

3 Youthful **SECRETS**

Your Plastic Surgeon
Doesn't Want
You to Know



Custom 
Dental

3 Secrets to Appear 10 Years Younger without Surgery

Can you imagine what your friends would say if you magically appeared 10 years younger? What about those class reunions? Alexander the Great in 300 BC, Ponce de León in the 16th Century, and millions of men and women around the world today are still searching for the “Fountain of Youth”. What if you had a magical Aladdin's lamp and you could make any wish? Would it be to find that fountain? Well dream no longer. The information you are about to read will reveal **3** little-known secrets on how to appear 10 years younger without surgery.

Our doctors have had extensive training in creating healthier, happier smiles. They relentlessly continues to stay on the cutting edge of the dental profession and has a long-term commitment to his community.

Schedule an appointment and your initial laser exam, digital x-ray and private consultation will be absolutely FREE. This is a \$206.00 SAVINGS

Call

405-363-0336

and mention the 3 Secrets offer

Our Doctors' 110% Satisfaction Guarantee

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1. Whiten your teeth

It goes without saying a whiter smile is a more pleasant smile. When you study models, TV super stars, or any attractive person, they all support different heights, body shapes, and skin coloring; however, the one thing they all have in common is a shining white smile.

Your teeth are really getting darker and there are two reasons why.

First, the enamel on your teeth is microscopically porous. This porosity varies from person to person. The tiny pores in your enamel absorb the stains from our food and drinks, much like a sponge. Over the years those microscopic pores take on a very dark stain.

Unfortunately, toothpaste and even the dental polish used to clean your teeth at dental appointments cannot clean out those pores. So, as we get older the pores get darker, and hence our teeth look darker.

The second reason your teeth get darker with age is simply wear and tear. The tooth is made up of three layers. The outer, whiter, layer called the enamel. The darker layer under the enamel is the dentin layer. And the core or center of the tooth is called the pulpal area of the tooth, which is made up of blood vessels and nerve bundles. This area is usually reddish-pink in color.

As you age the enamel layer of your tooth is gradually eroded by chewing and tooth brushing and becomes thinner. As it becomes thinner, the inner darker dentin becomes more visible much like wearing the white paint off your wall and seeing the wood color coming through. Regular dental cleanings can lighten your teeth somewhat; however, the dark pores and thin enamel, caused by aging are not reversed. The good news is there are two techniques you can utilize to whiten your teeth and turn back the hands of time.

The first technique is teeth whitening. In this procedure your teeth are exposed to high concentrations of hydrogen peroxide for an extended period of time. The whitening gel is usually held close to the teeth with a custom tray.

There are many over-the-counter whitening gels; however, their results are usually disappointing because the hydrogen peroxide concentration of the gel is lower and there are no good methods of keeping the gel on the teeth without dilution for any appreciable time.



Before



After

With professional teeth whitening procedures, many people can experience younger, brighter smiles, although there are three drawbacks.

The first shortcoming of teeth whitening is getting the whiteness you desire. Most whitening procedures can measurably remove the stains within the enamel pores and surfaces; however, if the enamel is thin and the underlying dentin is dark bringing back a youthful smile with whitening alone is difficult if not impossible.

The next small, but sometimes not understood, shortfall is maintenance. Although the whitening procedure can remove stains from the enamel, it cannot prevent them. After a period of time and consumption of red wine and coffee; you are back to your old dark teeth. It is not uncommon to need touch up whitening every 3 to 6 months. This is usually not a problem unless you are one of the unfortunate few who experience the next and final challenge created by teeth whitening, teeth sensitivity.

In the whitening process the teeth become dehydrated. Depending on the individual, this dehydration can make one's teeth quite sensitive for hours after the procedure. Cold foods, drinks, and even air can cause excruciating pain. When this happens, most elect to discontinue the whitening procedures. This leaves them either accepting compromised results or looking for other whitening solutions, which I will cover next.

Cosmetic smile straightening is another benefit to porcelain bonding. By adjusting the thickness and shapes of the porcelain the dentist can actually make crooked teeth look straight.



