

# Cosmetic Dentistry

## Enhance Your Smile

Smile enhancements can be achieved through a variety of minimally invasive procedures that create beautiful, natural looking results. At Bite Dental we offer smile enhancements for anyone who would like to improve the overall appearance of their smile.

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# What is involved in a smile enhancement?

A smile enhancement or smile makeover is a series of treatments to help patients improve the overall appearance of their smile. A smile enhancement is more than just altering the appearance of your teeth. It can include treatments that breathe new life into your lips, remove surrounding wrinkles and add volume to the surrounding skin.

This is why we provide a range of treatments to help improve your overall facial appearance.

Treatments include:

- Veneers
- Invisalign
- Teeth Whitening
- Composite Bonding
- Facial Injectables

Generally cosmetic in nature, a smile enhancement can be performed for a variety of reasons. You may be unhappy with how your smile looks or have more serious issues like cracked or missing teeth that affect your ability to eat and speak. Whatever the reason, at Bite Dental we create customised treatment plans to suit your unique needs.



# How do you feel about your smile?

We know that everyone's teeth and smile are different. This is why we undertake a comprehensive oral examination at your initial consultation as well as have an open and honest discussion about your desired goals, concerns and address any questions you may have.

This process allows us to understand exactly what you like and dislike about your smile, and what the most effective solution is likely to be. Some of the most common issues people wish to address through a smile enhancement procedure include:



## Tooth Colouring

Discoloured teeth are one of the most common sources of anxiety around people's smiles. Our teeth colouring treatments give patients remarkable flexibility in choosing the right shade that looks bright, white and natural. We also take into account skin shade and the colour of your hair to achieve a consistent look.



## Alignment and Spacing

Unwanted gaps between teeth can be closed, while crooked or overlapping teeth can be corrected through the use of veneers or Invisalign.



## Missing Teeth

Missing teeth can significantly affect your ability to speak and eat, as well as increase the risk of tooth decay and gum disease if not restored properly. Replacing missing teeth not only improves the appearance of your smile but can help recover functionality too.



## Harmony and Balance

Teeth that are chipped, cracked or misshapen can be corrected through cosmetic bonding or masked by a veneer. Also, relaxants and dermal fillers can be used to achieve harmony and balance of your smile.



## Lips, Profile and Bone Structure

As well as adjustments to your teeth, we offer cosmetic injectables as part of our services to add volume to your lips and rejuvenate your skin. This can help to achieve more natural and full-looking lips and cheeks. All of which creates a beautiful frame for your smile.

# Our smile enhancement solutions

For some patients a smile enhancement involves addressing just one issue. For others it can mean undergoing multiple treatments to make more substantial changes. Every patient is unique – both in their overall goals and the kinds of treatments that are suitable. That's why we put together a personalised treatment plan for every patient.

At Bite Dental, some of the most popular treatments we use during a smile enhancement include veneers, Invisalign, teeth whitening, composite bonding, facial injectables and skin treatments.

## Veneers

Porcelain and composite veneers are a fast and effective way to improve your smile. A dental veneer is a thin covering that is placed over the front surface of teeth to improve overall appearance. These are used to hide gaps, imperfections and acute discolouration in your teeth. Veneers are often used in conjunction with teeth whitening treatments and usually only placed on teeth in the 'smile zone' (top and bottom six front teeth).

The major benefit of veneers is that they improve the colour of your teeth, and they can conceal chips, cracks, imperfections, and gaps. Many patients prefer these to cosmetic orthodontic treatments as minor issues can be fixed within 2-3 appointments.

## Teeth Whitening

Teeth whitening is one of the fastest, easiest, and non-invasive way to improve the appearance of your smile. This is done by removing stains on your teeth via hydrogen peroxide treatment.

At Bite Dental we offer 2 teeth whitening procedures. We create customised take home kits as well as Zoom! whitening which can speed up the whitening process.

While over the counter whitening packages often do not allow for ongoing maintenance, our team can provide you with the necessary solutions as well as continually assess maintenance requirements.

All teeth whitening clients at Bite Dental receive a complimentary 'top-up' solution at every six-monthly check-up to maintain their bright and healthy smile.

## Cosmetic Bonding

Bonding uses the same tooth-coloured composite resin as fillings to repair a chipped, decayed, or fractured tooth. Cosmetic bonding can be a lot faster than using veneers, which need to be manufactured and require a customisable mould to get the proper fit. Instead, bonding can be done in a single visit in which the material is directly bonded to the tooth.

## Invisalign

Invisalign is a more subtle solution to improving a variety of alignment issues such as overcrowded and widely spaced teeth, as well as under bites. The advantage of Invisalign is that the brace is virtually invisible and can be removed at any moment, allowing you to live your life without the hassles that come with wearing wire braces.

## Injectables

Injectables are a great treatment option to compliment other dental changes to your smile. This includes using muscle relaxers, dermal fillers, cheek volume/non-surgical facelifts, and non-cosmetic muscle relaxants. Injectable options can help improve facial contouring, rejuvenate skin, replace volume and reduce wrinkles.

# Maintaining your results

At Bite Dental, we take pride in delivering long-lasting, quality results. To do this we make sure every patient knows the best practices for maintaining their beautiful new smile depending on the treatment options they've received.

## Veneers

To maintain the gloss and polish of your veneers it's important to avoid highly abrasive toothpastes. You should also brush and floss regularly to minimise the risks to dental and gum health. If you clench or grind your teeth you may require a guard as these movements can fracture the veneers. We recommend regular dental check-ups to maintain dental health and your veneers long-term.

## Invisalign

Invisalign retainers while convenient, still require proper usage. We provide all our Invisalign patients with clear instructions on how to wear and protect their retainers properly. It's advised that retainers are worn for a minimum of 23hrs per day. We recommend maintaining you 6 monthly dental hygiene to continually assess the position of your teeth and health of your gums.

## Composite Bonding

To protect the bond, it is recommended you avoid biting directly into hard foods with the bonded teeth to prevent damage to the composite material. You should also minimise consumption of food and drinks that can stain your teeth. Similar to veneers, it is recommended you avoid abrasive toothpaste and use a night guard to stop damage from grinding and clenching.

## Teeth Whitening

During the course of treatment, and up to 48 hours after, it is important to avoid eating or drinking anything that could stain your teeth. For example, wine, coffee, chocolates and cigarettes can all change the colour of your teeth, if it can stain a white shirt it can stain your teeth! On top of this, continuing good oral healthcare like brushing and flossing consistently will ensure your smile lasts much longer. Patients also have the option to touch up their teeth with a new whitening treatment about every six months or so.

## Injectables

For the first 24 hours after you've received treatment it's important you avoid vigorously washing your face as well as exercise and alcohol. And, for the very first 5 hours do not go to sleep or lie down. To help manage the treatment in the short-term avoid anti-inflammatory medications and use ice packs to reduce redness or swelling on areas that require it.

# The Bite Dental Promise

The team at Bite Dental is dedicated to providing patients with the highest quality of dental care available. This means we work with you hand-in-hand to achieve the results **you** want.



Our vision is to match the highest quality of care with an approachable, friendly and compassionate service. We pride ourselves on taking the time to listen to your concerns and finding the right treatment plan that is tailored to your needs. With our enthusiastic and exceptionally skilled team at the ready, your smile is in good hands.

To find out more about Bite Dental and our smile enhancement options visit our website [here](#), or if you'd like to get in touch [book](#) a consultation with us today.

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