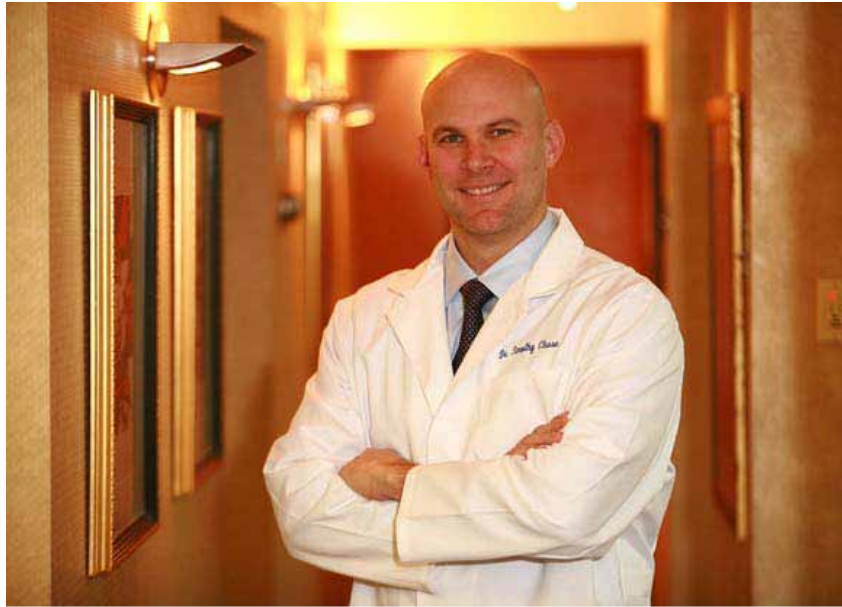


# Carolina Bride®

November 18, 2010



## Pearly Whites

For the perfect smile on your wedding day, consider these tips from leading cosmetic dentist Dr. Timothy Chase:

### **Months Away:**

As early as possible, brides should see their dentists to check out any old restorations they may need to change or update. If any dental work needs to be done, there is plenty of time for assessment and healing.

### **Three to Six Weeks Away:**

Brides should choose either professional whitening, followed by two weeks of at-home whitening, or an aggressive at-home method. If one opts for an at-home treatment, Dr. Chase recommends a do-it-yourself "Power Bleach" approach. Use traditional at-home whitening gel, but change the solution every 10 minutes instead of leaving it in for the full half-hour. The gel gets weaker over time, so switching solutions ensures that the gel is fresh and strong the entire time. It leads to better, quicker results.

### **Week of the Wedding:**

Once the week of the wedding arrives, the bride should have an appointment with her dentist scheduled to have her teeth polished.

### **Counting Down the Days:**

In the days approaching the wedding, the bride-to-be should see her dentist for a whitening, which will take approximately one hour. Be sure to budget that hour into your hectic schedule!

### **Wedding Day:**

On the day of the wedding, an old trick can work wonders: apply a thin layer of Vaseline on the teeth to add a shiny quality. During the reception, choose white wine instead of red for a picture-perfect smile!