

Dr. Elisa Mello & Dr. Ramin Tabib's

# NYC SMILE DESIGN update



Produced for the Patients of NYC Smile Design

Summer 2004

## Smile Makeovers By Drs. Tabib & Mello

Patricia came to us dissatisfied with her smile. She was always told that she looks like Sharon Stone but never felt she could smile like her. Patricia had two caps that were placed years back that looked opaque and artificial. She also had bondings placed on the adjacent teeth that never seemed to blend in. Basically all her teeth looked un-proportional and asymmetric, with so many different shades. In addition her 2 front teeth were too large for her face. Pat's smile makeover consisted of a combination of porcelain laminate's and porcelain caps also pat's gum line was aligned properly with laser recontouring. This was a complicated makeover due to the combination of caps and laminates.



## Invisalign®

The invisible way to straighten teeth!

Orthodontics is the branch of dentistry that corrects teeth that are crowded, protruding, or too far apart. Until recently, orthodontic treatment was focused mainly on teenagers, and the preferred method was metal train-track braces. Today, about 20% of orthodontic patients is between twenty and sixty years of age.

Dental researchers have produced a revolutionary new technique that has brightened the smiles of thousands of patients. The system is called *Invisalign*®, and it's the invisible way to straighten

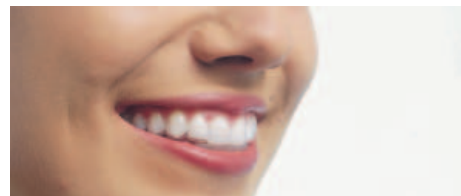
teeth using a series of custom-made, nearly undetectable aligners.

Here's how it works. During consultation, we decide if Invisalign is right for you. We create a treatment plan, take an impression of your teeth, and submit it to Invisalign who translates our instructions into a series of medical-grade plastic aligners. Each one of your comfortable aligners is precisely calibrated and manufactured to fit snugly over your teeth and gently move them through every stage of your treatment plan. No more metal mouth

means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because Invisalign aligners are removable, you can still enjoy your favorite foods and smile without holding back. With Invisalign, there's nothing to avoid

and nothing to hide!

We welcome you to call our office to ask questions, or to arrange a consultation to discover how Invisalign can help give you the smile you've always wanted!



### Beautify!

Nature did it first  
...you can make  
it better!  
Orthodontics may  
help you achieve  
your best smile!

Courtesy of Invisalign®



Thank you for all your referrals - we appreciate them!

Courtesy of Invisalign®

# Confidence, Comfort, & Natural Good Looks

Dental implants can help you smile more!



Dental implants can help you look better, eat better, and feel better. More than a million have been successfully placed in North America. That's a lot of smiles!

If you've been considering implants, here are a few of the most commonly asked questions.

**What is an implant?** An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is prepared to accept the root which becomes part of your jawbone.

**How do I know if implants are for me?** Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial

denture, or provide support to make a complete denture more secure and comfortable.

**Will my implants look natural?**

Completely natural. You can eat, speak, and socialize with ease.

**Are implants safe?** Definitely. Implants have been used for about 35 years, and patients can expect a 98% success rate.

**Do implants require special after-care?** No. They require the same home care and regular dental

visits as natural teeth.

**Are age and health important factors?** Age is not a factor. Most people in good overall and oral health are excellent candidates for implants.

**How long will implants last?** Implants are designed to be permanent, and more than 90% last for twenty years or more.

## Do WOMEN Smile More Than MEN?



Yale researchers reviewed 186 research reports on gender differences and smiling. They found that women do smile more than men, but not by much. Each culture sets rules about appropriate behavior for men and women, and when both genders have relatively equal power or social roles, men and women smile about the same amount. Here are some interesting findings.

- The degree of difference in smile rate between men and women is greater in the United States and Canada than in England or Australia.
- Men and women smile most similarly when they think no one is watching, and when they don't need to conform to social expectations.
- When there is tension in the air, women more often than men try to soothe feelings and restore harmony with a smile.

## Are You Doing What You Can To Encourage A Youthful Smile?

If you can answer "True" to most of these statements, you are well on the way to maintaining your beautiful, youthful, healthy smile.

- > I have no nicotine stains from smoking.  T  F
- > I try to limit my consumption of tea, coffee, and wine.  T  F
- > I try to avoid regularly snacking on sweets.  T  F
- > I try to maintain a healthy diet high in fiber and nutrients.  T  F
- > I drink water daily instead of relying on soft drinks.  T  F
- > I brush my teeth at least twice a day.  T  F
- > I floss every day.  T  F
- > I keep my regularly scheduled recall appointments.  T  F

## The Esthetics Of Veneers



It's no accident that cosmetic **VENEERS** look so natural that they reflect light like natural tooth enamel while masking flaws and rejuvenating smiles.

