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What Does Your Smile Say About You?



What does your smile say about you? Have you noticed that your pearly whites are not quite as pearly or white as they used to be? Beautiful white teeth are the cornerstones of a flawless smile. Teeth that are uniformly white appear healthier and more vibrant than teeth that are discolored.

Unfortunately, over time, teeth can lose some of their natural luster, particularly when they become dulled by such stubborn stains as those created by tea, coffee, tobacco, and soda. As we get older the enamel wears on our teeth and the darker dentine layer shows through. In all of these cases, even an otherwise beautiful smile can lose much of its warmth and charm.

That's the bad news.

The good news is that your smile can be made to look younger and more attractive and so will you!

Dental whitening or bleaching is a very simple way of turning back the years. Special gels are used which penetrate into the teeth and lighten them up. It is that simple! And it is safe.

The American Dental Association has endorsed it saying:

"Dentist-prescribed, home-applied bleaching made by a reputable manufacturer or used under the supervision of a dentist in a relatively short-term treatment duration is safe and recognized as most effective in lightening the color of teeth."



Before Whitening



After Whitening

Dental whitening is not for everyone however.

Yellow and brown teeth lighten much better than grey blue teeth. Crowns and fillings will not change color. There are a myriad of other factors to be considered. Your dentist can tell you if it will work for you.

Now that you have whitened what next?

Women: Wear red lipstick. Avoid coral and orange lipsticks which can make your teeth look yellow. Also choose dark lipstick colors with blue undertones to make your teeth appear whiter.

Wearing darker clothing will make your teeth seem whiter. White clothing can make your smile look appear dull.

Keep brushing regularly, and visit your dentist for cleanings at least twice a year. And try to avoid things that will stain your teeth.

Speak to you dentist, you too may be able to soon smile like a celebrity.