

# As seen in **VOGUE**

## FIXED ASSETS

*A more aesthetically pleasing smile can sometimes be achieved without braces, thanks to advancements in dentistry.*

A quick and effective way to cover up imperfections and enhance the appearance of your smile is to use veneers and crowns. We asked Dr Po Yang, head dentist at Smiling Dental in Brisbane, to explain the difference between crowns and veneers and how they each work to make over a smile.

**Veneer technology** The two main types of veneers are porcelain and composite, and they are used to cover up stained or damaged teeth as well as filling gaps between teeth. "The most popular are the newest porcelain veneers, which do not require the grinding down of any teeth, as in the past," says Dr Yang.

Advances in digital technology mean veneers can be perfectly sized and customised to suit individual needs. Dr Yang has his own lab on site, but also sends some veneers out to be made.

While the customised veneers are being made, a temporary set is applied to the patient's teeth. This is the perfect opportunity to make sure the veneers are suitable before the final bonding takes place. Porcelain veneers can last 15 to 20 years, or even longer.

Composites are not as strong as porcelain veneers and last about eight to 10 years. They are made from a tooth-coloured material used for fillings and generally need to be polished by the dentist annually to keep the colour looking realistic.

Getting the colour right so veneers look natural and blend in with the rest of the teeth is the most important part of the process. If existing tooth discolouration is an issue, a whitening treatment will be recommended first.



Finally, the customised veneers are bonded to the teeth. "This is a painless procedure that usually is done over two visits," says Dr Yang.

**Porcelain crowns** Unlike a veneer, which is placed over the surface of the teeth, a crown is bonded right around a tooth to strengthen it. "Crowns are used when a tooth has to be lengthened or part of a tooth has worn down," says Dr Yang.

As crowns are stronger than veneers, they are used on the back teeth, where more pressure is applied when we chew. "A crown can usually be made and applied in the same visit when a lab is available on site," explains Dr Yang.

"In this advanced age of dentistry, there is really no reason why anyone should have to put up with an unsightly smile," he says.

To contact Dr Po Yang, visit [www.smilingdental.com.au](http://www.smilingdental.com.au).



**Left:** Dr Po Yang from Smiling Dental.  
**Below:** an actual patient of Dr Yang. Results may vary from person to person.



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