

SMILE INNOVATIONS

THE FUTURE OF COSMETIC DENTISTRY IS HERE. DEVELOPMENTS WITHIN THE DENTAL INDUSTRY, LIKE ONE-DAY SMILE MAKEOVERS AND SOLAR TOOTH BLEACHING, HAVE TAKEN THE CRINGE FACTOR OUT OF VISITING YOUR DENTIST, MAKING COSMETIC AND ROUTINE PROCEDURES MORE ACCESSIBLE, COMFORTABLE AND CONVENIENT THAN EVER BEFORE.

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VENEERS:

Customized in one day

"Veneers can completely change the way a person's smile looks, covering discoloration, closing spaces, straightening misalignment, hiding stains and lengthening teeth, making you look younger immediately. The results are amazing," says New York City cosmetic dentist Irwin Smigel, DDS. But one major downside to veneers is that it's a long, drawn out process. Many dentists are now making restorations themselves in private on-site dental labs. The main benefit to the patient is that the total treatment time is condensed—in some cases, the entire procedure can be done in one day as opposed to several weeks. "We are in an era of dentistry right now that is rapidly advancing," says Dr. Smigel.

INSIDE tip

"Most people think it's impossible to stain and then whiten artificial restorations like crowns and veneers, but this isn't true," says Dr. Smigel. "If you keep pouring coffee into a porcelain cup, it will discolor over time. The same theory applies to porcelain dental work, as well as bonding. While whitening toothpastes can't make your restorations lighter than they were originally created, they can return them to their starting shade."



A TOOTHBRUSH YOU CAN CHEW

Advances in dentistry have led to a new kind of toothbrush called **Fuzzy Brush**—a single-use chewable mini toothbrush. The FDA-approved brush cleans teeth without water or toothpaste: Just chew it like a piece of gum for fresher breath. The brushing motion of the bristles naturally polishes teeth, while xylitol—a sweet-tasting cavity and plaque fighter—freshens breath and helps keep bacteria at bay. Although the brushes are great for a quick pick-me-up, they are not meant to replace normal brushing and flossing. *Starting at \$8 for a pack of 15, fuzzybrush.com*