be the best option," Dr. Smallwood adds. "It's best to talk with an experienced cosmetic dentist to determine if you are a good candidate."



WIPE AWAY STAINS

If red wine has stained your smile, try **Borracha Wine Wipes** to sweep away any dark film that's lingering on the surface of your teeth. Each compact contains 20 wipes, formulated with stain-busters like baking soda, hydrogen peroxide and orange blossom. The easy-to-use wipes are also great for dissolving discoloration and keeping your teeth stain-free as you drink your wine. *Starting at \$7, winewipes.com*



To give this patient a more youthful-looking smile, he received porcelain veneers. Procedure performed by Ritchie D. Beougher, DDS, Plano, TX.



FIND A BEAUTY DOCTOR NOW!

Doctors reveal inside information on top cosmetic enhancement procedures. Turn to page 201.

