

## Lumineers: No Shots, No Grinding, Just Beautiful Smiles!

Have you considered having full mouth makeover, but were afraid of the numbing and the removal of permanent tooth structure? Does the idea of that much work being done in your mouth trump the excitement of an incredible smile? There may be an answer that is easier than you think!

We have been doing traditional porcelain veneers in our office for many years and each of us have received literally hundreds of hours of education about their design and placement. The esthetic results are amazing, but the procedure requires a lot of numbing and a fair amount of prepping of the teeth, which many patients are opposed to. Enough tooth structure is removed that the patient has to wear temporaries while the permanent crowns are being made.

An alternative treatment has gotten around much of what those patients are nervous about. You may have seen them mentioned in your favorite magazine. Lumineers are extremely thin veneers of porcelain; as thin as a contact lens! This allows for the placement of the restoration right over the existing teeth with no need to prep or grind on the teeth themselves. They add no noticeable thickness to the teeth and are absolutely beautiful.

The lack of need for prepping of the teeth means several wonderful things. First, there is no need to numb! Slight alterations of the teeth may be necessary, like rounding off sharp spots or shortening an abnormally long tooth, but these changes can be made painlessly and easily without discomfort. Then, all we need to do is take an impression or mold of your teeth and send it to our laboratory for them to make the Lumineers! This leads to advantage number two: time. The first appointment takes about thirty to forty five minutes, as opposed to the three or four hour appointment necessary to prepare the teeth for regular veneers.

Third, since we didn't take off any tooth structure to speak of, there is no need for temporaries. You simply have your natural teeth. If we adjusted them a little, it was SO little it probably just got rid of something that was detracting from your smile. They usually look a little better than they did before and there is no issue with sensitivity. Speaking of sensitivity, that is number four! There is none at all, unlike what may occur with traditional prepped veneers. In fact, teeth with sensitive areas around the gums get

covered over when the permanent Lumineer is placed, making the sensitivity go away in most cases.

Another advantage to the procedure is that they are almost as easy to place as to get made. In traditional veneer placement, you have to be numbed a second time for the removal of the temporaries and the placement of the permanent all porcelain restoration. With Lumineers, there is no need to numb, even as the final restorations are put in. So that means no shots at any point in the procedure!

Finally, there is an advantage with the cost. These things are so much easier to do and take so much less time in the office than traditional veneers, the price is reduced as well. Overall, a lot of barriers have been removed that may have kept you from achieving the amazing new look you have desired for a long time!

There are still a lot of reasons you may choose to go with the traditional veneers, however. Getting to have temporaries allows us to give you a chance to wear a set of teeth that look like the permanent ones we are making. You actually get to take the new teeth on a trial run and have an opportunity to make changes before the permanent ones are finalized. If you think something is too long, short, round, sharp, flat, or bulky, you can tell us and we can tell the laboratory your wishes. Severely misaligned teeth may require prepping to instantly make them appear straight. This is called “instant orthodontics”. If you still want Lumineers, you may need some teeth straightened with Invisalign invisible braces first, which are a set of thin, plastic aligners you wear to move teeth instead of wires and brackets. Ultimately, the big one is in the esthetics. While Lumineers look great and can achieve perfect size and shape for your teeth, they are so thin that no depth of color or translucency can be built into the restorations. The color of Lumineers is fairly uniform from top to bottom, unlike real teeth, which have multiple colors, layers, and translucent areas. Traditional veneers still set the standard in beauty.

Only your Dentist can work out what method of smile enhancement is right for you. Set up a consult to discuss your options and needs. Just imagine what a new, bright smile could do for you, and know that it has never been easier to achieve!

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