CONTENTS

Brilliant smiles are no longer just for the rich and famous 3
Teeth Whitening 4
Porcelain Veneers 5
Laser Gum Lift 6
Inlays and Onlays 7
Tooth Coloured Fillings 8
Crowns 9
Dental Implants 10
Complete Smile Makeover 11
Benefits of cosmetic dentistry 12
BRILLIANT SMILES ARE NO LONGER JUST FOR THE RICH AND FAMOUS.

At Distinctive Dental Care, we use high quality cosmetic dentistry treatments, progressive technology and knowledgeable dentists to help you to achieve your dental goals.

Do you find that you often cover your mouth? Or that you hold back from smiling because you don’t want people to see your teeth?

Your smile is the first thing people notice about you and a lot of our patients are, unfortunately, unhappy with their smiles. By utilising cutting edge technology and innovative techniques, the team at Distinctive Dental Care can treat a range of cosmetic issues, while also improving the function and health of your teeth.

Whether you want to brighten your smile, require gaps to be closed or a full tooth replacement, at Distinctive Dental Care your smile is our specialty.

What is cosmetic dentistry?

Traditional dentistry focuses on a patient’s oral hygiene and preventing, identifying and treating oral disease. Cosmetic dentistry, however, is a branch of dentistry that aims to improve the aesthetic appearance of the teeth, mouth and overall smile.

Recent technological advancements in dentistry have meant that cosmetic dentistry treatments are more affordable, durable and are now quicker than ever before.

“Your smile. Our passion.”
Teeth whitening is a cosmetic dental procedure that creates a safe, biochemical reaction on your teeth to break up the stains and dramatically lighten them up to eight shades whiter.

Distinctive Dental Care have sourced the highest quality, professional-grade teeth whitening products to create a refreshed and rejuvenated smile. If your teeth are dull, discoloured or are not as vibrant as they once were, we offer two different options to whiten your smile:

- In-office teeth whitening
- Take-home teeth whitening

**In-office teeth whitening**

If you have an hour spare, the dentists at Distinctive Dental Care can help you to achieve a whiter, brighter smile. A comprehensive check-up and teeth cleaning is performed prior to the whitening session to ensure the health and wellbeing of your teeth.

The whitening procedure begins with your gums and lips being covered to protect them from the whitening gel. The gel is then applied to the teeth to break up the discolouration and staining. The gel is applied every 15 minutes, for a total treatment of three rounds.

The dentists at Distinctive Dental Care use the highest concentration of whitening gel safely; this is the quickest and most effective tooth whitening option and offers fantastic results.

Distinctive Dental Care strives to offer the most efficient and cutting-edge whitening treatments, which is why we offer the progressive KöR Whitening Deep Bleaching™ system. This whitening treatment can help to remove more extensive or darker teeth staining.

**Take-home teeth whitening**

At Distinctive Dental Care, we can design a custom bleaching tray for you to take home, allowing you to whiten your teeth gradually and in your own time. This custom-made tray enables the correct amount of whitening gel to be used and protects your lips and gums from exposure.

An at home whitening session can be applied for 30 minutes, up to overnight. You can still achieve the same results as our in-office teeth whitening option; it will just take a little longer. Typically, another dental appointment will be scheduled two to three weeks in to your home teeth whitening regime to assess the progress.

Teeth whitening treatments are not a permanent procedure and results can last over a year, depending on your lifestyle.

“Be proud of your smile.”
PORCELAIN VENEERS

Porcelain veneers are a popular way to eliminate gaps in your smile, camouflage discoloured teeth and restore broken or chipped teeth. They are also the go-to for those wanting an instant ‘perfect’ smile.

Porcelain veneers are thin porcelain shells that are expertly designed and custom-made for each of your teeth. They are then meticulously adhered to the front of your prepared teeth to instantly enhance their appearance. The veneers are made of a strong, durable porcelain material that has translucent properties to look just like natural tooth enamel. This way, they will not look fake or disproportionate to your mouth.

Porcelain veneer treatment does require some preparation. Your dentist will shave a very slight amount of tooth enamel off your natural teeth, to ensure that the veneers sit comfortably and evenly on to the front of your teeth, giving them a natural appearance.

The dentists at Distinctive Dental Care may use one veneer to restore a single tooth, or a number of veneers to create a beautiful, even smile.

**What are the benefits of veneers?**

There are a number of reasons veneers are a great choice for patients wanting to create a harmonious smile:

- Veneers are stain resistant and are unlikely to discolor.
- Veneers cover intrinsic stains, which cannot be targeted by normal whitening.
- Each veneer is individually crafted for your natural teeth to look as natural as possible.
- Veneers can alter the shape, length, proportion, texture, colour and brightness of your teeth.
- With good care, veneers can last over 15 years.

