

## **The second in a series of articles on cosmetic dentistry featuring Dr Jane Butterworth of Higher Lane Dental Practice, Lymm, Cheshire**

The date is set; the church booked, the reception arranged, the invitations sent and the flowers ordered. The rings chosen, the dress finished and the suits reserved at the tailors. The nails, the hair, and the make-up... the list goes on preparing for that special day

### **Something missing?**

How many of you would include the dentist on your wedding checklist?

It will come as no surprise to some that pre-wedding dental treatments are becoming more of a priority as Dr Jane Butterworth explains.

Having been consulted on many occasions by brides and grooms up to 18 months prior to their wedding day it has become clear to me that individuals perhaps for the first time ever begin to focus on themselves from a visual perspective in preparation for the big day. Certainly the thought of wedding photographs provide the prime incentive as is so often brought to my attention during our first meeting."

Jane went on to say "Ultimately any form of cosmetic treatment in dentistry is primarily dependent on the amount of time made available to your dentist. Ideally to ensure optimum results you should consult your dentist at least a year prior to your wedding, six months is adequate but even a month can still provide some options for improvement."

In her experience the most common request is a hygiene appointment for stain removal caused by tea, coffee, wine etc. This is a relatively inexpensive procedure and can be arranged a few days prior to the big day.

Another big favourite is tooth whitening. This can be achieved either at the practice or at home depending on time and finances available. Chair side tooth-whitening can take anything from one hour to achieve a reasonable colour

improvement. The home treatment is more gradual and can be completed in 10-14 days. Obviously not everybody is a suitable candidate for tooth whitening as some patients have teeth crowned or veneered which do not whiten with this procedure.

For those patients where tooth-whitening procedures are unsuitable, what are their options? "They may wish to consider veneers. This can give an instant lift in appearance but can be dependent on the background colour (i.e. the tooth colour itself)."

"Veneers are thin, semi-translucent laminates made from porcelain or composite and are permanently bonded to the front of the tooth surface. Veneers together with composite bonding can be used to correct problems such as, closing spaces between teeth, repairing broken or chipped teeth, and straightening crooked or misshapen teeth. Veneering procedures are usually completed in two visits.