

Your options for a straighter smile

Modern dentistry has many techniques available to help you improve your smile. Here is a quick summary of the types of treatment available. Each treatment has advantages and disadvantages and a consultation is required to allow a dentist to identify all of the factors that may affect your situation, the results that can be achieved and their expected lifespan.



Crowns or Veneers

These more traditional approaches are great but do have certain drawbacks. In the cases of crowns, significant quantities of otherwise healthy tooth usually has to be drilled away. With porcelain veneers some tooth usually needs to be removed but this is less so than with crowns. Crowns and veneers do not last for ever, and each time they are replaced even the most careful dentist will remove a small amount of additional tooth. The cumulative effect of this can lead to a tooth needing a root canal treatment. Studies show that up to 15% of all crowned teeth will need a root treatment at some point.

Resin Bonding

This technique uses specially formulated white filling material that is bonded direct to your teeth to change their shape or make them appear straighter than they are. They work to camouflage the bits of your smile that you do not like just as crowns or porcelain veneers do but in most cases, no tooth drilling is required. In most cases no injections are required either making this a very low stress way to improve your smile. As we usually don't drill away tooth the treatment almost fully reversible and in our view is one of the most minimally invasive ways of improving a smile quickly.

Full Mouth Fixed Orthodontics

The alternative to "camouflaging" teeth with veneers or resin bonding is to move them to the correct position as nature originally intended. Traditionally you would undergo fixed orthodontics or "train track" braces as many people refer to them. Treatment times are usually around 12-18 months for adults to treat your **whole mouth**. This approach will align your smile but also the orthodontist will usually correct problems with your bite / back teeth at the same time. As the treatment is comprehensive many considered this the optimal approach. Equally the time commitment means many patients avoid this treatment because they do not wish to wear a visible brace for up to 18 months.

Short Term Orthodontics

This approach is not suitable for absolutely everyone but aims to address the alignment of the teeth at the front of your mouth only. Consequently treatment times are shorter and costs are often lower than with full mouth treatments. This is often a good approach for adults who wish to commit a limited time to orthodontic treatment but still improve their smile. Within short term orthodontics there are many "systems" to choose from such as 6 Month Smiles (a fixed tooth coloured wire treatment) Inman Aligner (a removable brace treatment) and Clear Aligners such as Invisalign. Our team are able to provide each category of short term orthodontic treatment and are happy to help you work out which one is right for you.

Figuring out the best option for you is not always easy, as you need to balance all of the advantages and disadvantages of each system as they apply to your mouth, bite and lifestyle. Our team offer a free no obligation consultation and can help you to work out exactly what your options are, to book just get in touch.

Craigentinny Dental Care

57 Duddingston Crescent
Edinburgh, EH15 3AY

 0131 669 2114
 dentist@craigentinnny.co.uk
 www.craigentinnny.co.uk

PS if you want to know all about tooth whitening why not download our free guide