



Dr Grant

# Ask Dr. Grant



DR GRANT IS A RENOWNED COSMETIC DENTIST, TREATING PATIENTS BOTH NATIONALLY AND INTERNATIONALLY. HE IS THE ONLY COSMETIC DENTIST IN THE REGION GRANTED PRACTISING PRIVILEGES AT NUFFIELD HOSPITAL, EXETER

## Smile makeover – what’s the story?

### What exactly is it?

A smile makeover is the process a patient goes through to improve their smile. It can range from whitening and a few white fillings to teeth straightening and veneers or crowns.

### Why have one?

The smile is key to how we look and feel about ourselves and also to how others view us. Straight, white, healthy-looking teeth are often associated with youth and success. Having a great smile can also boost self-esteem and confidence ... and take years off!

### Tell me more

There’s never been a better time to have a smile makeover, as cosmetic dentistry now offers some revolutionary ways of whitening and straightening teeth. And the great news is, they can work out faster and cheaper than having, say, a whole load of veneers at up to £1,000 a tooth or train-track braces.

### What are the choices?

I firmly believe in embracing new techniques and in taking the least invasive route wherever possible. I won’t offer extensive crown work or veneers when a few white fillings and whitening could close gaps and produce fantastic results at a fraction of the price. Also, I prefer to

move teeth using the latest braces – Inman (‘speed brace’) or Invisalign (‘invisible braces’) – which can work amazingly quickly. Only then would I look to fit veneers or crowns if still needed. This ensures a far cheaper and healthier approach. Whitening can be done by your dentist (using Zoom to whiten teeth inside and out) and/or by you (using custom-made ‘trays’, like clear gumshields).

### What happens?

Case selection is hugely important, as everyone’s teeth are different and not all cases are suited to all treatments. Treatment should only begin once you’re happy with the predicted outcome and overall cost.

### So can I see the predicted result?

In most cases, yes. With whitening, you’re in control of how white you wish to go and can take it in stages. With Invisalign, a DVD shows the likely tooth movements

and treatment time. With Inman, a model is made of the predicted outcome. With crowns, temporaries can be adjusted to suit so you can see if you like them first.

### What about results?

Whitening (in surgery – one hour; at home – 10 nights); straightening (Inman – six to 16 weeks; Invisalign – 12 to 52 weeks); veneers or crowns (instant).

### How long will they last?

It depends on how well you look after your teeth. Whitening generally lasts at least a year but can be topped up at home as needed. With straightening, teeth will move back if the aligners aren’t used as directed, and with veneers or crowns, the generally quoted average is 10 years, but it can be longer with proper care.

### Costs?

Whitening £200 to £750; white fillings £85; Invisalign £2,000 to £3,000 per arch; Inman £1,500 per arch; veneers or crowns £300 to £1,000 per tooth. But always go for trust and experience, not just cost. **DL**

**“I’VE NEVER  
SEEN A SMILING  
FACE THAT WAS  
NOT BEAUTIFUL”  
– AUTHOR  
UNKNOWN**

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