Reading & Vocabulary Assignment

Health Care Careers

Lesson 8 Dentistry Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Article 1: Types of Tooth Whitening Procedures**

There are a few tooth whitening procedures available that correct discoloration of the tooth by removing the brown and yellow staining. While each work effectively, there are advantages and disadvantages to each procedure dependent upon your objectives and commitment to the processes. The type of procedures available should be discussed with your cosmetic dentist, and a they will recommend the most appropriate tooth whitening procedure for you.

**Laser Bleaching (In-Office)**

Using a laser with a whitening gel, this is an in-office bleaching system.  The translucent bleaching gel is applied to the tooth and a laser light is used to activate the crystals to absorb the energy from the light and penetrate the tooth enamel to increase the lightening effect on the tooth. The length of time in the cosmetic dentist's chair depends on the degree of discoloration you have.

**Tooth Bleaching (In-Office)**

A small amount of the bleaching abrasive is applied to the tooth. This is the most common technique because it costs less, but is most effective for mildly stained teeth. This procedure is sometimes used in conjunction with the in-office laser bleaching if you have severe discoloration (dark gray or purple) or internal tooth staining.

**Tooth Veneers (In-Office)**

Often an alternative to crowns, veneers are very thin pieces of specially-shaped porcelain or plastic that are glued over the front of your teeth with little or no anesthesia needed. They are the cure for teeth that are severely discolored, chipped, have small holes or pits, misshapen or crooked, or for the correction of unwanted or uneven spaces. Unlike crowns, veneers won't require the dentist to remove much of the tooth itself. Veneers are created from an impression taken in your cosmetic dentist's office. Your custom veneer is then glued directly onto your tooth. Typically costing less than crowns, veneers won't stain, making veneers a very popular solution for many people seeking that perfect smile. Strong and very durable, veneers last from ten to fifteen years, and come in colors that will brighten dark teeth without the worry of them changing color.

**Store-Bought Whitening Strips (In-Home)**

A whitening strip is fitted over your upper and lower teeth. You'll wear them for a half hour to one hour once a day depending on the brand. This is the most common technique because it's easy to use and costs less. The strips are comfortable and have no trouble staying in place. Speaking is slightly awkward while wearing them. While some results may be seen in a couple days, it usually takes one week for the faster strips to one month for the slower systems for you to see the full whitening of your teeth. This procedure is sometimes used in conjunction with the in-office laser bleaching if you have severe discoloration (dark grey or purple) or internal teeth staining.

**In-Mall Whitening Stores or Stands (In-Store)**

This is a newer whitening option but is basically the same as the in-home kits. A custom fitted tray or strips are worn over your teeth. While some results may be seen right away, it is usually recommended that you return to the treatment center weekly to achieve the full whitening of your teeth.

Write down 3 questions that you could ask our guest speaker dentist, in regard to this article:

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**Article 2: How to get a beautiful smile!**

**Tooth Veneers**

**Overview of Tooth Veneers**

Often an alternative to crowns, veneers are very thin pieces of specially-shaped porcelain or plastic that are glued over the front of your teeth with little or no anesthesia needed. They are the cure for teeth that are severely discolored, chipped, have small holes or pits, misshapen or crooked, or for the correction of unwanted or uneven spaces. Unlike crowns, veneers won't require the dentist to remove much of the tooth itself in most cases. It is important to ask your cosmetic dentist how much tooth will be removed. In some cases more tooth will need to be removed, which may increase the risk of trauma to the tooth. Veneers are created from an impression taken in your cosmetic dentist's office. Your custom veneer is then glued directly onto your tooth. Typically costing less than crowns, veneers won't stain, making veneers a very popular solution for many people seeking that perfect smile. Strong and very durable, veneers last from ten to fifteen years, and come in colors that will brighten dark teeth without the worry of them changing color.

