



NEW YEAR, NEW YOU

New Year, new smile

Feeling good is key to a successful 2010

Looking good makes you feel good and feeling good is a key to putting 2009 behind us and moving on to a successful 2010. Research shows that one of the first things that people check out when meeting someone new is their teeth but we don't need trained experts to tell us that a stunning smile is an invaluable asset. Not all of us are born with a buff, toned body and similarly, we aren't all blessed with straight, white teeth. When you want to whip yourself into shape you go to the gym right? And when you want straighter teeth you get veneers or braces right? Not anymore! Long gone are the days where, unless you were prepared to live with a mouthful of metal, you were stuck with crooked teeth and an unsightly smile for life. Dr Roger Tiang, an Auckland dentist with special interests in cosmetic dentistry and orthodontics, explains there are now a whole lot more options for enhancing your smile without the cost and damage to your teeth caused by porcelain veneers and without the social stigma of metal braces.

One of the latest innovations in straightening teeth is Invisalign, a method using clear removable aligners. Invisalign can be used to treat a wide range of dental issues including crowded, over-lapping, twisted and

gappy teeth. As well as being barely visible, Invisalign can be removed to allow normal brushing and flossing, and for those special occasions. It is the most rapidly growing orthodontic treatment in the world having been used on over 1 million people already, showing how popular and effective it is. Dr Tiang is recognised by Invisalign as New Zealand's first Platinum Provider for the considerable experience he has developed using this straightening technique.

"Aligning your teeth can add youthfulness to your face. The angle of your teeth can make them seem lighter or darker.

Did you know we can realign your teeth to make your lips appear fuller, reducing the need for surgical or injectable enhancements? You can even change the shape of your face and jaw," he explains.

Some other things we do such as going to the gym or spa treatments provide temporary results and need to be repeated to maintain the effect. Straightening your teeth is an investment which gives long term if not permanent results making the costs quite low if you think about how long they should last. With the possibility of achieving all this without traditional metal braces maybe 2010 is the new year you can get that new smile you've always wanted.



SMILE: Research has proven that the first thing people look at when meeting someone is their teeth

To find out what your best options are for a fabulous smile you can contact Dr Roger Tiang at Downtown Dental.

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www.straightteeth.co.nz

— Supplied Editorial