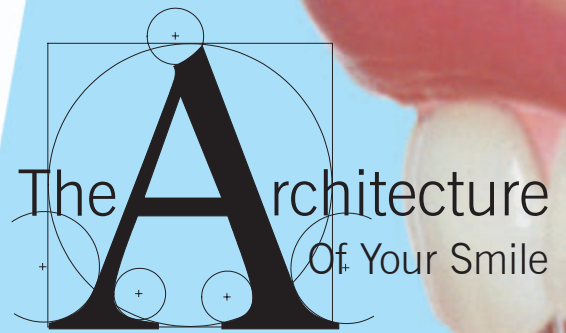
Veneers are very strong, thin, porcelain shells that are permanently bonded to your natural teeth. They can be used to repair major chips and cover unattractive stains and fillings. Veneers can also be shaped to close gaps between teeth and, as an

alternative to braces, correct the appearance of crowded or overlapped teeth.

All of this takes quite a bit of artistry, and so we work hand-in-hand with skilled lab technicians to ensure your new smile is natural looking. There are three indices which determine a perfect match for your smile: hue, value, and chroma. The color or *hue* must match, but so must *value* or lightness, and *chroma* which is the saturation or intensity of color.



Old resin bonding updated with veneers



## The Architecture Of Your Smile

### More than a facade

Millions of people today are looking great thanks to cosmetic dentistry's ability to rejuvenate smiles with translucent veneers, natural-looking crowns, metal-free bridges, and dental implants.

As beautiful and as natural-looking as these restorations are, it's their architecture - the physical properties of the materials and the biomechanics that go into the design - that make them so realistic, safe, and long-lasting. Physical properties include the material's biocompatibility, resistance to shrinkage and expansion, and its ability to tolerate heat and cold. Biomechanical considerations involve the ability to withstand the load-bearing stresses of speaking and chewing.

Please ask us about the new restoration options for your smile. We can help you make the best cosmetic dental choices for your needs.

Not only that, but natural teeth emit fluorescence under ultraviolet rays. Since natural enamel is translucent, it allows some of the inner light to shine through. Building in this translucence is an important factor in creating your natural-looking veneers.

Conspicuous chiclet-like teeth are a thing of the past. It takes artistry, skill, and modern technology to create the dramatic and lasting smile transformations that translucent, sculpted, cosmetic veneers offer.

# The Modern Standard

## Start smiling with white teeth

Ever notice how the bad guys in movies always have stained, yellow teeth while the heroes have a glamorous, gleaming set? White teeth have long symbolized youth, vitality, wealth, and power – on screen and in real life.

Why are we so conscious of other people's smiles as well as our own? Perhaps because it's so easy to have an esthetically pleasing, beautiful smile, it has become the modern standard. Teeth whitening is one of the simplest, most convenient, and most affordable cosmetic dental treatments.

**What shade do your teeth match on this color scale?  
Professional whitening may brighten your smile up to eight shades!**



All teeth naturally dim somewhat over time. Normal wear and tear, staining agents like coffee, tea, and tobacco, medications, and even genetics can all contribute to dulling your smile. Whitening involves the lightening of dental discoloration by the application of a whitening agent. Dentist-supervised tooth whitening is the safest and most reliable solution that yields excellent results.

A dentist-supervised at-home whitening kit offers excellent results in the privacy of your own home. You control your time investment by choosing whether to go a little



whiter... or a lot whiter. This system usually takes about two weeks to create your personal best effect. Of course, we're always available to answer your questions.

Be sure to let us know if you're interested in tooth whitening. Imagine ... within two weeks, your smile could be the brightest and whitest it has ever been!

## office information

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### Office Hours

Mon & Tue 10:00 am – 6:00 pm  
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Fri & Sat by special arrangement only

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### Office Staff

Christine ..... Office Manager/  
Financial Coordinator  
Yael ..... Dental Assistant  
Stephanie ..... Dental Assistant

Enhanced Patient Financing

CareCredit

Dental Fee Plan



## Overcome Fearfulness

### Look & feel great

As many as 145 million North Americans avoid dental visits ... but that's changing. According to the American Dental Association, there's been a relative decline in dental fear compared to an increase in people's general anxiety levels.

We are trained to help put people at ease with a welcoming atmosphere, relaxed environment, and comfortable non-surgical procedures. And it doesn't matter what your age or how long it's been since your last dental visit ... you can still experience a white, attractive smile; non-surgical cosmetic and restorative treatments; healthy gums and fresh breath; and comfortable dental appliances.

We know we can make dentistry less anxious for you. Please call us today for a consultation.

## Accept Our Gratitude...

### For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

