

# OUT WITH THE OLD, in with the *New*

DR JEAN PAUL DEMAJO  
TALKS ABOUT HOW  
COSMETIC DENTISTRY CAN  
BRING A BREATH OF FRESH  
AIR TO YOUR SMILE

When was the last time you gave your teeth some attention? Do they still look good or are you too embarrassed to expose them? As years go by, the aesthetic result that was once achieved through conventional dentistry is lost.

## COLOUR

Natural teeth change in colour by absorbing stains from food and drink, while porcelain present in old crowns and bridges does not. This causes a noticeable difference in colouration.

## GINGIVAL RECESSON

Gum recession causes teeth to look longer and may even expose metal present in dental crowns or bridges. Metal leaches out chemicals, which may infiltrate the gums and make them look darker.

## SPACES

Bridges replacing missing teeth spanning from one tooth to the next can loosen. The loss of the natural tooth results in a loss of stimulus to the bone. Over the years this results in the loss of bone causing the gum to recede. The resulting space may cause food to get trapped leading to localised inflammation and possible bad breath.

## TOOTHWEAR

Porcelain is harder than natural tooth enamel. As a result when natural teeth chew against porcelain teeth, most of the wear occurs on the enamel side. This leaves unidirectional facets on the natural teeth causing asymmetry and loss of harmony with the other teeth.




*An old 7-tooth conventional bridge*



*New all-ceramic (metal-free) crowns. Part of the old bridge has also been replaced by 2 implant-supported crowns*

## SOLUTION

1. Old crowns are replaced with new ones using the highest grade of porcelain without the use of metal. This maximises the aesthetic result offering the most life-like aesthetics porcelain can create.
2. Teeth may be bleached to their natural colour removing the stains piled up over the years. The colour of the new crowns may be chosen to match the bleached natural colour.
3. Missing teeth once replaced with bridges may now be replaced with implants. Implants may require minor bone reconstruction, re-shaping
4. the gingival contour. This treatment regime results in the once lost inter-dental papillae being regenerated improving symmetry and gingival health. Single teeth carry far better aesthetics than teeth joined together.
4. The shape of the tooth may be redefined to achieve the desired symmetrical result. This is done by adjusting the tooth's length, width, angulations and inclination.

There is absolutely no reason why you should be covering your teeth when smiling. Cosmetic dentistry offers ways and means of revitalising your smile. With minimal effort and maximum attention, your teeth may be transformed. The result is not just good looking teeth but a huge boost in your confidence on a daily basis. Ask your dentist! 

Dr Jean Paul Demajo, Dental and Implant Surgeon has trained in London and works in private practice in Malta.

