



Brighten your Smile with Teeth Whitening!

As you age, you may begin to notice that your teeth aren't quite the same shade of white that they were in your youth. Typically, noticeable discoloration begins in the late 20s and early 30s. A variety of factors can speed up the discoloration process including chemical staining from drinking dark colored liquids and smoking, a genetic predisposition to early yellowing, and the onset of gum and tooth disease. The good news is that most tooth enamel can be easily returned to a sparkling white with professional whitening treatments. If you are self-conscious about the color of your teeth, cosmetic tooth whitening may be a great alternative for you to consider. Cosmetic dentists have a variety of tooth whitening systems for you to choose from.

Tray Whitening

Tray whitening is a popular and very successful method of whitening and brightening your teeth at home. After your dentist makes your custom molded whitening trays, he will help you create an at-home schedule for treatment. Your custom-fitted tray is filled with a highly-concentrated whitening gel, and temporarily adheres to either the bottom or top row of teeth. The tray is worn for several hours over the course of a few weeks, depending on the level of whitening desired, and may be worn at night. The tray ensures maximum contact with the teeth and ensures consistency of results.

In-Office Whitening

In-office whitening systems generally produces the most dramatic results in the shortest amount of time. There are several choices for the in-office treatments, including the increasingly popular laser whitening. Many dentists utilize this highly effective laser whitening treatment, during which a high concentration of lightening agent is applied to your teeth and then heated for several minutes with a laser light.

Laser Whitening

In-office light-activated whitening treatments use laser light to speed up the whitening process by allowing the agent to be absorbed more quickly into the tooth enamel. Many patients choose laser whitening for the quickness and convenience it offers. In about an hour, your teeth can appear 6 to 10 shades whiter!

Over-the-Counter Whitening

Although some patients use over-the-counter treatments as a supplemental whitening enhancer, these treatments are not recommended as alternatives to professional whitening. The concentration of over-the-counter whitening agents may be significantly lower than you need and often will not produce the dramatic results that many patients desire. Also keep in mind, over-the-counter products cannot guarantee length of whitening and will not produce custom results.

Tooth Sensitivity

Most tooth and gum sensitivity following whitening is temporary and should subside within a few days following treatment. To minimize tooth sensitivity, your dentist may advise you to reduce your whitening treatment time and increase the time between treatments. You may also want to purchase a sensitivity toothpaste, fluoride rinse and a soft bristle toothbrush. Ibuprofen may also help relieve some of the discomfort if physician approved. If your tooth sensitivity is persistent or painful, contact your dentist for other suggestions.

There are many advantages to choosing cosmetic dentistry whitening treatments as opposed to over the counter methods:

- Whitening treatments are comfortable, safe and effective
- In-Office treatments are stronger, faster and more consistent
- Results are controllable - you decide how dramatic of a change you want
- Whitening is simple and convenient - you can choose from in-office treatment, or opt for a take home kit
- Whiter teeth can make you feel more confident and ready to show off your beautiful smile
- Safely whiten your teeth by as much as 10 shades in about one hour

These options are available to help you achieve your whitest, most beautiful smile:

- Tray Whitening
- In-Office Whitening
- Laser Whitening
- Over-the-Counter Whitening



Before

After



A Beautiful New Smile in just Two Visits!

Veneers can help brighten front teeth that have permanent stains or discoloration and can't be whitened. They may be used to correct small gaps between the front teeth, teeth that are poorly shaped or slightly crooked, or teeth that are chipped, worn or eroded. If you have healthy teeth and gums, but are unhappy with the way your smile looks, veneers might be right for you.

What Are Porcelain Veneers?