"Bringing life to your smile."
LASER GUM LIFT

Some of the most important aspects of beauty are facial harmony and balance. Sometimes, one feature being out-of-proportion with the rest of your features can throw off your facial harmony. That is why, at Distinctive Dental Care, we offer a laser gum lift treatment, for patients who have gums that are too large, show too much when they smile, or simply are out of proportion with the rest of their features.

The goal of a gum lift is to restructure and redesign excessive or uneven gum tissue, creating a symmetrical and proportionate smile, rather than one that is ‘gummy.’

It may be possible to correct a gummy smile using surgery or orthodontics, however the most affordable, minimally invasive and effective treatment involves the use of a laser to elongate the visibility of your teeth. Using the laser, the gum line can be gently, yet meticulously shaped and modified. By cutting away some of the excess gum tissue, the gum line can be lifted by 1-2 millimetres. Although this may seem like a minor change, in a small space like the mouth, it can make all the difference to your smile.

This treatment is quick and has minimal downtime in comparison to other gummy smile treatments. The accurate soft-tissue laser treatment technology also seals off and cauterises blood vessels, minimising bleeding and preventing potential damage to the gums. This effective procedure can be completed in just one appointment.

At Distinctive Dental Care, we value both cosmetic and functional benefits in our treatments, so you can fully enjoy your new smile. Our friendly and knowledgeable staff can help and inform you throughout the treatment, ensuring your comfort.

“Where beautiful smiles begin.”
Invisalign is a revolutionary new way to straighten your teeth, without the need for the unsightly metal brackets of traditional braces. It uses clear, custom designed teeth aligner trays that exert gentle pressure on the teeth to gradually guide them to an optimal position and to straighten your smile. Each tray is specifically designed for your teeth and for your teeth only.

As your teeth move, you will be issued with a new set of aligners that build upon the work of the old set and reflect the new position of your teeth. This generally happens every 6-8 weeks throughout the course of your treatment and ensures that your teeth continue to move.

What are the main benefits of Invisalign?

1. The main benefit of Invisalign, as the name suggests, is its ‘invisibility.’ They are made of a medical-grade clear plastic, that is snug on the teeth and is hardly noticeable when worn.

2. Unlike traditional braces that get in the way and are difficult to clean, Invisalign aligners are removable. This means that they are easy to clean, and you are still able to practice your regular oral health regime.

3. Invisalign be taken out if you are in a situation where you do not wish to have your orthodontic appliance on your teeth, so you can show off your smile throughout the treatment process.

4. The Invisalign appliance is far more comfortable than traditional braces, which can irritate the soft tissues of the mouth and cause discomfort and pain.

5. The treatment time for Invisalign is generally far shorter than that of traditional braces and usually spans around 9-12 months.

6. Invisalign uses cutting-edge computerised technology to design your smile. Once your mouth has been scanned and moulds taken, you will be able to see realistic images of how your smile is expected to look throughout every stage of the treatment.

“The latest in dentistry from people who care.”
TOOTH COLOURED FILLINGS

Until quite recently, amalgam fillings were the only option for patients that needed cavities in their teeth repaired. While these were a cost-effective option, they were also highly noticeable with their high metal shine and unnatural colour. Through dental technology, we can now offer patients a more natural looking, tooth coloured filling.

Made from a composite resin material, tooth coloured fillings (also known as composite resin restorations), can be manipulated to match the exact colour, texture and translucency of your existing teeth.

The strength and durability of these fillings makes them a popular option for patients of all ages. Other benefits of tooth coloured fillings include:

- The resin can be colour matched to your exact shade of tooth so they blend seamlessly with your remaining teeth.
- Tooth coloured fillings create a complete seal, preventing bacteria from causing further tooth decay under the restoration.
- Composite resin does not respond to temperature changes in the foods and beverages you consume so they will not cause the teeth to crack.

**Inlays and Onlays**

If your tooth has quite a large hole or over half of your tooth’s biting surface is decayed, an inlay or an onlay may be a better option than a filling. These options are great for when a filling is needed, but less than a crown will do. An inlay is placed between the cusps of the tooth, compared to an onlay that will cover one or more of the cusps.

Inlays and onlays can be made of a gold alloy, porcelain or tooth-coloured resin and are cemented into place.

“Your smile matters.”
CROWNS

If your teeth are badly damaged, dental crowns can be an effective treatment option. The procedure uses tooth-shaped coverings to restore the strength and internal integrity of your damaged tooth. They are also used to anchor a bridge to the adjacent teeth or to cap a dental implant.

The dentists at Distinctive Dental Care utilise a range of dental crown and bridge options and depending on your individual circumstances. They may recommend:

**Metal Crowns**

Dental crowns made from metal can be a great solution for repairing your decayed or damaged back teeth. They are extremely durable and are applied with minor removal of the natural tooth compared to ceramic crowns.

