

Dr. Elisa Mello & Dr. Ramin Tabib's



update



Produced for the Patients of NYC Smile Design

Spring 2004

from the dentists

Spring Into Action!

Keep your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

*Dr. Elisa Mello &
Dr. Ramin Tabib*

turn the page

7 Hot Smile Solutions!

More reasons to quit smoking now

Take your healthy smile on vacation

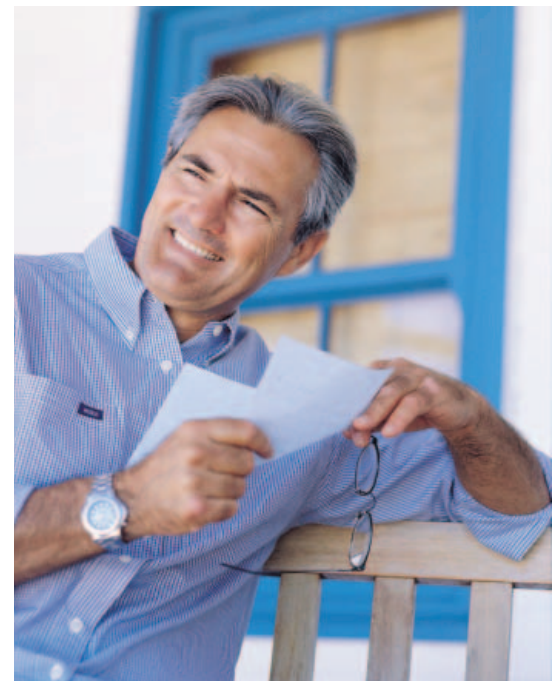
Restoring Your Teeth

Crowns & bridges

At some point in our adult lives, many of us will lose a tooth to injury, decay, or gum disease. When that happens, the forces at work in your mouth can be significantly altered. Chewing force in the back shifts to the front or opposite side, and these teeth can flare out, causing unwanted spaces and changing the very structure of your smile.

Teeth adjacent to the missing tooth may drift out of position, creating a domino effect that can seriously alter the look of your face. When teeth are not replaced, wrinkles and lines can form causing premature and unnecessary ageing.

We can restore and even improve a smile using a combination of crowns and bridges to support or even replace lost teeth. A crown is a restoration that covers or caps a tooth to protect it and restore it to its normal shape and size while strengthening and improving the appearance of your tooth.



A bridge is used to replace one or more missing teeth. The bridge spans the gap left by the missing tooth and is usually anchored to the two existing teeth on either side of the gap. Bridges can be made of gold, porcelain-faced gold, or all porcelain depending on

structural requirements and where they'll show up in your smile.

If you're having a problem with one or more of your teeth, we'll help you decide which treatment is best to restore your teeth to their normal function.

Heading

We can restore and even improve a smile using a combination of crowns and bridges to support or even replace lost teeth.



Thank you for all your referrals - we appreciate them!

Beauty & Perception

The word “esthetics” comes from the Greek *aisthetis* which means perception through the senses. We judge beauty with all of our senses, and appearance, in particular, with our eyes.

You may not have noticed the slight but significant facial differences that contribute to our perception of masculinity and femininity. In dentistry, the biting edges of men’s teeth are usually straight while women’s tend to be curved. The second incisors (teeth on either side of the front teeth) are wider on men and narrower on women. The eye-teeth tend to be more dominant in males, and male tooth enamel tends to be thinner, affecting color.

Taking these differences into account is just one of the ways that we help you to achieve a balanced, natural smile that matches your perceived ideal.

Oral Health Tips For Jet Setters

You can take your good habits with you!

Whether for business or pleasure, an overnight or extended stay, many people travel year-round. Thanks to the global village, even business travel can take us to exotic locales.

In one study, 91% of the participants continued with their home oral care routine while they were traveling. Excellent news. Brushing, flossing, and rinsing are still the best strategy to prevent periodontal disease, the leading cause of tooth loss among adults, and a contributor to systemic diseases like diabetes, osteoarthritis, and cardiovascular disease.

Here are some travel hints – all are valuable whether you’re at home or away.



Crooked

...due to shifting and crowding. Adults can often avoid braces with **bonding** and **veneers**, restoring alignment, balance, and symmetry.

Smile Concern.

Shape

Veneers reshape teeth and are matched to your tooth color.