Veneers are ultra-thin, custom-made porcelain facings that the doctor affixes to your teeth in a simple, comfortable procedure that requires just a few appointments. You can whiten your teeth, close spaces, and create a great smile easily and affordably. Veneers, which normally require a slight reduction of enamel, are bonded to the tooth to assure a permanent fix. For decades dentists have been using materials which can create a durable bond to tooth enamel. The porcelain veneer technique utilizes these bonding materials to securely attach a thin sheet of porcelain to a damaged tooth. Although porcelain is inherently brittle, when it is firmly bonded to a tooth, it becomes very strong and durable. Porcelain replaces the worn or damaged tooth enamel, and the veneer is chemically bonded for strength and durability. Porcelain veneers are aesthetically pleasing, natural looking and durable.

Why Choose Veneers?

You can enjoy a perfect smile in as few as two visits! If you already have relatively good dental health and simply want to improve your appearance, veneers may be the best solution. Typically made of porcelain, veneers are bonded to your teeth using a safe, high technology polymer resin. The results are nothing short of amazing. Since each veneer is individually sculpted to match each tooth, even an experienced dentist will have to get very close to tell your perfect smile isn't inherited. You can expect your veneers to stay bright and strong for many years simply by following standard good oral hygiene practices.

The benefits of veneers over other cosmetic dentistry options:

- They won't discolor with age, as normal teeth do
- They require minimal modification to existing teeth
- Many teeth can be corrected at one time
- Veneers are handcrafted to fit your unique smile
- Veneers can make dark or stained teeth brighter
- Minor overlaps and small gaps disappear
- Porcelain veneers are highly resistant to chipping and fracture
- They look and feel just like normal teeth – you can't tell the difference!
- Veneers are super high quality porcelain, and are very stain resistant
- Also known as "instant orthodontics," veneers can actually help strengthen existing teeth
- Porcelain veneers, because they are glass-like, are translucent. When they are bonded onto a tooth's surface they mimic the light handling characteristics of enamel. This translucency effect provides a sense of depth, and thus a very life-like appearance.

Natural, strong and long lasting, porcelain veneers are a popular choice for people who want to improve the look and function of teeth. If you have healthy teeth and gums, but are unhappy with the way your smile looks, porcelain veneers may be a quick and easy solution.



Before



After



Healthy Muscles Work Together in Harmony and are able to Rest more Comfortably!

What Can Neuromuscular Dentistry Do For You?

Every person has a unique jaw and muscle physiology. A neuromuscular dentist will find your true neuromuscular rest position. This is the position where muscles are relaxed and function most efficiently. Since most pain comes from injured or unhealthy muscles, muscle function normalization greatly reduces painful symptoms.

What is Neuromuscular Dentistry?

Neuromuscular dentistry is the science of using the relaxed position of the muscles of the head and neck to place the jaw in the optimal physiologic position for comfort and function. It is also used to find the optimal jaw position before restorative dentistry, which greatly increases the longevity of the restorations.

How Does Neuromuscular Dentistry Differ From Traditional Dentistry?

Traditional dentistry looks only at the teeth and jaws, whereas neuromuscular dentistry considers the muscles that control the jaws, the nerves that control the muscles, and how this relates to the overall body.

Identifying the Rest Position:

Your dentist will use an electrical impulse device to relax the muscles of your head and neck. This process not only relaxes the muscles, but also increases blood flow and flushes out toxins. After about 45 minutes of stimulation, your muscles will be in the ideal relaxed position. This information is then recorded and used to fabricate an orthotic that will allow your jaw to close to this ideal position. An orthotic is a clear appliance that sets in the mouth, over the teeth to even out your bite. Most patients will wear their orthotic for approximately three months, during which time your bite becomes stabilized. With your bite stabilized in the optimal position, muscle activity diminishes which allows for muscle healing and painful symptoms to be alleviated.

How long does it take?

After you have worn your orthotic for 3 consecutive months, you have options as how to proceed. You will make a decision to wear the orthotic indefinitely, have orthodontics done to move your teeth to this ideal position, have one or two arches of teeth restored to adjust your bite to this position.

Finding a Neuromuscular Specialist

Not all dentists practice neuromuscular dentistry. Therefore, it is important to look for an experienced cosmetic dentist who is highly trained in the science of diagnosing and treating specific neuromuscular problems. An El Centro dentist has the education, experience and skills to treat your neuromuscular symptoms.

