

## Douglas E. Oliver, D.D.S.

Family Dentistry

510-724-6161

### Current Esthetic Treatment Options:

Updated 2008 - these various treatment options can be used together in combination

#### 1. Teeth Bleaching:

Currently our office provides 2 “take home” bleaching systems. The most common system is a set of 10 preloaded bleach trays used for only ONE hour each day. Very easy and a cost effective way to lighten natural un-restored teeth. The trays fit almost any arch and impressions are not required. The other system does involve impressions for the lab to make study models & custom fitted bleach trays that is loaded with the dispensed bleach gel. A one time in-office “Boost” gel can be used with this method to get a quick head start.



BEFORE

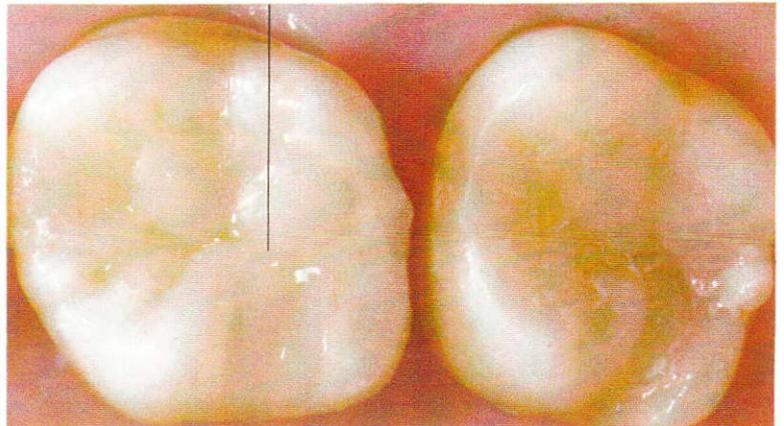


AFTER

#### 2. Tooth colored Fillings:

Directly placed Composite Restorations used to treat small to medium decayed areas in the back or front teeth and very effectively used to replace existing small to medium sized silver “amalgam” fillings. It is important that the remaining tooth structure is still strong and not fractured. Materials have continued to improve and can now remain very smooth and color stable.

We will often advise that a patient take advantage of the ability to change fillings on surrounding teeth when a larger crown restoration is being done.



## 2.

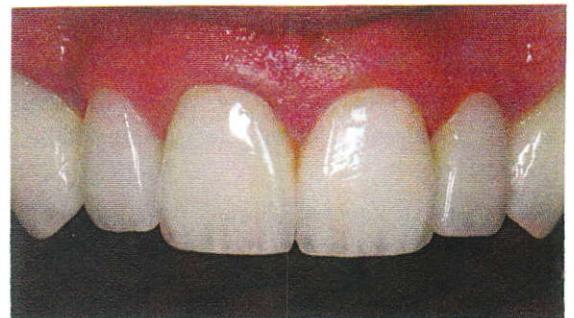
### **3. Lab Fabricated “indirect” bonded Restorations:**

When a larger silver amalgam filling is being replaced and a full coverage crown is not required, an impression is used for the lab to make a very esthetic detailed “onlay filling” that is bonded in place at a second appointment. This option is more expensive than direct restorations however the results can be even stronger and even a better color match.



### **4. Porcelain Veneers:**

These are lab fabricated, highly esthetic, very thin facings that are permanently bonded onto the front surfaces of teeth. Typically, only a small amount of tooth structure has to be removed and in some cases NO PREPS are required. Very effective way to not only lighten your teeth but improvements in the angles and rotations and spaces can also be made. For ideal matching and results, almost always, a set of 4 to 10 teeth are treated. Frequently, a “mock-up” trial is done on a model and then in the patient’s mouth for approval before impressions are sent to the lab. Success of this procedure requires strong underlying teeth and a good decay-free surface for bonding and regular office cleaning visits.



### 3.

#### **5. Full coverage “Metal-free” Crowns & Bridges:**

These are lab fabricated very strong and very esthetic restorations to fully cover and protect a tooth. Typically used to treat large decay areas or when removing large existing old fillings where esthetics and also ultimate chewing strength is required. Teeth can be treated individually or as a set. Smaller cemented bridges replacing 1 or 2 teeth can also be restored with very esthetic metal free materials. Similar to veneer cases, often a trial “mock-up” is done for patient approval before final impressions are sent to the lab. Color & esthetics are very stable and the long term success is dependent on good homecare, regular office cleaning visits and the health of the remaining teeth. A solid even bite is also very important and a protection “biteguard” is often advised.



#### **6. Captec “gold lined” Crowns:**

These are lab fabricated crowns and smaller bridges that DO have a very thin layer of gold under the esthetic porcelain material. This procedure can be more conservative than metal free crowns and may require even less tooth structure removal. However, the design can still be very esthetic and the gold layer is very healthy to the surrounding gum tissues. Even if some future gum recession occurs, a dark grey/black line on the edge will never appear.

