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A close-up photograph of a person's mouth, showing a bright smile with white teeth. The image is overlaid with a purple gradient and a yellow border at the top and bottom. The text is prominently displayed in the upper half of the image.

How Much Does A Smile Cost?

Your Guide to That Perfect Smile

How Much Does A Smile Cost?

A lot apparently, and many think it is worth every penny. After all, a single dazzling smile can ignite a room, project an image of self-assurance, and boost personal esteem. If your smile is a source of great pride for you and delight for many, then dental cosmetics is what you need to get that magnificent smile you have always wanted.

With today's recent advances in techniques and materials, modern practitioners now have many alternatives in the creation of truly brilliant smiles. And *you*, the recipient of all this, also has a lot to choose from, including veneers, dental implants, teeth whitening, and so on.

In this article, you will learn more about these techniques and various others used in dental cosmetics, the advantages of each as well as the risks involved because indeed, beauty has a price and it is up to you whether you are willing to pay it.

Finding a Cosmetic Dentist

Before discussing the various procedures involved in dental cosmetics, there is a more pressing issue that you might want to be answered first and that is how to find a cosmetic dentist. Indeed, this is one of the most important considerations in dental cosmetics because a highly skilled cosmetic dentist can mean the difference between getting the smile you've always wanted and a serious disappointment.

So how do you find one?

There are many factors to consider, not least of which is the cosmetic dentist's credentials, including continuing education. Experience working as a cosmetic dentist and doing many of the procedures you want performed is also important.

Start by asking family members and friends who has had dental cosmetics. Ask them who they chose, why they chose them, and if they were happy with the results.

If none of your friends or family has undergone any dental cosmetic procedures, your doctor may be able to recommend someone. You may also check with an accrediting organization, like the American Society of Dental Aesthetics.

Still, if your search garners no results, you may resort to directories, commercials, websites and advertising. Dental cosmetics is a highly competitive field so there will certainly be lots of dentists who advertise their practice.

Next, verify the cosmetic dentist's qualifications. You can do this by checking with the appropriate dental licensing board. There is one in every state and the board can provide you information that would tell you whether the dentist has been licensed and whether disciplinary action has been taken against him.

In addition, you can also check with the clerk of the county or circuit court in your area to see if there has been any medical malpractice suits filed against the dentist. Although a medical malpractice suit does not really mean that there is a problem but two or three of medical malpractice suits may be considered as warning signs.

After you have made your choice on which cosmetic dentist to work with, you are now ready to take on the many methods and procedures used to get that great smile you want. Below are some of the most common dental cosmetic procedures currently in use:

Teeth Whitening

How white can your teeth become?

This is probably the most common question that people ask. The answer, however, is very subjective. Some teeth whitening procedures would be very effective on certain types of teeth discoloration while others are not.

In the end, it all depends on the shade or discoloration of the teeth and for that, there is not even one standard system used in the dental field.

Cosmetic dentists, however, use the Vita Shade Guide to determine the four basic shade ranges:

- Reddish brown
- Reddish yellow
- Gray
- Reddish gray

The ultimate aim of teeth whitening procedures is to get optimum whiteness while still keeping the teeth look natural. The process can be done entirely in the cosmetic dentist's office or it can be partially performed in the dentist's office and partially at home, using the materials such as a custom mouth tray provided by the dentist.

In any case, bleach is “painted” on the teeth and kept in place by the mouth tray which the patient must wear for a period of two to four hours twice daily. It may require several bleaching sessions before the results are apparent.

How long does the teeth whitening last?

It should be noted that the results of this particular dental cosmetic procedure is not permanent. After a year or more, depending on personal habits, the results could wear off and you may need to go to a cosmetic dentist again for another bleaching session.

How much does teeth whitening per session cost?

The standard fee for teeth whitening and teeth bleaching procedures is about \$500 in most cases. However, the cost may vary depending upon the area of the country you live in. The price may also depend on the type of teeth whitening you undergo. Laser whitening, for instance, can cost up to \$1000.

Veneers

Unlike teeth whitening, tooth veneers can be used to correct *both* color and shape problems. There are two kinds:

- Composite veneers
- Porcelain veneers

In dental cosmetics, tooth veneer is the process by which veneers, either porcelain or plastic, are placed over teeth that are either too small, too big, or have uneven surfaces. They are often used as alternatives to crowns. However,

unlike crowns, veneers do not require the dentist to remove much of the tooth in most cases.

How are veneers made?

Veneers are created from an impression taken in your cosmetic dentist's office. The custom veneer is then glued directly onto your tooth.

However, if this is your first time getting a veneer, you may want to ask your dentist that you initially want to "try in" your veneers with temporary cement instead of a permanent attachment. This way, you can check to see how your veneers will look in natural light in addition to office light.

If you are satisfied, then you may try the permanent veneers that your dentist made with the proper adjustments and changes made while you were trying the temporary veneers.

What are its advantages?

Veneers are less costly than crowns. In addition, since tooth removal is not always required, it is often less invasive. Tooth veneers will not stain either, making the veneers a very popular dental cosmetic procedure for those seeking a great smile without worry of them changing color any time soon (tooth veneers can last up to fifteen years).

Dental Implants

If your particular problem has something to do with missing teeth, then one of the best options you have is dental implants. These are fixtures of titanium surgically screwed into your jaw bone to anchor a naturally-appearing false tooth

or a set of false teeth. The good thing about dental implants is that they are not only used to replace one missing tooth but may also be effective on people who have lost most, if not all, of their teeth.

However, the success rate of this particular type of dental cosmetics varies from person to person. Often, whether or not dental implants are effective depends on where the implants are placed and for what purpose.

Who may get dental implants?

The only requirement for dental implants is that you have enough bone in the area of the missing tooth. The bone will serve as the anchor for the implants. So as long as you have that requirement, then the procedure could produce some terrific results.

If you do not have enough bone for the procedure, however, you may need to have a bone graft done. Once the dental implants are attached, they will last a lifetime. But the same cannot be said about the crowns on top. These typically last anywhere from ten to fifteen years.

How is the procedure done?

The procedure is surgical. The dental implants will be surgically placed in your jaw bone, thus, requiring a three to six month healing period. During this time, the bone grows in and around the titanium implant, creating a very strong support for when the implant is restored and the missing tooth or teeth replaced.

It will take some time before the implant is ready or before the healing is completed, during which time you may have to go for two to three weeks without your dentures. Only after your implant is “taken” will the false but natural-looking crown be placed on the implant for that great-looking smile.

What happens when the procedure does not work?

Dental implants may be rejected. If this happens, cosmetic dentists usually replace the rejected implants with a new set, only slightly larger in size. The rejection or failure rate of dental implants is minimal, only 1-2% of all implant procedures.

How much does it cost?

In addition to being generally invasive, dental implants are one of the more costly dental cosmetic procedures available. It will need an entire team of professionals to create that needed long-lasting great smile, so it requires more effort on the part of the cosmetic dentist as well.

Basically, a dental implant will cost around \$1,250 to \$3,000. Depending on your circumstances, there may be additional costs, such as posterior mandible, bone regeneration, sinus elevation, and wide diameter or narrow diameter. All things considered, the cost of dental implants can quickly escalate to as much as \$15,000 to \$30,000.

There are several more dental cosmetic procedures available. In many cases, a cosmetic dentist may even implement a combination of several procedures to give you that perfect smile.

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