Symptoms of Neuromuscular conflicts.

- Frequent Headaches?
- Neck, Shoulder, Back Pain?
- Unexplained loose teeth?
- Teeth Clenching or Grinding?
- Numbness in arms and fingers?
- Pain or clicking and popping in joints?
- Pain behind the eyes?
- Facial pain?
- Ringing or Congestion in the ears?
- TMJ?

If you have these symptoms, your teeth, jaws and muscles may be in conflict and you may be a good candidate for Neuromuscular Dentistry.

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TMJ & Migraine Therapy



Put an End to the Pain.

TMJ Dysfunction or TMD

TMJ stands for the Temporomandibular Joint. It is the joint that attaches your lower jaw (mandible) to the temporal bones in your skull. The TMJ serves as a hinge for the jaw and moves together every time you use your mouth. Any disruption or damage to these joints could lead to a medical and dental problem known as TMJ Dysfunction.

What is TMD

It is estimated that 10 million Americans suffer from TMJ Dysfunction. This is a condition in which the temporomandibular joint does not function properly. We use this joint more frequently than most of the other joints in our bodies. Everytime we chew, bite down, or swallow we put the TMJ to work. A TMJ Dysfunction diagnosis is usually made by your dentist after the patient complains of the following symptoms.

What Causes TMD?

TMJ Dysfunction can have a variety of causes and is believed to result when the chewing muscles and jaw joints do not work together correctly. The most common causes of TMD are stress, improper bite and overuse of the joint.

Symptoms of TMJ Dysfunction:

- Tenderness in the jaw muscles
- Frequent headaches
- Dull aching pain in the face, sinuses, ears, eyes, teeth, neck muscles and shoulders
- Clicking, popping or grinding in the jaw joints
- “Locking” episodes or an inability to open or close mouth freely
- Difficulty in chewing and swallowing

Addressing the cause of Migraines:

Clench your teeth tightly together. You can actually feel the sides of your face bulge out. That's the temporalis muscle. Now place a pencil between your front teeth and try to clench again. You notice right away that there is less force on the muscle. That's how NTI works!

Treatments:

If your TMJ Dysfunction is mild and is detected early, the first treatments your dentist will usually recommend are lifestyle and dietary changes. The purpose of these changes is to reduce the amount of injury to the joint and allow it to heal by breaking the cycle of pain and joint dysfunction.

To Reduce the Amount of Wear and Injury to the Joint:

- Chew food evenly on both sides of the mouth
- Eat soft foods- avoid hard, crunchy or sticky foods
- Practice good posture- hold your head up with your neck and shoulders in good alignment
- Stop chewing gum
- Avoid clenching and grinding your teeth

To Promote the Healing Process:

- Apply warm, moist heat to both TMJ's for 30 minutes twice a day
- If your teeth are not aligned properly, you will be referred by your dentist to an orthodontist.
- Surgery is the last option, and is rarely performed. It is only done in extremely painful cases or when there is severe damage to the joints.
- Take a nonsteroidal anti-inflammatory medicine such as Advil.
- If grinding teeth at night is the problem, you will be given you a special bite plate (splint) to wear when you sleep.

Migraine Therapy

It is well known that persistent tooth clenching or grinding will wear down teeth and cause them to crack, chip, and break. Uneven edges of front teeth are the most noticeable signs, and notches at the gum line are just as common. Most people with seriously worn down teeth insist that they don't grind. Fact is that most clenching and grinding, called bruxism, occurs at night during sleep. That is why most bruxers are unaware of their habit. In a recent FDA study of migraine sufferers, the NTI reduced migraines by 77% in 82% of the patients. Nausea associated with the migraines was reduced by 78%, light and sound sensitivity was reduced by over 68%.



Dental Implant



Smile with Confidence!

