

# Health Bulletin

Cooperative Extension Service

This publication compiled and edited by the H.E.E.L. Program  
(Health Education through Extension Leadership) Staff

## Oral Health: Is Cosmetic Dentistry for You?

Cosmetic Dentistry refers to dental procedures done by licensed Dentists and Registered Dental Hygienists with the purpose of making a person's smile pretty while maintaining the overall health of the mouth.



Cosmetic dentistry is often called spa dentistry; but, spa dentistry goes beyond the procedures done in the mouth and on to the setting of the dental office. Spa dentistry provides a relaxing atmosphere which may include massage and aroma therapy, mood lighting and music planned for the most restfulness while having dental treatment.

Common cosmetic dental procedures are teeth whitening, veneers, dental implants, gum lifts, restoring cracked or chipped teeth as well as tooth colored fillings. Statistics show that Americans place a high value on their smiles and because of this, teeth whitening has become one of the most

popular cosmetic dental procedures done in dental offices today.

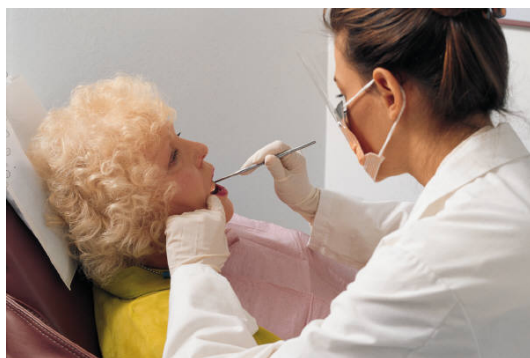
Teeth whitening can help lighten coffee-stained teeth, remove cigarette and tobacco discolorations and correct yellowing in teeth due to aging.



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The American Academy of Cosmetic Dentistry recommends your dentist or dental hygienist oversee teeth whitening, making it the most effective and safest way to get a bright, white smile. They will make sure to treat any oral problems, like decay or gum disease, before doing any cosmetic procedures.

Over the counter teeth whiteners can often cause sensitive teeth, burning gums and a less successful treatment. So, if you're interested in teeth whitening, make sure to speak to your dental professional about the many options available to you before using any home whitening product.



The American Academy of Cosmetic Dentistry can help you find a cosmetic dentist near you with their online referral service at [www.aacd.com](http://www.aacd.com). If there isn't a provider listed in your area, but you are still interested in cosmetic dental procedures, simply ask some of your local dental health professionals about their cosmetic dentistry policies. Always ask to see pictures of their work before committing to treatment.



For more information on health issues in Kentucky, please visit: [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL)

Source: American Academy of Cosmetic Dentistry – [www.aacd.com](http://www.aacd.com)

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