

Designing the perfect smile

For those who are not happy with their smiles, there are many options which cosmetics dentists can offer these days to “reverse” the natural aging process of the teeth.

Teeth whitening

This is the most conservative form of cosmetic dentistry, and it is a very safe procedure because it does not require the tooth to be thinned. It is good for people who are happy with their smiles in every way, except for the colour of their teeth.

Teeth whitening can be done easily at home with a special customized tray with whitening gel which fits in your mouth. It requires discipline to keep to the routine, but the results from at-home whitening treatments are good as the chemicals are released in a sustained manner at a low concentration over a longer period of time.

Those who are in a greater hurry can also get it done at the dentist’s clinic, where your teeth can be significantly whitened within one hour with the help of special lights. However, the colour of your teeth might regress more easily, as compared to at-home treatment.

Porcelain veneers

Veneers are slivers of porcelain, as thin as contact lenses, which are stuck to the surface of the tooth to change its outward appearance. Getting veneers requires a thin slice of the outside surface of the tooth to be trimmed off – between 0.3 to 0.5mm - to make space for the veneer.

But once done, veneers not only completely change the colour of your teeth, it also changes the length, shape and texture, dramatically modifying your smile.

The drawback is that once trimmed, your tooth will not be as strong as before. You need to watch what you eat – cracking crab shells with your teeth is not a good idea – and watch out for habits like teeth grinding, which would further compromise the integrity of the tooth.



Full ceramic crown

A full ceramic crown is suitable for people whose tooth already comprises a large filling, has undergone root canal treatment or if there is very little of the original tooth for a veneer to adhere to.

In this case, a whole new tooth – the full ceramic crown - is literally planted over the old tooth so it looks better.

Orthodontic treatment

Laying metal tracks is no longer the only option for straightening teeth. New types of plastic braces like invisalign are almost invisible and are worn progressively to move the teeth into the desired shape. There are also braces which are worn at the back of the teeth.

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Dr. Tan graduated from the National University of Singapore in 1995 and obtained his Master of Clinical Dentistry from the University of London in 2003. He has special interest in Cosmetic and Implant Dentistry.

Dr. Tan started White Dental Group 8 years ago with the vision of providing quality and complete dentistry all under one roof. White Dental Group has now 5 specialists and generalists working together providing general and specialized dental care.



The fast way or the right way?

The best treatment may involve a combination of the above methods but above all, it requires time.

Designing a smile is an art, and is not something to be hurried. Good cosmetic dentists will take the time to sit down with you, understand your needs, manage your expectations and come up with a suitable treatment plan.

So while it is true that time is of the essence in modern society, do remember that if you want the perfect smile, the right way – not the fast way – is the way to go.