



brighter whites

Sydney cosmetic dentist **Dr Michael Tam** says tooth whitening and porcelain veneers can improve just about anybody's smile. Jessica Rule reports.

Many people believe a person's smile is one of their greatest assets, and that it plays a fundamental role in human relationships. Sydney cosmetic dentist Dr Michael Tam says, 'First impressions are often based on your smile, with the world assessing your friendliness, intelligence, personality and even social status based on their initial impression.'

'A smile can make a powerful statement to everyone you meet'

Stained, discoloured or misshapen teeth are not only aesthetically unappealing but can also add to the appearance of facial ageing. Dr Tam believes improving teeth aesthetics can boost confidence and change the overall look of a person's face.

'A new smile can make a positive and powerful statement to everyone you meet,' he conclude. **acsm**



BEFORE (patient presented with discoloured and misaligned front teeth and did not want braces)



AFTER tooth whitening and porcelain veneers placed by Dr Tam



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Case study

This 44-year-old patient sought to correct previous dental work, which included 20-year-old metal crowns on two front teeth. Visible silver fillings were to be removed and replaced with white fillings. This was all completed prior to veneers and whitening.

Ten porcelain veneers were added to make the patient's smile more aesthetically pleasing. 'If you are unhappy with your teeth, porcelain veneers can offer an effective solution,' says Dr Tam.

Porcelain veneers are an increasingly popular option for treating discoloured, chipped, worn or misshapen teeth. The veneers are thin, semi-translucent facings which are bonded to the front of each tooth to give the appearance of new teeth. They are best suited to minor tooth imperfections rather than major cosmetic issues.

Porcelain veneers can last over 10 years when properly taken care of, which includes brushing and flossing daily and avoiding activities such as grinding the teeth and biting fingernails. In cases where the veneer does come off or breaks, a new veneer can be made or the old one reapplied, ensuring patients have complete confidence in their newfound smiles.

'In my first consultation, Dr Tam took photos of my teeth, explained the process, procedure and fees and

discussed what kind of smile I was hoping to achieve,' says the patient. 'Dr Tam was very thorough and fully discussed every aspect with me. We used computer imaging to make sure we were on the same page at all times. His team were friendly and considerate and I was impressed with their professional service.'

The patient had a whitening procedure on the top and bottom teeth, and moulds taken for the porcelain veneers on the top.

'I wore temporaries while the permanent ones were being made, which gave me the opportunity to see how they would look,' she says. 'Once I got used to them I was confident and happy with the result.'

The procedure took two hours and the patient was administered local anaesthetic. 'Any discomfort was very minimal, only as much as a regular dental check-up. The results were immediate, and I was able to eat and talk straightaway,' she says.

The patient says friends have noticed she is smiling a lot more than she had in the past. 'I used to be self-conscious of my teeth but now I receive positive feedback on my beautiful new smile,' she says. 'The results are fantastic and, in fact, I'd like to get my whole mouth done in the future.'



BEFORE



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