

# WHEN I SEE YOU *smile...*

*Cosmetic dentistry, multi-skilled toothpaste, invisible braces ... get your celeb grin now.*

**E**ven though I have a fairly straight set of chompers, I've always marvelled (and envied) the pearly white, picture-perfect teeth of A-listers. Sienna Miller has a set that I'm sure has the power to blind people. Fortunately, for us non-celebs, a batch of techniques have opened up the door of possibility for those whose teeth could use a little work. To give yours a Hollywood makeover, all you need is the help of a good cosmetic dentist. Auckland cosmetic dentist Dr. Roger Tiang gave us the lowdown on two of the most popular techniques used these days to get that much-wanted perfect set of teeth.

## ● Porcelain Veneers

**What is it?** A thin shell made from dental porcelain which gets shaped over your existing tooth.

### Advantages:

- Teeth are straighter and whiter almost immediately.
- Porcelain veneers are very durable, stain resistant, glossy and smooth and have a life-like appearance.
- Real teeth have a variety of shades, yellower at the gum and more translucent at the biting edge. You can choose the shade/tone of the veneers so they look more natural.
- You can try out the veneers prior to cementing them in and, if necessary, bring them back for adjustments.

### Disadvantage:

- It's costly – around \$15,000 to \$20,000 for 10 teeth.
- You are putting a lot of faith in the dental ceramist to get the result you want, so do your research into where you choose to get your new smile from.

## ● Composite Bonding

**What is it?** Similar to veneers but rather than applying dental porcelain, a modern white filling material known as composite resin filling is used to achieve similar results.

### Advantages:

- The cost is up to 40 per cent less than porcelain veneers.
- They are much easier to repair and touch up than porcelain veneers.
- Less tooth prep is needed which means less drilling (sometimes none at all).
- Bonding can be done a lot quicker – in one or two visits, you can expect to have your teeth looking brand new.

### Disadvantages:

- Once again, you are relying on the skill of the cosmetic dentist, so do your homework.
- There is a tendency for the composite bonding to lose its gloss over time which means occasional buffing is required to restore the bonding to its original appearance.



Sienna Miller

## Advice

Seek someone who is trained in cosmetic dentistry and has experience in both of these procedures so that you can decide on which one is best for you. Ask to see examples of their work and even ask if they can simulate an image of the final result. It may

cost an extra fee, but will be well worth it. Lastly, try and give them as much info as possible about how you want the end result to look like.

**For more information, call Dr Roger Tiang on (09) 302 7066, or visit [stunningsmiles.co.nz](http://stunningsmiles.co.nz)**



# No more train tracks!

**T**he idea of wearing braces past your teens is pretty horrific. I remember my friends at school that had them always seemed to be uncomfortable and had to be careful not to catch their lips on the sharp metal that protruded. And then there was the appearance side of them – there really was no way to hide braces and so the likely event would be that people simply stopped smiling. Luckily, there's an alternative to braces – Invisalign, a pain-free, simple and very effective way to achieve super-straight teeth and the best part about them is they are almost invisible!

**What is Invisalign?** A virtually invisible, thin mouthguard-like aligner that gradually changes the position of teeth. Aligners are changed every two weeks to ensure teeth continue to move correctly. They can also be removed when you eat, meaning you don't have to worry about getting food caught in your teeth.  
**How long does it take?** The average treatment

time for Invisalign is 12 months. However, results can sometimes be seen in as little as eight weeks. You can even see the final outcome using a computer-generated 3D simulation before committing to the treatment.

**What can it fix?** There are several reasons why people may require straight teeth, which range from aesthetic to reconstructive. Invisalign works for straightening teeth, improving appearance and also reducing overbite and crowding. It can also contribute to the reduction of gum disease and improve oral hygiene.

**How much?** This cost obviously varies, but simple cases can cost less than \$5,000 while complex cases can go well over \$10,000. Once you have had a consultation, you will be able to get a ballpark figure of what it is going to cost. For more info, visit [invisalign.co.nz](http://invisalign.co.nz)



Vanessa Hudgens

Freida Pinto

## Whitening one-stop-shop

These kits and toothpastes will leave your teeth looking whiter in no time and all in the comfort of your own home!

1. Listerine Whitening Pre-Brush Rinse, \$11.99.
2. Model Co Star Smile Teeth Whitener + Lipstick in Lucy, \$56.
3. Plus White 5 Minute Speed Whitening System, \$29.95.
4. Bedazzled YT Express Tooth Whitening Gel, \$35.50.
5. Macleans Extreme Clean White, \$4.49.
6. BDazzled Professional Tooth Whitening System, \$150.