Discolored

...due to silver amalgam fillings. Modern **composite** or **white filling materials** that match your natural tooth color are virtually invisible.

Stains

...due to age, smoking, coffee, tea, and red wine. **Whitening** can safely and comfortably brighten teeth. **Bonding** with a tooth-colored plastic, or applying porcelain **veneers** can whiten while hiding flaws and improving tooth shape.





Your LIPS Speak Volumes

Your lips frame your teeth, drawing attention to, and even enhancing, your smile. That may be why women who don't usually wear makeup often wear lipstick. Men are also paying attention to their lips. In one study, 30% of men used lip moisturizers at least once daily.

Lip cosmetics may enhance the frame, but cosmetic dentistry can complete the picture. Non-surgical dental techniques like bonding and veneers can actually plump out tissues and reduce lines and fine wrinkles for women *and* men, adding the appearance of volume to lips. Teeth whitening can safely add sparkle and glamor to any smile.

So whatever your gender, consider enhancing your smile!



Say Goodbye To Wrinkles

Great news! If you quit smoking, you can avoid premature wrinkling.

Science has long known that long-term smoking causes wrinkles to appear earlier on smokers' faces than non-smokers', and earlier on women's faces than men's.

Research shows that **the gene that is implicated in wrinkles from sun exposure is highly active in smokers and silent in non-smokers.**

The gene is involved in destroying collagen, the structural protein that gives skin its elasticity. Everyone should wear sunscreen, but smokers in particular because of this highly active gene. Smoking can also damage skin

through the dehydrating effects of nicotine and through constriction of the skin's vascular structure.

There are other esthetic reasons to quit smoking. The smell gets in your hair. **Smoking stains teeth and contributes to bad breath.** But most importantly, and much beyond esthetics, smoking has been **linked to heart disease, periodontal disease, and cancers, including oral cancer.**

We provide a **free oral cancer examination** as part of your regular dental appointment. And **we can remove yellow nicotine stains from your teeth.** But only *you* can stop smoking.

Smile Solution!



Missing

Implants have become the treatment of choice for millions of people who have replaced teeth while actually strengthening bone. **Crown and bridge** treatment can close gaps by cementing a replacement tooth or teeth between two crowns that cover existing teeth.

Chips & Cracks

Bonding and **veneers** can hide these flaws and strengthen your teeth.



Gummy

Gum recontouring can show the natural length and beauty of your teeth to give you a natural-looking, balanced smile.

Cosmetic Veneers

Create that perfect smile

Veneers recreate your smile by concealing damage or defects on the fronts and sides of your teeth. They can correct the appearance of stains, chips, breaks and cracks, oddly shaped teeth, permanently discolored teeth and unsightly fillings.

What are they? Veneers are very thin but strong, custom-made shells that are permanently bonded to your teeth. They are usually made of porcelain, come in just about any shape and size and are made of a very

durable material that actually strengthens your teeth.

What are the advantages? Only a small amount of natural tooth, if any, needs to be removed to attach a veneer. The end result gives the tooth a healthy, natural look!

How are they prepared? Veneers are attached directly to your existing teeth. We make an impression or replica of the tooth that is being treated and use the impression as a model to custom design the veneer. During your

veneering appointment, your teeth are conditioned with a mild solution. A tooth-colored glue helps adhere the veneer to your natural tooth and is hardened with a high-intensity light.

With proper maintenance, veneers can



last for years and in some ways they are even better than human enamel. So call our office today because, in the end, even a subtle smile enhancement using veneers can make an exceptional difference in the way you look and feel!

Veneers...

can restore teeth to their original color, shape, and function ... and do it beautifully! Call us for your consultation!



office information

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Dental Fee Plan™



New Patients Welcome

Our doors are always open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

Red Carpet, White Teeth

You're the star!

The red carpet Oscar procession is filled with flashy and brilliant pearlys. Just more Hollywood magic? Actually, no. The answer may be as simple as a properly supervised teeth whitening procedure.

New teeth whitening materials have been developed that make whitening simple, gentle, and inexpensive. Over-the-counter whiteners are available, but we strongly recommend that your whitening program be done under our supervision. If improperly applied, whitening agents can do serious damage to your teeth and gums.

If you think your smile is a good candidate for some brightening up, call us! After a thorough oral examination, we will suggest either in-office treatment or a customized at-home system supervised by us. Let the bright lights shine!

