Advances in dental procedures and applications out of new technologies allow Halifax Dental Studio to take dentistry to new heights.

“Changing someone’s smile, in a procedure as simple as filling an undesirable space, can change someone’s life,” says Dr. Jenine Arab O’Malley of Halifax Dental Studio. “If a patient is unhappy with their teeth, they become self-conscious and reluctant to smile.” It can profoundly impact their personal, professional and social life.

Dr. Arab O’Malley has been practicing dentistry for over 20 years, beginning with general family dentistry and later focusing to more comprehensive cosmetic dentistry. She was educated and opened her clinic in her lifelong hometown of Halifax. She is currently pursuing a rigorous and demanding international accreditation process through the American Academy of Cosmetic Dentistry, a world leader in the dental profession, which recognizes excellence in clinical competency. To date, there are approximately 400 dentists in the world to have achieved Accredited status which adheres to the highest standards of science, artistry and ethical conduct in cosmetic dentistry. Accreditation through the AACD affirms the dental professional has made a commitment to stay in the forefront of their field and continue to be a leader in standards of quality in cosmetic dentistry.

In addition to her work in Canada, Dr. Arab O’Malley also supports humanitarian aid, most recently working with university students on a mission to Honduras that provided dental and medical care to the residents.

Halifax Dental Studio provides a full spectrum of comprehensive dental procedures from prevention and maintenance to full mouth reconstruction. Patients of all ages from young children to adults are treated. The client centered clinic is committed to delivering the highest level of patient care and focuses on making dentistry as accessible as possible, taking into account the patient’s busy schedule. If required, smile makeover procedures can be preformed in one visit which many people prefer, especially if they are apprehensive about visiting a dentist.

The well-appointed studio offers a modern, technologically advanced environment that is optimized for patient
safety, comfort and convenience. Patients can relax with music or watch television during their appointment surrounded by relaxing décor in a soothing atmosphere.

The friendly team members welcome new patients with a warm smile and are pleased to assist with completing any forms related to health information or explaining insurance coverage. The staff members are compassionate at putting patients at ease and making patients feel their best interests are priority of the practice.

A comprehensive examination will follow by Dr. Arab O’Malley, where a thorough assessment of the dentition will be performed. “In order to execute treatment with long term predictability, function and comfort, it is fundamental to understand the intimate relationship between the teeth, muscles and joints.”

“We spend time educating patients on the importance of achieving harmony in their occlusion (bite), as this can often alleviate complaints of headaches, jaw pain and help stabilize the dentition from attrition.”

In many instances, photographs and model are taken, as they are instrumental in diagnosis and helping with the smile design analysis. Mock up of the ideal cosmetic results can be performed on the models and presented to the patients so they have a better understanding of the achievable end result. Patients appreciate seeing how their smiles can be transformed, comparing pre and post op photographs and models.

Treatment options for patients are highly individualized. Dr. O’Malley puts the patient first in decision-making and ensures that they are thoroughly informed about the procedures and various options. The focus at Halifax Dental Studio is to educate the patients on the importance of preserving tooth structure and to provide patients with treatment options that can restore their dentition while achieving this goal. “The progression in the dental profession is on a bioesthetic approach which gives priority to an additive, minimally invasive procedure for the preservation of tooth structure and morphology.”

In the past, when patients inquired about smile makeover, the main options offered to them where crowns, bridges and veneers, all procedures which required further removal of tooth structure to reconstruct the smile. “The philosophy of protecting tooth structure has become the new cornerstone in how we are now practicing dentistry.” If a patient is unhappy with undesirable spacing, alignment, position, shape or color of their teeth, there are several viable options to crowning or bridging their dentition. Short-term orthodontics, by braces or active retainer, can achieve results over several months for straightening the teeth, which then enables a more conservative bonding or prepless veneer procedure to fine tune contours for optimal esthetic result.

For patients who are dissatisfied with the overall color of their dentition, an option to veneering all the teeth is bleaching. Again cosmetic bonding can be performed to heighten outcome often without removing tooth structure.

For patients missing individual teeth, advances in technologies have made implant placement a routine, highly predictable and esthetic procedure. It has become a financially viable alternative to cutting adjacent teeth down for bridge placements.

A beautiful smile involves more then beautiful teeth. “Tissue architecture has become an integral part of achieving optimal esthetics, particularly if a patient
has a high lip line that displays their gums when they smile.” Simple periodontal procedures such as tissue recontouring can create symmetry that is essential for a pleasing smile. Tissue grafting, on the other hand, is a recommended treatment to augment deficiency in tissue that occur as a result of gingival recession or to supplement a deficient ridge to achieve natural gingival contours where implant or bridge is required.

