CHANGE YOUR SMILE
DISCOVER HOW A NEW SMILE CAN TRANSFORM YOUR LIFE

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DEDICATION

This book is dedicated to the memory of a dentist who was the ultimate dental-patient consumer advocate. In addition to being a perfectionist and committed to excellence, he was a protector of patients’ best interests.

His love of dentistry and his concern for people fueled his passion for helping others. His life and example served to inspire all who knew him. He helped me. He inspired me.

This book is dedicated, then, in loving memory to my father, Dr Irving H. Goldstein.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>FACING IT</td>
<td>1</td>
</tr>
<tr>
<td>2</td>
<td>STAIN, STAIN, GO AWAY</td>
<td>27</td>
</tr>
<tr>
<td>3</td>
<td>COMING CLEAN</td>
<td>45</td>
</tr>
<tr>
<td>4</td>
<td>CRACKING DOWN</td>
<td>57</td>
</tr>
<tr>
<td>5</td>
<td>MIND THE GAP</td>
<td>69</td>
</tr>
<tr>
<td>6</td>
<td>LOST AND FOUND</td>
<td>85</td>
</tr>
<tr>
<td>7</td>
<td>STRAIGHTEN UP AND SMILE RIGHT</td>
<td>103</td>
</tr>
<tr>
<td>8</td>
<td>FINDING CLOSURE</td>
<td>119</td>
</tr>
<tr>
<td>9</td>
<td>IT’S ABOUT TIME</td>
<td>141</td>
</tr>
<tr>
<td>10</td>
<td>GUMMING UP THE WORKS</td>
<td>159</td>
</tr>
<tr>
<td>11</td>
<td>ABOUT FACE</td>
<td>171</td>
</tr>
<tr>
<td>12</td>
<td>FINISHING TOUCHES</td>
<td>195</td>
</tr>
<tr>
<td></td>
<td>APPENDIX: HOW IT’S DONE</td>
<td>216</td>
</tr>
<tr>
<td></td>
<td>CHANGE A SMILE, CHANGE A LIFE</td>
<td>232</td>
</tr>
<tr>
<td></td>
<td>REFERENCES</td>
<td>234</td>
</tr>
</tbody>
</table>

1. Discover what makes a smile beautiful, then perform a self-analysis to decide if you’re ready for a change.
2. Find out how you can get rid of stains and discolorations to achieve a bright, vibrant new smile.
3. Learn how eliminating decay and old silver fillings can help you obtain a spotless smile.
4. Don’t let a fractured tooth stand in the way of your sexy smile—discover restorative options that will look and feel like the real thing, or better!
5. Find out what a difference filling the spaces between your teeth can make in your overall appearance.
6. Rediscover your full smile by replacing missing teeth with natural-looking restorations.
7. There’s no reason to go through life with a crooked or crowded smile—learn how you can get your teeth in order and have the straight smile you’ve always wanted.
8. Your bite can dramatically affect both your appearance and your ability to function normally—discover what kind of bite you have and steps you can take to improve it.
9. Is your smile making you look older than you feel? Learn why it’s never too late to have a youthful smile.
10. Don’t let problems with your gums ruin the overall appearance of your smile! Find out what you can do to get your smile back in the pink.
11. Discover what orthognathic and plastic surgery can do for your smile and overall facial esthetics.
12. Learn from the experts what you can do to maintain your gorgeous new smile and enhance your entire facial appearance with proper skin care, makeup application, and hairstyling techniques.

## Preface

Discover what makes a smile beautiful, then perform a self-analysis to decide if you’re ready for a change.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>ACKNOWLEDGMENTS</th>
<th>viii</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREFACE</td>
<td>ix</td>
</tr>
<tr>
<td>1 FACING IT</td>
<td>1</td>
</tr>
<tr>
<td>2 STAIN, STAIN, GO AWAY</td>
<td>27</td>
</tr>
<tr>
<td>3 COMING CLEAN</td>
<td>45</td>
</tr>
<tr>
<td>4 CRACKING DOWN</td>
<td>57</td>
</tr>
<tr>
<td>5 MIND THE GAP</td>
<td>69</td>
</tr>
<tr>
<td>6 LOST AND FOUND</td>
<td>85</td>
</tr>
<tr>
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<td>103</td>
</tr>
<tr>
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<td>119</td>
</tr>
<tr>
<td>9 IT’S ABOUT TIME</td>
<td>141</td>
</tr>
<tr>
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<td>159</td>
</tr>
<tr>
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<td>171</td>
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<td>195</td>
</tr>
<tr>
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</tr>
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</tr>
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<td>234</td>
</tr>
</tbody>
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Some of the folks at Dental/PRO have aided me as well, especially Chris McGarry, Amber Vaughn, Livio Yoshinaga, and James Romeo.

Communication has always been at the core of what Change Your Smile is about. So thank you for your treatment coordination, Dana Dill, Bria Tone, and Joy Williams, who have gone to great lengths to interpret this book’s philosophy for patients. I must also thank the administrative employees, who have always shown such a strong professionalism and have enabled much more efficient communication, which means you will often have more choices based on input from your general dentist and various specialists working on your behalf—your dentist can even have an instant consultation with a specialist during your treatment!

