

# Dr. Gorman's CORNER

TWIN CITIES COSMETIC DENTIST  
**STEVE GORMAN DDS** ANSWERS  
YOUR QUESTIONS ABOUT  
DENTAL CONCERNS.



**Q** My front teeth are kind of worn down and thin in some areas. I have had a few white fillings in them and they keep wearing away or chipping off. My dentist can't seem to keep them on, and says I will probably need to have crowns done on them at some stage because I have a bad bite. Should I be concerned about spending the money on crowns and having them chip and break like the fillings?

**A** We see situations like yours quite often. Chances are highly likely that your dentist is right and you do have a 'bad bite'. When evaluating bites there are several aspects we need to check. We look at how your teeth fit together when you simply close, and we look at it as you are moving your lower jaw forward and to the left and right in functional movements. Most importantly, with your teeth apart, we find the proper hinge position of your jaw and slowly close your teeth together to see if there is any discrepancy between this tooth-to-tooth position and your normal habitual bite. When you move forward and to the left and right we make sure the proper teeth are touching and those that shouldn't are not. Any teeth that hit or slide on each other when they should not are considered interfering contacts. These interfering

contacts can cause things like wear in teeth, loose teeth, sore teeth, receding gums, sore facial muscles, muscle tension headaches, jaw pain and degeneration in the jaw joint. In a case like yours where you show lots of wear in the front teeth I would suspect interferences in your bite by the back teeth and lack of proper guidance in the sliding movements by your front teeth. When you have this combination the wear can be accelerated. Once you wear through the enamel the underlying dentin is softer and wears faster.

The reason the restorations fail is most likely that these excessive pressures are being applied to them and the bond doesn't hold, or the material wears away, thins out and is susceptible to fracture. You indeed may need crowns on those front teeth, but your concern is well founded because you would not want to place crowns

**'Interferences in your bite can cause wear in teeth, loose teeth, sore teeth, receding gums, sore facial muscles, tension headaches and jaw pain'**

and subject them to these same conditions. Proper treatment would be to discover the exact nature of the bite discrepancies, treat that first and then restore the teeth in the controlled environment of a proper bite and function. The exact nature of that treatment would depend on the severity of the interference problem. **CBM**

# get smiling

TWIN CITIES COSMETIC DENTIST **STEVE GORMAN DDS** SAYS PEOPLE WANTING TO IMPROVE THEIR SMILE NO LONGER HAVE TO BE HESITANT ABOUT AESTHETIC DENTISTRY.

**P**eople around the world are realizing the benefits of appearance-related dentistry in incredible numbers. Health, physical fitness, outward appearance and outward projection of attitude have become a reflection of the inner person. The smile you project is a big part of the overall package. Television shows like *Extreme Makeover* and *The Swan* have brought to the forefront the importance of an attractive

smile, and how this can enhance your confidence and self-esteem in all aspects of your life.

Aesthetic and cosmetic dentistry has advanced

**‘An attractive smile can enhance your confidence in all aspects of your life’**

tremendously in the last 25 years due to a desire by a dedicated group of aesthetic dentists, materials manufacturers and dental ceramists to provide materials

and solutions that restore teeth to their optimal function and attractiveness. Incredible advancements have been made so that today, with few exceptions, you can have a smile exactly as you would ideally envision it.

Do you suppress your smile because you don't want others to see your teeth? Do you look at pictures of yourself and criticize your smile? If so, modern cosmetic dentistry offers many dental rejuvenation options. Yet many people still hesitate at the thought of cosmetic dentistry. As popular as aesthetic

dentistry is becoming, there are still many who are uninformed about all the choices and possibilities for improvement.

One issue that can cause hesitation is the fear of pain from dentistry. Many of us have very real concerns about this from previous dental experiences. Acknowledgment, empathy and acceptance can help comfort patients, and advanced topical anesthetics, local anesthetics, nitrous oxide and conscious sedation medications are also utilized to ensure comfort before, during and after procedures. Creature comforts

like headphones for music, monitors for videos, heated vibrating chair pads and post-treatment massages are offered to enhance the experience.

Time is another issue to be addressed when contemplating a smile enhancement. Clients need to know how much time it takes to have procedures done, how much time between appointments, if they can travel between appointments, how long the appointments need to be, etc. The key to this is detailed planning with well-organized appointments that get as much done each visit as possible. This planning extends to clients who are traveling from long distances – travel arrangements, hotel arrangements, transportation to and from the office are all necessary planning issues.

The financial investment needed for aesthetic dentistry can also be a barrier to proceeding with treatment. Many of the procedures in aesthetic dentistry are not typically covered by most dental benefit plans. However, most patients realize the benefits of a smile enhancement and consider it a long-term investment. Most practices that perform a large number of aesthetic dentistry



**BEFORE**



**AFTER cosmetic dentistry by Dr. Gorman**



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have several financing options available. For many patients, their treatment can be broken up into prioritized phases if necessary and done over time.

Finally, the single biggest reason clients initially hesitate at the thought of a smile enhancement is because they are concerned about the outcome. So many of us have friends or relatives who have undergone cosmetic dentistry with less than ideal results, and this makes us fear we will end up with the same result. The key to helping clients get over this barrier is to help them envision how the

## **‘As popular as aesthetic dentistry is becoming, there are still many people who are uninformed about all the choices and possibilities for improvement’**

cosmetic dentist can create a beautiful, natural-looking smile for them. We do this first by listening to what they want, followed by a comprehensive evaluation of their dental health, function and aesthetics. Once we have a plan we can help the client see the many options cosmetic dentistry offers. One is to show them completed cases on other clients who had similar desires. The cosmetic dentist should also offer computer-enhanced digital imaging of the proposed changes so the patient has an idea of the end result, and a three-dimensional model of the patient’s teeth is also mocked up. The patient also has input into the tooth shapes, sizes and color. Wearing a prototype of the final restorations during the treatment phase enables the patient to make any changes right up until the time of final placement.

A cosmetic dentist’s goal is always to make a smile enhancement ‘Look good, feel good, and last a long time’.

## **‘Modern cosmetic dentistry can offer patients many dental rejuvenation options’**

For a cosmetic dentist, there are a few things more rewarding than hearing satisfied patients saying, ‘I should have done this a long time ago’ and ‘I can’t walk past a mirror now without sneaking a glance at my beautiful new smile’. **CBM**



*Where beauty  
meets function.*

“When I first met with Dr. Gorman two years ago, I was struck by his “holistic” approach that aesthetics and beauty must walk hand-in-hand. His positioning is that you can’t truly have a beautiful smile unless it functions properly. Because of that, we worked together, and I now have a healthy and beautiful smile that gives me the confidence to accomplish anything I want to. Thank you Dr. Gorman”

*Kathy Pinkley - client*

The **GORMAN CENTER**  
for FINE DENTISTRY

*Creating Perfectly  
Natural Smiles  
For Over 20 Years*

*Steven A. Gorman DDS*

*Call today to schedule your complimentary smile design  
651-483-5134 and visit [www.drstevegorman.com](http://www.drstevegorman.com)*