

# Cosmetic Dentistry

*Your Ticket to a Dazzling Smile*

## EXPERT ADVICE

### Beautiful Smiles

“Dental care is not just about teeth, it's about overall health. Many studies suggest poor dental care is related to serious issues like heart disease, respiratory disease, diabetes, and for women, osteoporosis and issues with pregnancy and childbirth. A person's overall health can also be greatly affected by TMJ disorders, problems with the chewing muscles and joints that connect your lower jaw to your skull. Symptoms include headaches, neck aches, back aches, ringing in the ears, and even tingling fingertips. When it comes to teeth whitening, a person's appearance can be greatly enhanced in as little as 45 minutes using the Zoom® in-office teeth whitening process.”



Kristen  
Conner, DMD  
Signature  
Smiles



By  
Judith  
Nembhard

**C**osmetic dentistry aims to create a positive change to your teeth and your smile, offering a “dental facelift” to correct discoloring, misshapeness, and chipping. Everyone wants a bright, beautiful smile, and various cosmetic procedures can work together to help you feel more confident about your teeth.

**WHITENING:** Discoloration is most often the result of food, beverage (coffee, tea, soda), or tobacco stains. Two kinds of whitening treatment are available to restore brightness to the teeth: one done in the office, the other done with a kit at home. In-office whitening is preferred—it can be done in a single office visit, and has faster, better results (up to 10 shades in an hour) with no risk of damage. The best whitening systems use a gel buffered at a near-neutral pH value to protect enamel from damage caused by acidity.

**VENEERS:** Veneers are thin pieces of porcelain placed over the front of teeth to change their color or the shape of the teeth. They can give you a dazzling smile and are a great option for teeth that have uneven surfaces or are chipped, crooked, oddly shaped, unevenly spaced, or internally discolored.

**GUM LIFTS:** Also called gingivectomy, this procedure involves removal of the gum to make the teeth appear longer and the gum-line even. Gum lifts are often done for people with excess gum covering their teeth and/or an upper lip that comes up higher when they smile. A gingivectomy can also be necessary when the gums have pulled away from the teeth, creating pockets that can lead to plaque build-up and gum disease. 🦷

## REDEFINE A TRIP TO THE DENTIST

How would you like to take your next dental visit to a new level? One that's stress and anxiety-free. A visit that elevates your level of comfort and puts you in a relaxed state of mind. Then it's time you paid a visit to Dr. Conner. Call or go to our Website to schedule an appointment. Now, isn't it time you experience the difference?

Signature  
SMILES



DR. KRISTEN CONNER, DDS | SIGNATURE-SMILES.COM | 423-702-4035