Nevertheless, over the more than 50 years I’ve been practicing cosmetic dentistry, I’ve seen one thing remain the same—more attractive smiles dramatically improve patients’ self-image. They feel better and smile more. Change Your Smile is designed to assure you that you don’t have to go through life with a smile you don’t like. You can feel better about your smile and yourself. The answer to those endless cycles of your age, your budget, or the extent of your problem.

The critical first step is completing the smile analysis in chapter 1, which will help you determine exactly what you don’t like about your smile. Do you have an underbite or overbite? Unhealthy gums? Fractured teeth? Signs of aging? You may find that the professional photography that I took when you thought it was or that it’s not really your smile at all that needs changing. It’s essential to determine this before you begin treatment, because if you address the wrong problem, you’ll never be happy with the results you receive elsewhere. There was no malpractice in the reports you received. There was no malpractice in the reports you received. There was no malpractice in the reports you received.
A great many people have helped to make Change Your Smile possible. Most of them were acknowledged in the three previous editions and this book does not seek recognition for making the fourth edition possible.

First and foremost, I feel fortunate to have two great clinicians in my partners and friends, David Garber and Maurice Salama, who helped me in so many ways, including reviewing many areas of the manuscript. I am very grateful to have had the help and good humor of my mentor, Charles Pinzer, of blessed memory, whom I miss dearly.

I owe a great deal of appreciation to my dental sons, Cory and Ken, and my dental daughter, Cathy Schwartz, who provide me with instant advice and make me very proud, as does my physician son, Rick, who also helps me keep in good health. I also want to thank my extended family—my associates who have helped me over the years. I am indebted to our office manager, Gail Heyman, and particularly the unusual abilities of Candace Paetzhold, who is the best editor and technical assistant I have ever had. She took on the very tough taskmaster, but that is certainly what it takes to complete the manuscript.

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I also want to thank talented photographers Sandra Paul and Alberto Osorio, who were helpful to me for this edition, and especially Dudi Mederos, one of Brazil’s premier photographers.

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The pages that follow are filled with examples of the characteristics you might like to change in your smile. These are accompanied by the range of possible solutions. You’ll learn, in a streamlined format, the benefits and potential limitations of various procedures. You will discover how the results of treatment may balance out or camouflage the problem. This is also a great chapter for those who have had smiles made for them before and want to take the next step in improving their overall look. You won’t believe the difference that can be made in your appearance—have an honest discussion with your dentist.

Most of all, I never could have produced this book without the cooperation of my wonderful patients from the past 50 years (and still counting) and their willingness to share their smiles.
Facing It

Your smile plays a major role in how you perceive yourself, as well as in the impressions you make on the people around you. Surveys have shown that more than any other physical feature—eyes, hair, or body—the smile is what both men and women find most attractive in other people. A charming smile can open doors and knock down barriers that stand between you and a fuller, richer life. If, on the other hand, you are dissatisfied with your smile, it may be holding you back from fully embracing life and its opportunities.

Are you ready for a new smile? Perhaps you’ve wondered whether straighter teeth might help you feel more confident in your professional life, or if a whiter, brighter smile might boost a dwindling social life.

If you’re not completely happy with your smile, perhaps it’s time to get a new one!
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Cut back on coffee to reduce stains. Even with frequent cleanings, stains due to drinking large amounts of coffee may rapidly return. This man’s smile was greatly improved by a professional cleaning, replacement of the filling in the left central incisor, and a reduction in the amount of coffee he drank.

Don’t chew ice! Microcracks caused by chewing ice or other hard objects can trap stains and are difficult—or more often impossible—to clean.

Plaque can stain teeth. Plaque can build up on teeth and cause stains, referred to as soft deposits. This is usually the result of inadequate oral hygiene (brushing and flossing).

Stop staining your teeth!

- Limit the amount of coffee and tea in your daily diet.
- Avoid smoking.
- Make regular visits to your dentist for professional cleanings.
- Brush and floss regularly and properly. Some toothpastes have compounds that can help remove minor stains for a whitening effect.

Surface stains

- Occur primarily between teeth and on the surfaces of crooked teeth.
- Typically are dark brown.
- Are caused by strong discoloring agents such as coffee, tea, and tobacco.
- Usually can be managed with daily oral hygiene combined with regular visits to your dentist for professional cleanings.
- May be trapped in microcracks and require a more aggressive treatment than professional cleanings alone (although bleaching can cause the microcracks to become even whiter than or a different color than the rest of the tooth).

Soft deposits

- Are caused by plaque—a sticky film that builds up on the teeth over time—or tartar (calculus)—a cement-like substance that forms when plaque is not removed.
- Often are bacterial in origin.
- May be the by-product of ineffective oral hygiene.
- Can appear as dark or whitish areas around the gum line, most often on the lower front teeth.
- Typically disappear after thorough dental scaling and polishing.

