



Dr. Charmaine Ortiz demonstrates how Invisalign can beautify your smile.

MICHAEL CARINS, WET ORANGE STUDIO, INC.

REDESIGN YOUR SMILE

At Classic Dental Maitland, Dr. Charmaine Ortiz is committed to keeping patients in the very best dental health.

By Tarre Beach

Classic Dental of Maitland's Dr. Charmaine Ortiz is a cosmetic and family dentist with the broad experience that comes from more than 15 years in dental practice. Although she provides service in all phases of general dentistry, she has a special interest in cosmetic makeovers. "These days, people are more health conscious and have an appreciation for how much a healthy, attractive smile enhances their appearance," says Dr. Ortiz.

What most people don't know is that cosmetic reconstruction requires a multi-disciplinary approach using knowledge of engineering principles, art, biomechanics, physics, chemistry, biology, anatomy and other disciplines, just to name a few. "It's fun for me to use my training and experience to produce results that so benefit people," she says.

TOOTH COLOR, SHAPE & SIZE

"I really get to know my patients so I can determine their needs and meet their expectations. After that, I design a treatment plan based on what suits that special patient because every patient is unique," says Dr. Ortiz.

"We get some pretty amazing results using porcelain veneers and crowns," she adds. "In many cases, you can improve the alignment, color, function and even the way your teeth bite together using porcelain restorations. Sometimes, we use the Invisalign system to straighten the teeth first."

BRIGHTEN YOUR SMILE

Sometimes, all that's necessary is to whiten teeth with special dental

Q&A with Dr. Charmaine Ortiz

Q: I'm getting married in July, and I'm freaking out about people seeing my chipped, worn-out front teeth—and then there are all those wedding pictures! Can you help me in a hurry?

A: Relax and don't worry. We do this type of thing every day for our patients. In only two appointments, we will have you wedding-ready. We will likely be doing some nice porcelain veneers and/or porcelain crowns (also sometimes called "caps") that will have your teeth looking like they've never looked before. The color, translucency, shape and luster of your teeth will transform your appearance in ways that you didn't think possible. They will stay looking very natural and will perform just like teeth are supposed to.

Q: I'm 45 years old, and the last of my kids has graduated from college. My teeth are starting to get a little crowded, and I really want to get them straightened before they get worse—but I don't want to see myself in braces. What can I do?

A: You may be a great candidate for Invisalign. Virtually invisible, the Invisalign system (Invisalign.com) uses clear aligners that fit over your teeth like a retainer. The aligners straighten your teeth nicely without brackets or wires. They are comfortable, unnoticeable and removable. Your speech won't be distorted, and you can quickly pop them out when you clean your teeth or eat. Your teeth will be straightened in the same amount of time as with braces, but without the "tinsel." This could be the perfect solution for you.

Q: I hate that two of my front teeth are crooked. I can't afford the time or expense of braces, and I'm getting nervous about how I'll look for my class reunion this summer. Help!

A: Porcelain laminate veneers may be what get you where you want to be. These are contactless-thin porcelain facings that are permanently bonded to the front of your teeth to the exact shape, contour and color of your other teeth. Your crooked teeth will likely require some minor recontouring, after which we send impressions to our laboratory with our prescription to custom-make your veneers exactly to fit

your special needs. This is routinely done in our office in just two appointments.

Q: Some of my caps show a black line up by my gums when I smile. Why is that? How hard is it to fix?

A: Crowns or "caps" are coverings over teeth that are frequently made with metal copings (for strength) that are covered by porcelain so they look aesthetically pleasing. If the gum recedes, a thin edge of metal around the rim of the crown can show up as a black line. Correcting the problem usually means making a new crown with only porcelain at the rim or making a crown with no metal at all. When we make the new crown, we want to make sure the rim of the crown is positioned just under the gumline so it doesn't show at all.

Q: I'm graduating from high school soon and want my teeth to look whiter. Can I do that bleaching thing? Is it bad for your teeth?

A: Bleaching can be done in our office or right at home. We create retainer-like trays that custom-fit your teeth, and we give you instructions on how to use the bleaching gel for short periods each day. In the office, we use the Opalescence Xtra Boost system (Opalescence.com) where we apply a special gel repeatedly to your teeth during one appointment, and you leave with them whiter—in only one visit. This is great for people who don't want to take the time to do it themselves at home. Whether using the trays or Boost, most patients achieve dramatic results many shades lighter than when they started. Bleaching is not harmful to your teeth, but different people experience different levels of sensitivity when bleaching.

Q: Some of my old silver fillings are wearing out, and I hate that gray or black color. What can you do about that?

A: We can easily replace silver fillings with a tooth-colored resin material in one appointment. Bear in mind that fillings that are especially large or require greater strength may need to be replaced with porcelain crowns, as described above.

bleaching agents. Patients have their choice of take-home bleaching with custom trays made in the office or the 90-minute, in-office bleaching.

Dr. Ortiz uses the Boost system, which is relatively quick and easy. "Most of my patients go up several shades with professional whitening," says Ortiz. "The best part about it is how they feel about themselves afterward. You can see the confidence."

IT'S NEVER TOO LATE

According to Dr. Ortiz, it's never too late to repair, touch-up or remake your smile. These days, people in their 60s, 70s and beyond are seeking to enhance their appearance.

She says, "I recently had a patient in her late 60s who was awe struck with her new smile and couldn't stop looking in the mirror and saying, 'wow!' The best part is seeing how their self-esteem skyrockets." **L**

Makeover Results



BEFORE



AFTER



Charmaine Ortiz, DMD
158 Lookout Place, Ste. 101
(At the corner of Maitland Ave.
& Maitland Blvd.)
407.682.7774

OTHER LOCATIONS

Classic Dental at Lake Mary



Butch Garcia, DMD



Jim Flatley, DDS

4267 West Lake Mary Blvd.
(In the Target Shopping Center)
407.302.7774

Classic Dental at Oviedo



Wayne O'Brien, DMD
2989 Alafaya Trail
Oviedo, FL 32765
407.695.7774

Visit us online at www.ClassicDental.com