**How are Tooth Veneers Attached to your Tooth?**

In your first appointment, it is important to initially discuss with your cosmetic dentist that you will want to "try in" your veneers with temporary cement that is the same color cement as will be used for the permanent attachment. During this "try-in" phase, be sure to look at your veneers in natural light in addition to the office light. Teeth are prepared for veneers by lightly buffing to allow for the small added thickness of the veneer. Veneers are thin like contact lenses, and will usually only need tooth reduction of 0.5mm to 1.0mm. If a drastic change is being made for the result you want, reduction may be 1.0mm to 2.0mm. A mold is taken of the teeth, from which the veneers are modeled after. Temporary veneers will be placed and worn until your permanent veneers are ready. While wearing the temporary veneers, advise your cosmetic dentist of any adjustments or changes you would like made, such as in shape or size. These changes will be translated into your permanent veneers, so good communication between you and your dentist is important in achieving your new smile.

Your dentist places the veneers with water or glycerin on the teeth to verify their perfect fit and the shade or color. The color cannot be changed after the veneers are adhered to your teeth. The tooth is then cleansed with chemicals to achieve a durable bond. Once the glue is between the veneer and your tooth, a light beam is used to harden the glue/cement.

**Tooth Bonding**

**What is tooth bonding?**

Bonding is a composite resin filling placed in the back teeth as well as the front teeth. Composites are the solution for restoring decayed teeth, making cosmetic improvements and even changing the color of your teeth or the reshaping of teeth. Bonding will lighten any stains you may have, close up minor gaps and can be used to correct crooked teeth. Basically, bonding will cover any natural flaws applying a thin coating of a plastic material on the front surface of your teeth. After this, your cosmetic dentist will apply a bonding material and sculpt, color and shape it to provide a pleasing result. A high-intensity light then hardens the plastic, and the surface is finely polished.

**How long does tooth bonding last?**

While the traditional silver fillings last about seven years, these composites should last about seven to eleven years

**Procedure Brief: Tooth Bonding**

**How is Tooth Bonding Accomplished?**

A very mild etching solution is applied to your teeth to create very small crevices in the tooth's enamel structure. These small crevices provide a slightly rough surface permitting a durable resin to bond materials to your teeth. The resin is then placed on your tooth and high-intensity light cures the resins onto your tooth's surface - with each individual layer of resin hardening in just minutes. When the last coat has been applied to your tooth, the bonded material is then sculpted to fit your tooth and finely polished.

The resin comes in many shades so that we can match it to your natural teeth. Due to the layers involved, this procedure will take slightly longer than traditional silver fillings because multiple layers of the bonding material are applied. Typically bonding takes an hour to two hours depending on your particular case.

# Types of Tooth Bonding Procedures

There are two types of bonding. What type is indicated in your situation depends upon whether you have a small area or a larger area that requires correction.

## For small corrections

These are one appointment fillings which are color-matched to the tooth and are bonded to the surface for added strength. These are most appropriate for small fillings and front fillings as they may not be as durable for large fillings.

## For larger corrections

Dental lab-created tooth-colored fillings require two appointments and involve making a mold of your teeth and placing a temporary filling. A dental laboratory then creates a very durable filling to custom-fit the mold made from your teeth. These fillings are typically made of porcelain. The custom-fit filling is then bonded to your tooth on your return visit. This type is even more natural looking, more durable and more stain resistant.

**Who is a Candidate for Tooth Bonding**

**Who is a candidate for tooth bonding?**

If you have close, small gaps between your front teeth, or if you have chipped or cracked teeth, you may be a candidate for bonding. Bonding is also used for patients who have discolored teeth, uneven teeth, gum recession or tooth decay. Bonding material is porous, so smokers will find that their bonding will yellow. If you think you are a candidate for bonding, discuss it with your dentist.

Write down 3 questions that you could ask our guest speaker dentist, in regard to this article:

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Write down 3 ADDITIONAL questions that you could ask our guest speaker dentist, in regard to any dentistry issue

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