

NYC SMILE DESIGN

# Making A Lasting Impression

Produced for the Patients of NYC Smile Design

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## Smile *Makeovers*

by Drs. Tabib & Mello

Simone Kahan



When you're a busy wife and mother, practicing and teaching dentistry at NYU, there's bad news and good news: You know just how much work your own teeth need and how little time you have to arrange it. But you also know how to find the best place to have it done.

"I've always been cavity-prone," sighs Dr. Simone Kahan. "Even though I went to my brother for essential root canals, I didn't want to admit that my teeth were in such bad shape. Dentists tend to ignore their own needs for long periods of time."

"Besides the cavities, I had a cross bite; my lower jaw extended beyond my upper jaw. I also had a really gummy smile and a lot of crumbling composites (bondings) on my upper teeth. Although I kept having them fixed, I knew that a permanent solution would be best.

"Dr. Mello and I had attended courses together at NYU, and I'd known of her skill for several years. When I was ready to face my dental problems, I went to the NYC Smile Design Web site and actually saw the results she and Dr. Tabib had achieved with their patients. I was convinced! So I called for a consultation, certain that they would find the best way to proceed.

"First, she saw my cavities. Then she considered the cross bite and the gummy smile. We decided on a long-term treatment plan for the entire mouth! It would begin with filling the cavities and using a special rinse to control them. And she fitted my lower jaw with *Invisalign*<sup>®</sup> to change the cross bite over time.

"For my upper jaw, Dr. Mello suggested crowns for the back teeth, and veneers from the second left premolar to the second right premolar to replace old composites. The gummy smile was corrected with surgery to bring the gum level a little higher, so that the upper teeth would be the right length for the new veneers. She did all the work beautifully, and there was no pain! I felt comfortable during the entire treatment - I was actually laughing all the time - and it healed quickly.

*See before and after pictures and continued story on page 4!*

*Thank you for all your referrals. We appreciate them!*



## Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

### Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

### The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

### Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

*Answers: all of the above; gum disease; seconds of brushing*

# Take Years Off!

## Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

### Type Of Crown: **All-Metal**

**Benefits:** Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

### Type Of Crown: **Porcelain Fused to Metal**

**Benefits:** Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

### Type Of Crown: **All-Ceramic or All-Porcelain**

**Benefits:** Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

# Increase Your Shelf Life

## Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

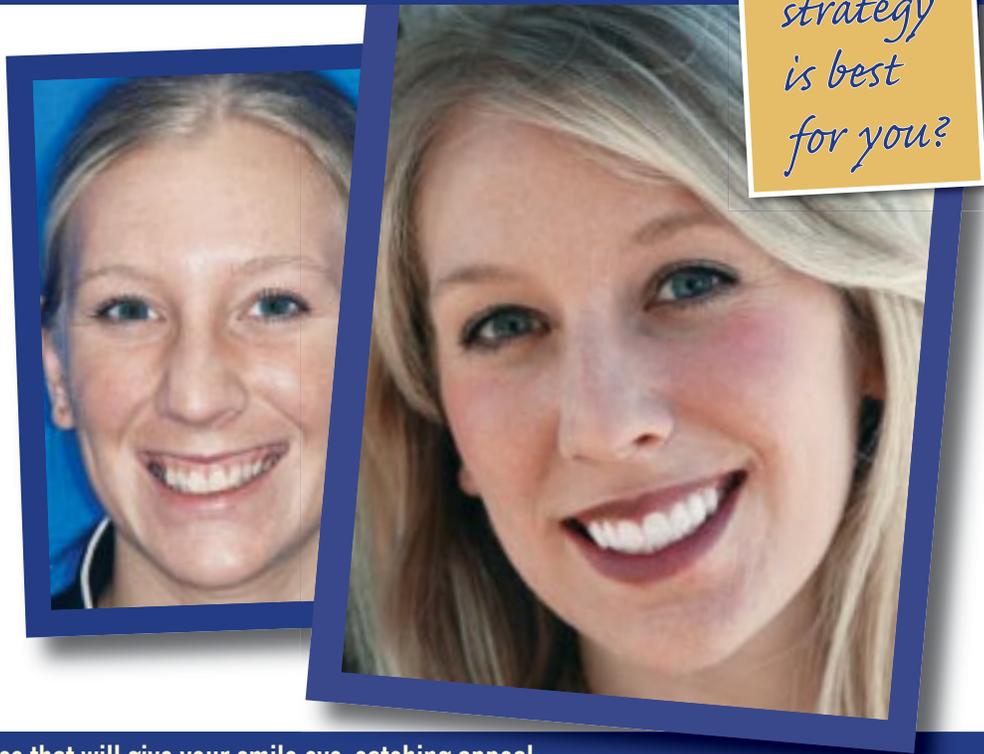
What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

# Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



## Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



## Assert Yourself!

### Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

# A New Standard Of Care

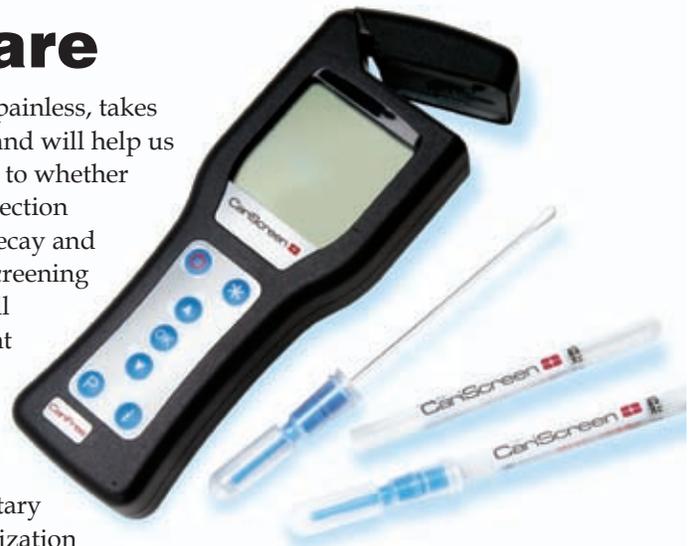
We would like to take the opportunity to introduce to you, a new standard of care we are providing to all of our valued patients. We at *NYC Smile Design* are committed to integrating evolving scientific understandings with the best new available technology and treatment options. We know this is just one of the reasons you entrust your oral health, along with the health of your friends and family, to us.

We have recently implemented use of the new *CariFree® System*, which allows us to better anticipate your likelihood of getting cavities and decay. We can then make preventive recommendations, with the goal of reducing your risk of decay (cavities), and ensuring a longer life for the dental work you have already invested in or may opt for in the future.

The CariFree System uses a simple screening device along with a swab sample of your plaque in order to measure the levels of bad bacteria on

your teeth. The test is painless, takes less than one minute, and will help us to make a diagnosis as to whether you have the caries infection (bacteria that causes decay and cavities) or not. This screening test is part of an overall Caries Risk Assessment we will perform. This assessment will allow us to provide homecare recommendations, dietary counseling, re-mineralization therapy of cavities just beginning, and treatment of this infection, all with the goal of lowering your incidence of decay, creating more predictable results for long lasting dentistry.

Here's the important thing ... in order to be eligible for this screening and risk assessment, it is very important that you come to your next dental visit without any oral activity for at least an hour. This means, no brushing, flossing, eating, drinking,



rinsing, mints, gum, smoking, etc. for 60 minutes prior to your appointment time. This assessment and screening provides us with very valuable information we can now use to practice minimally invasive dentistry and reduce your time and money spent in the dental chair.

Please feel free to visit the patient section at [www.carifree.com](http://www.carifree.com) for more information prior to your dental visit. We look forward to seeing you soon!

## office information

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### Office Hours

Mon & Tue 8:00 am – 5:00 pm  
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### Office Staff

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 Yael ..... Dental Assistant  
 Stephanie ..... Dental Assistant

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## Smile Makeovers

*Continued from page 1*

Being a dentist, you're both more demanding of the treatment *and* appreciative of the high quality of the work.

"We're still working on the lower jaw, and will complete the essentials (including crowns for the back teeth) when the Invisalign is finished.

And Dr. Mello is making sure my bite will remain correct. One of the bonuses of Invisalign is that I found myself tending to eat less, and very quickly, when I removed it for meals. So, of course I've lost weight.

"Because I live and work on Long Island, coming to Dr. Mello and Dr. Tabib's office is a long trip. But my



smile is already definitely much prettier and entirely natural. When I first saw it after the veneers had been placed, I thought 'Wow! If I saw these on someone else, I'd never know they weren't natural teeth!' My husband and my children love it; it's definitely worth the time and effort. And, if there's a problem, I know the Drs. will find

the time to see me to solve it.

"Everything is always done quickly and efficiently, without pain. You can even watch TV, listen to music. I've been pampered by the entire staff. They're all so friendly – like a family that you feel like part of. I'll miss them when I'm finished. Maybe I'll come up with something more for them to do!"