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HOW TO GET A HOLLYWOOD SMILE...AND KEEP IT!

FOR DR. ROZE BIOHEALTH CLINICS | 04 JANUARY 2022

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Have you ever dreamed of having the perfect Hollywood smile? Here at Dr. Roze BioHealth Clinics, we can make your dreams a reality. Experts in cosmetic dentistry, our specialists cosmetic dentists will straighten, whiten, and perfect your teeth.

BRACES AND INVISALIGN

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One of the most important aspects of a Hollywood smile is straight, perfectly aligned teeth! To achieve this look, **braces and Invisalign** are fantastic treatments that will perfect the alignment of your teeth and bite.

If you want to get a Hollywood smile without having to get braces, **Invisalign** is a much more aesthetically pleasing option because it is transparent. There are a number of benefits to the custom-made Invisalign aligners, such as the ability to take them in and out of the mouth when desired. However, it is imperative to remember to put the aligners back in order to see results.

Invisalign is a set of custom-made trays that patients wear daily. As the patient wears these trays, the teeth very slightly. Once your teeth adjust, your dentist will provide a new set of trays that adjusts your teeth again. You get a new tray about every two weeks until your teeth have shifted into your ideal smile.

However, we recommend **braces** for more severe cases because they adjust the tooth from the root. So, if you are struggling with misalignment and bite issues as well as severe orthodontic problems, braces are likely a better choice than Invisalign. Additionally, we recommend braces for younger children, who are less concerned with aesthetics and who are less likely to comply with the rules necessary for Invisalign treatment to work.

TEETH WHITENING

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The next step to a Hollywood smile is bright white teeth! Although there are many at-home treatment options, we recommend visiting your dentist for [professional teeth whitening](#).

If you have deeply-set stains, going to the dentist is your only option as at-home treatments will only be able to remove extrinsic stains on the surface of the teeth. Your dentist will use stronger whitening agents that will help you achieve that perfect Hollywood smile.

Additionally, at-home teeth whitening can cause sensitivity if done incorrectly, and your dentist will ensure the process is done safely to prevent any gum sensitivity and to protect the enamel.

Have you ever left your whitening strips on too long? You may remember that your teeth and gums became very sensitive. At Dr. Roze Biohealth Clinics, we also provide [Zoom teeth whitening](#), a professional whitening treatment that provides immediate results.

Zoom is different from other whitening treatments because the hydrogen peroxide whitening gel is supplemented by the “ [Zoom Advanced Power Chairside Lamp](#),” which enhances the bleaching process.

COSMETIC RESTORATION

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Cosmetic restoration is another way to get a Hollywood smile and restore your teeth, whether they have been chipped or extracted.

One type of cosmetic restoration is a **dental bridge**, which is an artificial tooth that is used to replace missing teeth. Although there are different types of bridges, if only one tooth is missing, the bridge is simply bonded to the surrounding teeth.

Your dentist will ensure the bridge fits perfectly in the open space and will create a tooth that matches the color and shape of the others.

Another type of cosmetic restoration to achieve a Hollywood smile is **dental implants**. This is a permanent restoration option that is meant to last your entire lifetime.

Dental implants require surgery, where a titanium or a ceramic post is placed into the bone and the artificial tooth is attached.

Implants look extremely natural, especially as the gums grow around the artificial tooth. While the implant process can be longer and more tedious than placing a bridge, it is significantly more durable..

VENEERS

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Finally, if you are looking for a **Hollywood smile**, one of the best solutions is getting **veneers** . **Dental veneers** are custom-made shells that fit over the front surfaces of your teeth. They conceal cracks, chips, stains and other cosmetic imperfections. Veneers are one of the most common cosmetic dentistry treatments. There are several types of veneers available, depending on your specific goals.

Unlike implants which require drilling into the gum and bone to place a tooth, veneers rest on the outside of the natural teeth. So, if you have any reservations about oral surgery, veneers are a great option for cosmetic restoration!

Veneers can improve a number of aesthetic issues, from straightening the smile without orthodontic treatment to correcting the size, shape, and color of the teeth. Veneers can also cover chips or cracks in the teeth, creating a smooth surface.

Unlike bridges and implants which are for replacing one or a few teeth at once, veneers can replace many teeth at once. However, if the teeth are weak, veneers do not provide structural reinforcement.

Additionally, veneers are not recommended for those who grind their teeth because this pressure could break or chip the veneers.

Conclusion :If you have been longing for a perfect, Hollywood smile, like your favorite celebrities, make an appointment with your specialist in cosmetic dentistry!

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The dentists at Dr. Reoze BioHealth Clinics are experts in cosmetic dentistry and will create a custom treatment plan that will transform your smile into one fit for the silver screen.

Here at Dr.Roze BioHealth Clinics, it is our priority to provide all of our patients with the best care possible. If you are looking into getting any of the cosmetic dental treatments discussed above, schedule an appointment with us today!

We would love to have you for a checkup at Dr. Roze Biohealth Clinics in DIFC with [Dr. Laura Maañon](#) or Dr. [Nicolle Ranzan](#), Or [Dr. Carla Schweer](#) and [Natalia Rabago](#) at Jumeirah. They will evaluate your oral health and will ensure your treatment is done with the utmost care. For a beautiful, but healthy too Hollywood smile.



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