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Tooth Whitening: Minimal Invasive Smile Enhancement Approach

Abstract:

The smile is an important reflection of one's self. It is distinctive to each individual person and helps us to communicate a array of human emotions. In today's world, emphasis and demand of whiter, brighter teeth have been increasing consistently.

Usage of cosmetic smile enhancement is routine contemporary dentistry for modern dentist. Discoloured teeth have a profound effect on self esteem and social interaction because of increased social media influence. Smile designing is a cosmetic dental procedure that corrects teeth imperfections and restores dental health and appearance. It is mostly done using combination approach, principally additive and adhesive dentistry principles and sometimes subtractive, to improve the smile of patient.

Due to paradigm shift, Modern dentistry focuses for conservation of maximum natural tooth structure. Consequently, these affected smile enhancement protocols too. Teeth whitening are included in protocol especially for colour correction substrate prior to any intervention.

For natural brilliant white teeth, bleaching is a viable, least invasive treatment modality present. However, it is often ignored owing to extra time needed for results, it is sometimes ignored.

Presentation aims to provide comprehensive and systematic approach in understanding, diagnosing and managing dental discolouration. Special emphasis is laid on various treatment protocols and use of different dental materials and its predictable treatment outcomes.

Biography:

Dr. Shaza Hamid qualified from King's College London, UK as **Prosthodontist**. Currently working as Director and Owner of **Lifestyle Dental Practice** with the comprehensive evaluation of dental treatment needs of the patients & focusing on providing the best **dental care** for the interest. She provides routine **crown** and **bridge**, complete dentures, smile makeover and special care dentistry. Her special interest includes minimally invasive dentistry, TMJ disorders, adhesive bridges, special care dentistry, and veneers.

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