Breathe Easy, Smile Wide

Feeling self-conscious about your missing teeth or wobbly dentures? You're not alone. Over 100 million American adults are missing at least one tooth. Bring back your natural smile-and your self-confidence-with functional and aesthetic dental implant. An ideal alternative to bridges, a dental implant actually replace teeth without compromising the quality of bordering teeth. Since they attach directly to the jaw bone, a implant looks and feels like real teeth, and they prevent bone loss and gum recession at the same time. Don't let missing teeth affect how you chew, smile or live your life. Bring back that ear-to-ear grin with an effective, permanent dental implant. Ask your dentist if implants are right for you.

What is a Dental Implant?

A Dental implant is an artificial tooth root, or titanium fitting, that are surgically secured to the jaw bone. The light and durable metal implant acts as an anchor for a false tooth or set of false teeth. Since the implant fuses to the bone, the attached artificial tooth, which is matched to the exact color of your natural teeth, looks and feels completely authentic.

There are two general types of dental implants: endosteal and subperiosteal. An endosteal implant is the most common variety and anchor directly into the jaw bone, in either "root" or "plate" form, depending on the size of your jaw. A subperiosteal implant, which are available to patients who cannot wear conventional dentures or who have minimal bone height, are custom on-the-bone anchors that sit under the gums.

Is an Implant Right For Me?

A secure, long-term smile solution, implants are ideal for people of all ages who have lost teeth due to injury, periodontal disease or other causes. A Dental implant can even replace a full set of missing teeth, certain types of bridges and removable partial dentures. While the body rarely rejects the dental implant, they have proven most successful when performed on the lower front jaw.

The best implant candidates are those with healthy gums, good general oral health, a strong commitment to oral hygiene and enough bone near the missing teeth for the implants to attach securely to the jaw. Even if you aren't an ideal candidate, there are various complementary procedures, including bone grafting and sinus augmentation, that can help prepare your mouth to accept implants.

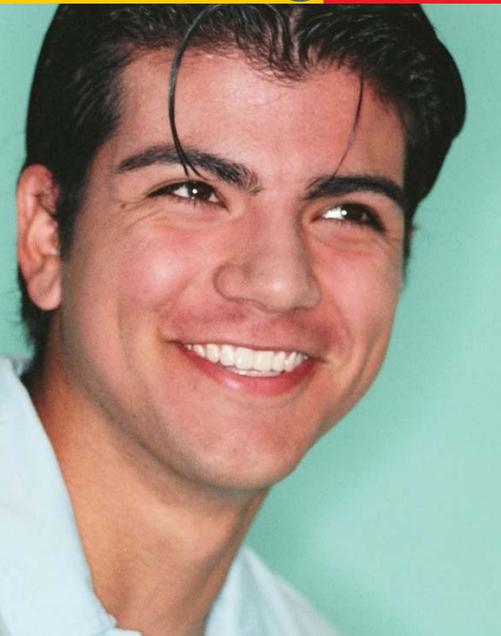
Implant Benefits: A Reliable Alternative

- Replaces teeth without sacrificing quality of bordering teeth
- Eliminates the need for a partial removable denture
- Makes dentures more comfortable and secure
- Fills out facial regions left concave by missing teeth
- Provides a reliable, long-term dental solution-can last a lifetime!
- Supports a single or full bridge
- Helps prevent bone loss and gum recession
- Makes it easier to chew, eat, and talk
- Fuses to living bone for that real tooth feel
- Eliminates messy denture glues and pastes
- Requires no adhesives, removals, soaking or cleaning

"Bona Fide" Results: The success rate of dental implants is approximately 99%.

A Dental Implant can:

- Naturally replace missing teeth
- Supports a single or full bridge
- Eliminates the need for a partial removable denture
- Helps prevent bone loss and gum recession
- Makes it easier to chew, eat, talk and smile!
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Straighten your teeth without anyone knowing

How Does Invisalign Work?

During your initial consultation, your dentist will examine and measure your teeth to determine if you are a good candidate for Invisalign.