What stains teeth?

Stained teeth can be caused by drinking cola, coffee, and tea; consuming other stain-producing foods such as betel nuts, blueberries, or red wine; or using tobacco. These stains are called surface stains.
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WHAT YOU SHOULD KNOW

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### WHICH SOLUTION IS BEST FOR YOU?

<table>
<thead>
<tr>
<th>SOLUTION</th>
<th>FIXED BRIDGE</th>
<th>REMOVABLE BRIDGE</th>
<th>COMPLETE DENTURE</th>
<th>IMPLANTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TREATMENT TIME</strong></td>
<td>2–4 weeks</td>
<td>2–5 office visits</td>
<td>5–10 years</td>
<td>Surgical placement: about 1 hour per implant.</td>
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<td>Second surgery (if needed): 30–60 min</td>
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<td></td>
<td></td>
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<tr>
<td><strong>MAINTENANCE</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
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<td></td>
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</tr>
<tr>
<td><strong>RESULTS</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Holding about 3 mo in lower jaw and 6–12 mo in upper jaw.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Immediate loading: 2 hours or more per implant.</td>
</tr>
<tr>
<td><strong>TREATMENT LONGEVITY</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Second surgery (if needed): 30–60 min</td>
</tr>
<tr>
<td><strong>COST</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Immediate loading: 2 hours or more per implant.</td>
</tr>
<tr>
<td><strong>ADVANTAGES</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><strong>DISADVANTAGES</strong></td>
<td></td>
<td></td>
<td></td>
<td>Surgical placement: about 1 hour per implant.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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*This estimate is based on the author’s clinical experience combined with three university research studies and insurance company estimates. Your own experience could be different, depending on many factors, only some of which you and your dentist can control. Fees will vary from dentist to dentist based on the difficulty of the procedure, patient problems, patient dental and medical history expectations, and dentist qualifications, including technical and artistic expertise. Expect to pay extra for esthetic temporaries.*
### WHICH SOLUTION IS BEST FOR YOU?

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 • Holding about 3 mo in lower jaw and 6 mo in upper jaw  
 • Second surgery (if needed): 30–60 min  
 • Immediate loading: 2 hours or more per implant |
| **MAINTENANCE** | Clean daily under the bridge with floss threaders. | • Conversional: Remove and clean after eating  
 • Precision-attachment: Clean and adjust regularly. | Clean after meals to remove and prevent stains on denture. | • Floss and perform home care daily  
 • Have a restorative exam every 3–4 mos. |
| **RESULTS** | • Conversional: Least expensive way to replace missing teeth  
 • Precision-attachment: More aesthetic than a conventional removable bridge | Esthetically pleasing results are possible | • Natural appearance possible  
 • Good individual functioning |
| **TREATMENT LONGEVITY** | Conventional and conventional: 5–10 years  
 Resin-bonded: 3–10 years | 5–10 years  
 Tooth fracture may occur (but is easy to repair, and repair may be necessary during this time) | Indefinite, barring infection. Life expectancy of the restoration is the same as described elsewhere (for a crown, 5–15 years) |
| **COST** | • Conventional and conventional: $950 to $1,500 per tooth  
 • Resin-bonded: $150 to $2,500 per tooth | • Conversional: $800 to $1,500 per tooth, depending on the design and material used  
 • Precision-attachment: $950 to $5,000 per tooth | $1,250 to $5,000 per denture (expect to pay up to 2x–3x this amount for special “cosmetic” dentures)  
 $985 to $5,000 per implant (plus additional cost of crowns) |
| **ADVANTAGES** | • Feels more like natural teeth  
 • Can be most esthetic  
 • Helps prevent movement of adjacent and opposing teeth  
 • Improves the bite  
 • Resin-bonded: Avoids reduction of adjacent teeth | • Economical method of tooth replacement  
 • Easy to repair  
 • Excellent esthetics possible  
 • More youthful appearance obtainable  
 • Supports lips and cheeks  
 • Can improve speech | • Most closely approximate having your own natural teeth  
 • Avoid reduction of adjacent teeth  
 • Can be flossed like natural teeth  
 • Help preserve bone  
 • Have approximately 95% success rate over 40-year life span of implant  
 • 3%–7% failure rate  
 • Ceramic implants can fracture.  
 • Abutment screws can loosen or break.  
 • Requires an anesthetic. |
| **DISADVANTAGES** | • If one of the attached teeth fails, the entire bridge fails.  
 • May be difficult to repair if porcelain chips or fractures.  
 • Requires an anesthetic. | • Can cause wear and trauma to attached teeth  
 • May not be as esthetic as a fixed bridge  
 • Precision-attachment: Attachments can break or wear | • Less chewing efficiency  
 • Retention may be a problem.  
 • Needs maintenance  
 • May need to be replaced every 5–10 years  
 • May impair speech in some instances | • 3%–7% failure rate  
 • Ceramic implants can fracture.  
 • Abutment screws can loosen or break.  
 • Requires an anesthetic. |

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