

The AA of Cosmetic Dentistry: Why?

Why do we talk so much about cosmetic or aesthetic dentistry?

Statistics show that if we reach our 50th birthday with no cancer or heart disease, then our life span is estimated to be well into our nineties. There will be a surge of people becoming octarians.

It is only “normal” that our body parts will wear due to the demand we place on ourselves and enjoying the opportunities that present themselves. We redecorate our homes after living in them for several decades, to freshen up our environment and bring in new colours and designs. It is uplifting.

Science has now allowed us to look at smiles differently than ever before. We have added a new spectrum of lighter shades of tooth colour that reflects light, has energy, and makes us feel rejuvenated and young.

We have created an acceptance of beauty that encompasses full lips and smiles, balanced faces, and restoring chipped, cracked, and crowded teeth. We look at how we can feel good about ourselves, celebrate our age, and maintain one of the most important parts of our body, as this is the area from which we communicate, speak, and laugh. We need our teeth to eat and digest our food. Our teeth support our skin so that it “drapes” over the solid foundation. We can have many collagen injections and facial reconstructions; however, if our teeth are not proportioned to our lips and cheeks, then our skin will sag more easily. Teeth are harder than bone. Establishing a firm foundation is a wonderful framework for our future.