**All Ceramic Crowns**

Generally used for the upper front incisors, all ceramic crowns are made from a translucent tooth coloured ceramic material that will match your natural enamel. Just like they match your natural enamel, they can be carefully matched to the size of the tooth to complement your smile.

Ceramic dental crowns, however, aren't as resilient as their metal crown counterparts and aren't recommend for your back teeth. This is because your back teeth sustain a lot of pressure from biting and chewing.

**Porcelain fused to Metal Crowns**

Dental crowns that are porcelain fused to metal are stronger than their all-counterpart versions and are more aesthetically pleasing than those made of metal.

**Bridges**

A dental bridge is a dental prosthetic that quite literally creates a bridge over the gap where teeth are missing. A bridge can replace several missing teeth, helping to restore your smile.

Bridges are usually made from three dental crowns fused together and can also help to correct bite issues and even improve your speech.

The dentists at Distinctive Dental Care will prepare your healthy remaining teeth that are next to the gap for the bridgework. The adjacent teeth will be shaved down in size to allow the crowns to fit seamlessly over the top. This will anchor the bridge securely and provide it with proper support.
DENTAL IMPLANTS

Traditionally, the only treatments available for missing teeth were bridges or bulky, removable dentures. Thanks to modern technology, dental implants have revolutionised the way we treat tooth loss.

Dental implants were designed to mimic the exact function of your natural tooth root. A titanium post inserted into the missing tooth’s socket and secured in the jaw bone to act as the replacement root, and a crown is placed on top to act as the tooth itself.

It might seem like a daunting prospect to implant a piece of titanium into your jaw bone, but you can rest assured that it is a tried and tested treatment and thousands of dental implants are placed each year.

The titanium implant created a prosthetic tooth root which bonds with your natural bone tissue. On the top of the implant, natural looking restorations will be placed to look, feel and function like a natural tooth.

**Why do I need to replace my missing teeth?**

Patients damage or lose teeth every day from injury, disease, or decay. A damaged tooth can significantly impact your oral function and health and can cause pain. Tooth loss can also have a dramatic impact on not only your oral health, but your overall health too.

It can lead to a range of serious complications that can include:

- Existing teeth can migrate from position to fill the void left by tooth loss
- Your gum tissue and jaw bone can begin to deteriorate
- Your facial appearance can change in response to this jaw bone deterioration
- Your bite can become misaligned

If you’re missing one or more teeth, it is important to replace them as soon as possible. We offer dental implant restoration to revitalise your oral health and complete your smile.

“Just one more reason to smile!”
COMPLETE SMILE MAKEOVER

Your smile is for life! If you are unhappy with multiple aspects of it, it might be time to consider cosmetic dentistry options.

Complete Smile Makeovers are your best bet to achieve the beautiful smile you want. A Complete Smile Makeover incorporates a number of progressive and cutting-edge treatments previously discussed in this guide. In combination, they can redesign and recreate the shape, colour, function, quality and aesthetic of your teeth.

Some treatments that can be used in a complete smile makeover include:

- Dental implants
- Teeth whitening
- Crowns and bridges
- Invisalign
- White/tooth coloured fillings

Some treatments, while helpful, cannot help a smile to fully reach its full potential. That is why, with a complete smile makeover, you have the benefits of multiple treatments working together. Our team love to use their artistic eye and extensive experience to design the perfect smile, using modern resources and technology.

The ways in which we can enhance your smile are boundless with our vast array of treatment options.

“Keeping you smiling.”
BENEFITS OF COSMETIC DENTISTRY

- **Healthier teeth** – If your teeth are chipped, cracked, or damaged, they are much more vulnerable to decay. This can also increase your risk of more serious problems, like advanced gum disease, known as periodontal disease.

- **Improve your eating habits** - Cracked, decayed, missing or misaligned teeth can make it difficult to chew. Cosmetic dental treatments can help you to enjoy your favourite foods again.

- **Long lasting restorations** - Cosmetic dentistry treatments can have a long-lasting effect on your smile, as today’s materials are stronger and more durable than ever. Some treatments, like dental implants, can even last a lifetime.

- **Recovery time is short** - An additional benefit of undergoing cosmetic dentistry is that the recovery time is usually short. Not only that, but the treatments typically result in very limited pain during the recovery process. Some cosmetic dental procedures, like porcelain veneers, don’t require any recovery time at all.

Distinctive Dental Care will listen to your needs and concerns prior to making any recommendations on treatments. In your consultation, we encourage any and all questions or concerns to be openly discussed so we can work together to fully inform you on all the aspects of your treatment.

By taking into account your lifestyle, budget and smile desires, we can guide you in the right direction for the cosmetic dental treatments that will give you best results.

“Your pathway to a bright new smile.”
Contact Us Today!
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