

April 12, 2010



Dazzle your guests with a bright, white smile!

April 12, 10:41 AM - Wedding Planning Examiner - Lorraine DarConte

Your big day is fast approaching, and you've checked off everything on your to-do list from the dress to cake to flowers to the photographer, and then some. But, are you sure you haven't forgotten something (yes, it's right under your nose!!)? What about your teeth? More than likely, you'll be smiling a lot

on your wedding day (along with some crying, too), so start thinking about your teeth—and how they can look their best—right now. Happily, Dr. Timothy Chase (Cosmetic & Implant Dentistry www.smilesny.com), a 15-year veteran of cosmetic dentistry, has a game-plan for brides to prepare for their best wedding day smiles.



Dr. Chase (lower left photo) gives sound advice about whitening teeth before your big day.

Photos of brides/grooms by Lorraine A. DarConte
wine instead of red."

"As early as possible," states Dr. Chase, "see your dentist to check out any old restorations that you might need to change or update. It's important to remember that your wedding day will likely be your most-photographed day of your life. The wedding photographer will be shooting from a whole range of angles," he notes, "so getting your smile and teeth in top shape can be something you look back on—literally—for years to come." In the weeks before the wedding, brides can see their dentists for any combination of procedures, including a great professional whitening or an aggressive at-home method.

Dr. Chase suggests trying this at-home "power bleach" method for a more dazzling smile. He recommends using traditional at-home whitening gel, but changing the solution every ten minutes instead of leaving it in for the full ½ hour. Because the gel gets weaker over time, this technique is like an at-home "power bleach" because the gel is fresh and stronger the entire time. It leads to a better, and quicker result, notes Chase, who says over the counter whitening strips typically take two weeks to see results. Dr. Chase also advises brides see their dentist the week of the wedding to have their teeth polished, and days before the big event, brides-to-be can see their dentist for a whitening, which will take approximately one hour.

Dr. Chase also has a few tricks for the day of the wedding. One, he suggests brides (and grooms!) put Vaseline on their teeth, which will add polish to complete a camera-ready smile. And finally, says Dr. Chase, don't forget to smile! "This is a day of celebration. Let your smile reflect this happy moment. And in your celebration," he concludes, "choose white

Healthy Tips for A Clean, Bright Smile Year 'Round

A healthy, beautiful smile starts with good oral hygiene, including regular cleanings, and can take ten years off your look. Clean teeth simply whiten better. It's important to know that allowing bleach to get into cavities or touch inflamed gums causes pain.

1. Attend regular dental examinations and cleanings.
2. A whitening kit from your dentist works best because it fits your teeth more precisely, and because they fit better, they can use stronger whitening agents.
3. If you are looking for a less expensive way to whiten than in your dentist's office, OTC whitening strips such as Crest Whitestrips are a good alternative, even though they don't fit as well as custom dental trays.
4. Limit intake of food/drinks that will stain (soda, coffee, red wine, spaghetti sauce); or, if you do have staining food/drinks, follow with brushing when you can, and at least rinse with water.
5. Stay away from whitening toothpaste. Instead, use regular, non-abrasive toothpaste.