

DULY NOTED

WEDDING GUIDE

SPRING/SUMMER 2007

WEDDING PLANNER

What's Inside:

WEDDING IN ASSINIBOINE PARK

FRESH MAKE-UP STYLE

MMM...COOKIE FAVOURS

HIRING A LIVE BAND

FLORAL BOUQUET TRENDS

PLANNING GUIDES

Smile Checklist



Most people spend a lot of time and money planning all aspects of their big day, and yet forget one of the most essential parts – their smile!

There are many affordable options now that can help improve your smile.

AESTHETIC DENTISTRY

Unlike plastic surgery, cosmetic dentistry is not a major operation. Imagine coming in for an appointment or two and emerging with the smile you have always wanted.

TOOTH WHITENING

Now you can whiten your smile with treatments that lighten discolourations caused by coffee, cigarettes, etc.

For those in a hurry, the treatment can be completed in one visit or you can choose at-home treatments. Tooth whitening is an economical way to improve your smile. Consult your dentist prior to whitening to see if you are a good candidate.

Zoom-in office tooth whitening has been quite popular. There is now a third generation light called "advanced power" which actually produces very good results in one appointment.

Home whitening options are available that work well. Fitted trays are designed for the individual to hold the whitening solution around the teeth. Results typically take anywhere from 10-14 days.

BONDING

Bonding is sculpting individual teeth with a special tooth-like material that look like the real thing. Bonding is an affordable and painless way to repair many cosmetic flaws. A white filling material is used to change the shape and appearance of the teeth in a conservative manner. Their polishability, finish and texture will look like natural teeth.

TOOTH-COLOURED RESTORATIONS

We now have many ways to provide tooth-coloured restorations. With new techniques in adhesion dentistry, we can bond to teeth conservatively and improve their strength and appearance.

You may want to consider replacing your old silver fillings with white ones. When the size of a "filling" exceeds a certain proportion of the tooth, it is advisable to consider a tooth colored crown or "cap." Porcelain crowns look very natural and do not have a dark metal line.

You can also replace old metal crowns and bridges with metal-free restorations. Porcelain crowns reflect light with a natural healthy glow. Your new metal-free crowns, inlays and bridges will last longer than most fillings.

PORCELAIN VENEERS

Today we have some exciting biomaterials available that can give your smile a "lift" while maintaining vital tooth structure. Ultra-thin porcelain veneers can correct chipped or weakened teeth. No more gaps or embarrassing chips. Veneers return real strength to damaged teeth, while leaving them looking better than the originals. Veneers are custom made to fit over your natural teeth, with a finish more translucent to blend in with surrounding teeth.



Dr. Paresh Shah, DMD is in private practice in Winnipeg, with a primary focus on cosmetic, implant and restorative dentistry. He completed his dental degree at the University of Manitoba in 1991. Dr. Shah recently completed a proficiency certificate in Esthetic Dentistry at the University of Buffalo (2007) and has been a clinical mentor for the Level II Post Graduate Program in Esthetic Dentistry at the University of Minnesota since 2002.
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