If you are a good candidate for Invisalign, numerous pictures will be taken of your teeth and mouth. The Invisalign system utilizes 3-D computer imaging. From the pictures that are taken of your teeth and mouth, you will be able to view your 3-D virtual treatment plan from beginning to end. Watch as your smile is transformed, and view how your teeth will look at the end of the process, before you even begin.

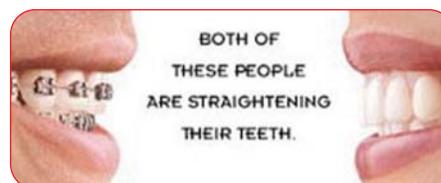
A series of custom-made Aligners are then produced for your mouth. Aligners are clear plastic molds of your teeth that are virtually invisible when worn.

They are like contact lenses for your teeth. Most people will wear an Aligner on their top teeth and an Aligner on their bottom teeth. The Aligners are designed to incrementally move your teeth by applying pressure to different teeth. After you have worn this set (of upper and lower Aligners) for approximately two weeks, you will receive a new set of Aligners to wear for the next two weeks. You will continue replacing your Aligners with the next in the series until your teeth have moved to their final position. During the process, you will see your dentist or orthodontist approximately every 6 weeks, (usually after you have worn 3 sets of Aligners) to make sure your treatment is progressing according to schedule. Because everyone's teeth are different, the length of treatment and cost will vary from person to person.

Why Invisalign?

- Invisalign is nearly Invisible.
- Invisalign is Removable. You can eat and drink whatever you want during your treatment, and you won't have to worry about embarrassing food particles getting caught in your braces. You can also brush and floss normally to maintain good oral hygiene.
- Invisalign is Comfortable. There are no metal brackets or wires to cause mouth irritations. Also, because you don't have braces to be tightened, you spend less time in the doctor's chair getting adjustments.

- Invisalign is nearly Invisible. You can straighten your teeth without anyone knowing.
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Invisalign® is a registered trademark of Align Technology, Inc.

Sedation & Laser Dentistry



Dentistry Without Discomfort

Sedation Dentistry

How long have you been hiding your smile behind your hand, or putting up with pain? Don't let fear take away the benefits of good health and a beautiful smile. You're not alone. Millions of people share your fears and apprehensions. We understand how you feel. We want to reassure you that you can have the care you need, comfortably, and in most instances in one or two appointments. Come in and sleep through your next appointment and wake up to a healthy beautiful smile by taking a simple pill! New and safe oral sedation techniques mean you can have years of neglected dental work done quickly. You will be amazed how totally relaxed you feel. You'll feel like you slept through your treatment and have little or no memory of the time spent in the office. You can overcome your fears and enjoy good dental health. Satisfied patients say, "It changed my life!"

Frequently Asked Questions

Will I really be totally relaxed?

You'll receive just enough sedation so that you'll be completely unaware of the treatment, as if you were asleep.

Will I remember anything?

At the end of the treatment, you'll have little or no memory of what was accomplished.

Is Sedation dentistry safe?

Oral sedation dentistry protocols have been used safely for over 30 years in millions of dental procedures

Sedation Dentistry

Sleep through your procedure and wake up to a new smile.

Laser Dentistry

Whiten teeth, treat sensitive teeth and treat gum disorder all without the use of a dental drill or the need for a shot.

The smile lift

Gummy smiles can be easily and comfortably corrected by artistically sculpting the gum line with a laser.

Laser Dentistry

Recent advances in laser technology have allowed specially trained dentists to perform comfortable laser sessions to his guests. Dental lasers are used for a variety of treatments. Just like nails, gums need a good manicure. The Laser can be an excellent tool for these gums and teeth in need of a makeover. With its micro-precision, the laser can perform magic. It is the greatest sculpturing tool to assist in creating the perfect smile. Do you have a gummy smile? Laser dentistry might be the solution.

Lasers can also be used to:

- Whiten teeth
- Treat sensitive teeth
- Reduce the need for anesthesia
- Treat gum disorder
- and much more

It can do all of the above without the use of a dental drill or the need for a shot.