



# SMILE *therapy*

## COSMETIC DENTISTRY CAN DO MORE FOR YOUR APPEARANCE *than new make-up*

### **SIMPLY YOU READER SPECIAL OFFER**

Aevitas Dentistry is based in Newmarket. Their extensive website has a 'before and after' gallery, plus a checklist for choosing a cosmetic dentist. You can fill out an online form for a free \$90 smile consultation with Dr Dylan Yung.

Aevitas Dentistry, 106 Carlton Gore Rd, Newmarket, Auckland.  
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*A* beautiful smile is the ultimate fashion accessory. It works with every outfit and, with care, it'll last for the rest of your life. To give you an idea of how smiles can be transformed, *Simply You* put some key questions to Dr Dylan Yung, one of New Zealand's leading cosmetic dentists.

### **WHAT'S THE FIRST STEP TO GETTING A NEW SMILE?**

Cosmetic dentistry is still relatively new to New Zealand, so you can't always rely on referral or word of mouth. Do your homework, meet with a few cosmetic dentists and have a look at their work. Do you feel comfortable with them, their practice and their ability? Check their accreditations – good cosmetic dentists will be continuously improving their knowledge. Membership of the NZ and American Academy of Cosmetic Dentistry is another thing to look for.

### **WHAT CAN BE ACHIEVED? ARE THERE ANY LIMITATIONS?**

In most cases, nature gives us teeth that are best suited to our face shape. For example, long teeth suit people with a more elongated face; short, wide teeth are generally more masculine. A qualified cosmetic dentist will get you to talk about your current smile, and what you'd like to change. After assessing all the areas that may impact on the outcome, your dentist should develop a personalised treatment plan to achieve the best results. This would include a prototype of your new smile, so that you can have realistic expectations.

### **IS IT PAINFUL AND HOW LONG WILL IT TAKE?**

With today's technology, cosmetic dentistry is generally quick, non-invasive and pain free. Often it's possible to have your work done in a lunch break over two to three visits. After a cosmetic dentistry session, most people can go out the same night to show off their new smile.

### **WHAT'S THE QUICKEST FIX FOR AN UGLY SMILE?**

Professional teeth whitening would have to be one of the most effective all-round pick-me-ups for your smile. It takes about 90 minutes and the effects are instant. Having white teeth makes you look younger and shows the world that you take good care of yourself.

### **HOW MUCH IS IT GOING TO COST?**

It depends on the state of your teeth. For some people, creating a new smile could be as simple as fixing a noticeable chip, closing a gap or whitening yellow teeth. For others, the work required might be more extensive. It's important to get things in perspective. I always ask my clients 'How much money do you lose in the value of a car each year, and who sees your car everyday?'