Before



After

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2. Straighten your teeth

Crooked teeth make you look older because they create unsightly spaces, staining in hard to clean areas, and irregular tooth

alignment in your smile line. The smile line varies from person to person based on facial profile and how big the smile; however, it usually involves 8-10 teeth on the top and 6-8 on the bottom. A youthful, attractive smile has a gently curving upward alignment on the top teeth and a straight appearance on the lower. If your youthful smile is being compromised, the good news is there are two dental techniques to rejuvenate a crooked tooth smile.

The first technique is straightening your teeth. Depending on your situation you can straighten your teeth by using regular braces, clear braces (the brackets holding the wires are clear), or invisible clear aligners (sets of clear splits that move your teeth. In some cases teeth can be straightened within 3 months.

If your teeth still do not have the desired youthful glow or if their surfaces have been irregularly worn; it is sometimes recommended to use a combination of straightening and porcelain bonding to receive the optimal results.

The second technique is cosmetic dentistry. Cosmetic dentistry typically uses a combination of porcelain bonding and cosmetic crowns to make teeth look whiter and straighter. We have already discussed porcelain bonding so I will take a minute to explain cosmetic crowns. To get a better understanding of cosmetic crowns, I want to take you back a bit in dental history.

Porcelain fused to metal crowns did not become available for dentistry until the 1960's. Although the porcelain fused to metal was the best at the time and were quite dependable, the underlying metal created two cosmetic setbacks. It was hard to make the tooth look life-like and frequently, over a period of time, the metal backing would create a dark gray halo at the gum line.

Within the last decade dental technology now allows dentists to place strong cosmetic crowns without metal. Now the technician can make the tooth look more life-like and the dark gum line halo is not a problem. Today there are several types of cosmetic crowns categorized by the materials they are made from. I will not get into

the details here; although a good cosmetic dentist is aware of what works best and where.

Although whiter, straighter teeth can turn back the hands of time, there is still a more subtle secret to maximizing your results. As a matter of fact it is so subtle, even dental professionals sometimes miss it. This secret has to do with the width and length of your teeth. If your teeth are too short or too long you look older.

Believe it or not, based on the shape of your face there is a perfect length-width ratio for every tooth in your head. When this ratio is off, an admirer is not sure what is going on but your smile does not look quite right. Shortening teeth is quite simple with cosmetic or reconstructive dentistry; however, teeth lengthening can be a bit more complicated.



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After

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3. Lengthening Your Teeth

There are two techniques to lengthening your teeth, but determining which to use becomes a true test in your clinician's skills. Before I reveal, which is the best to use and when, you need to know why teeth appear to be short.

The first and most simple to fix is when your gums simply cover too much of your tooth. When this is the case, your smile can be rejuvenated by removing the excess gum tissue. With the advent of laser technology this task can be accomplished simply and painlessly. However, if the reason your teeth look short is because you have ground them down over time; this is not the optimal solution and the second technique of teeth lengthening, reconstructive dentistry, should be considered.

Before I share what reconstructive dentistry is, let me ask, “Are you wondering why your lips are disappearing? Are you finding yourself treating those irritating chapped areas in the corners of your mouth more often? Are you noticing the lines from the corners of your mouth getting deeper and longer?” If this is happening to you and you are looking for the answer, it is 2 inches down and right between your eyes. That's right; over time the distance between your nose and chin may be getting shorter.

Why is that happening?

Over years of wear, enamel is lost on the chewing areas of your teeth. Some other factors causing the gradual collapse of your mouth can be tooth loss or the shifting of teeth as mentioned earlier. This collapse makes it necessary for you to close down further to get your teeth together. As we discussed before, you close your teeth together over 2,000 times per day just to swallow. When you do this day after day, year after year, the facial tissues between your nose and chin start to wrinkle like a cheap suit, and we all know what the wrinkles under your nose and around your mouth do about telling your age.

Reconstructive dentistry can not only replace, whiten and straighten your teeth, it can also re-establish that youthful distance between your nose and chin eliminating those nasty wrinkles and rejuvenating your lips. After taking careful measurements, the reconstructive clinician can determine the optimal nose-chin distance and lengthen the appropriate teeth to regain it. Depending on your situation, this can be accomplished with a few cosmetic crowns or as complex as lengthening every existing tooth. So, if you have ground away your enamel or your teeth have shifted, bringing your nose and chin closer together, reconstructive dentistry can make you say, "Good bye nagging wrinkles. Goodbye plastic surgeon." "Hello lips." "Youth is here to stay."





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