



# “Hassle-Free Dentist”

A high-tech way to healthy teeth - in a hurry

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At least a third of Americans fail to get dental checkups even once a year, according to a report released in January by the advocacy group Oral Health America. Luckily for dentist, new technology is making certain treatments faster and more efficient. Here’s how recent innovations compare to procedures of the past.

## Smile Brightening

**Low-tech:** Bleaching requires trays, gels and daily diligence over the course of weeks.

**High-tech:** With the Rembrandt One-Hour Teeth Whitening Program, a dentist covers your gums with a rubber barrier. Then a peroxide gel about five times stronger than over-the-counter versions is applied to your teeth. The dentist next beams a highly concentrated light onto them. After about 45 minutes of exposure, teeth are polished and the barrier is removed. The results can be maintained with over-the-counter whitening products.

## Tooth Repair

**Low-tech:** At one appointment, impressions of your broken, crooked, or discolored teeth are taken and sent off to a lab. You return weeks later to get fitted. Any additional adjustments require new impressions and more lab time.

**High-tech:** A special camera takes 3-D pictures of the area that needs work; then a dentist digitally designs your veneer, crown, or filling with the computerized Chairside and Economical Restoration of Esthetic Ceramics system, or CEREC. Restorations are designed, built and fitted in as little as an hour. The system’s high precision preserves more healthy tooth surface and gum tissues than the low-tech alternative.

## Cosmetic Changes

**Low Tech:** You pay for whitening, bonding, or veneers, but if you don’t like the results you’re stuck spending more time and money for a fix.