“Bite plane therapy and occlusal equilibration, procedure preformed to remove interferences in a patient’s bite, is an integral part of the dentistry we preform”. In many cases, stabilizing the patient’s bite can address TMJ and muscle pain cause from bruxism. Just as important, these procedures protect restorations and the dentition from further wear. 

At Halifax Dental Studio, patients who wish to undergo a smile makeover are given options range from bonding, veneers to crowns depending on their circumstances. “In a smile design analysis, we often mount the patient’s diagnostic models on an articulator that simulates the jaw. We start by creating the ideal bite in order to warrant occlusal stability that will ensure long-term predictable results. Using parameters of symmetry, proportions, ideal esthetic, and working within the matrix of phonetic, comfort, and function we design a smile, specific for the individual patient. The restorations are designed and tested in the patient’s mouth in the provisional phase to confirm optimal patient satisfaction prior to completing the definitive restorations. By executing treatment in this manner, we often can exceed our patient’s expectations.”

At Halifax Dental Studio, Dr. Arab O’Malley is compassionate about educating her patients on the importance of focusing on the prevention end of dentistry. The Doctor notes that the major cause of tooth loss is occlusal disease, which causes wearing down of tooth structure as a result of bruxism (teeth grinding). Brushing aggressively, using overly abrasive toothpaste or erosion caused from a high acid diet or gastric reflux are other culprits of tooth loss. Once enamel is lost, wear progresses more rapidly in dentin, causing teeth to become sensitive and structurally compromised often leaving no other options but to crown the teeth.

Dr. Arab O’Malley focus conservatively and proactively on the front end of dentistry rather than waiting till advanced attrition has occurred. She gears her treatment on preserving tooth structure. Cosmetic bonding, she advocates, is a superior option for protecting the integrity of the tooth,

Dr. O’Malley uses a proactive approach with a high degree of artistry and skill in dental bonding to restore aesthetics, sensitivity, and function and to help preserve the tooth from further loss.
addressing cervical sensitively and restoring esthetic and function of worn down dentition. Additionally, with advances in material technologies, composite resin restorations now have superior physical and optical properties and are high polishable which enables them to mimic natural tooth structure. Through advanced clinical training, Dr. O’Malley has mastered an artistic skill set which enable her to combine restorative materials in layered applications called a stratification process with the implementations of tints, opaquagers and translucent restorative materials. The cosmetic outcome has allowed her to create restorations that emulate natural anatomy and integrate seamlessly into the rest of the dentition.

This process has several applications and can often be the treatment of choice in creating an entire smile makeover. Patients LOVE it because it is painless, often requiring no tooth preparation or anesthetic. There is no anxiety or build up of apprehension as often associated with tooth reduction for crown preparation. Frequently, it can be accomplished in one visit and is considered as Basic treatment, covered by most insurance plans. Patients are impressed because the results are instantaneous and life like. Most importantly however, tooth structure is preserved- that is invaluable.

Illustrated above is a 19 year old boy who fractured his front teeth playing hockey. The application of cosmetic bonding in a bioesthetic approach was implemented in this application. For a patient so young, this is optimal treatment over crown placement because it preserves the integrity of the tooth, yet is highly esthetic and easily maintainable.

Halifax Dental Studio values quality, efficiency, collaboration and continuous learning. The field of dentistry is continuously evolving with newer and safer technologies. Halifax Dental Studio keeps up to date in researching new products to offer the most recent advancements to patients.

As her patients claim, “Dr. Arab O’Malley is a true professional who takes pride in her work”. “She has an artistic eye, gentle hands and a compassion to delivery the highest level of care”. Whether the procedure is cosmetic bonding, full mouth construction involving crowns or implants, Dr. Arab O’Malley advocates’ excellent esthetic outcome can be achieved with prudent diagnosis, treatment planning and execution. Understanding smile design, evaluating restorative options and ensuring the patient’s esthetic and functional needs are achieved is fundamental for a successful result.”

For Dr. Arab O’Malley, the greatest pleasure of her practice comes from seeing the positive changes in peoples’ health when they look and feel better after getting a natural and beautiful smile that blends seamlessly with their dentition. Patients come from all walks of life and from near and far because they appreciate the excellent care from a trusted team of skilled professionals.

As expressed in the words of praise of a patient who had a crown smile reconstruction: “ Your attention to detail while being both kind and empathetic during treatment was a calm reassurance I was in the best dentist’s hands. It is not an overstatement to say that my beautiful smile has changed my life, bringing increased self-confidence and an eagerness to freely smile with joy. Please know the never-ending heartfelt gratitude I feel for your ‘art of the perfect smile.’ ”