

# 7 Steps To Finding The RIGHT Cosmetic Dentist For You



## What You Should Know:

- What Cosmetic Dentistry Really Is
- Does Cosmetic Dentistry Hurt
- What Benefits Does It Provide
- Is It A Permanent Solution
- How To Tell If You're A Candidate
- How To Find The RIGHT Dentist For You

# “7 Steps to Finding the RIGHT Cosmetic Dentist and Getting That Beautiful, White Smile You Deserve”

Hello, my name is Dr. Amir HagShenas, and I want to congratulate you for taking the initiative to request this free consumer information guide. I am well aware of just how intimidating making a visit to the dentist can be, especially when you consider choosing amongst ALL the options you might have in front of you.

You see, one of the things I've found during my many years of practice is people have numerous questions about not just which procedure is best, but also about issues such as finding a permanent solution, distinguishing between the many service providers, and how to minimize or eliminate any pain that might be involved.

As a result, I've put together this short, but highly informative information guide to help you better understand the many choices you have in front of you.

I want to ensure that when you finally do make a decision about the cosmetic dentistry procedure you want, AND about the dentist that will provide the service, **you can feel 100% comfortable and confident with your decision.**

**So, what should you expect to get out of this guide?**

**First, you should fully expect to have a better understanding of what cosmetic dentistry is** and how it can help you quickly achieve that beautiful, bright and dazzling smile that you so richly deserve.

**Second, you should expect to better understand all of the choices you have as it relates to fixing your smile.** Again, there are LOTS of choices, and knowing what each choice is and how it affects you, will go a long way towards making a decision you feel comfortable with.

**Finally, you should expect to know how to choose the right cosmetic dentist for your individual needs.** As much as I'd love the opportunity to help every patient achieve a perfect smile, I understand that I cannot suit everyone.

And that's okay! As long as you find a service provider that makes you feel comfortable and is able to provide you with the results you deserve, I have accomplished my objectives.

So, with all being considered, I am excited to share this powerful resource with you, and look forward to hearing all follow-up questions or comments you may have after you've read it. Feel free to contact my office at (408) 377-5134 or via email at [drhagshenas@svsmilesolutions.com](mailto:drhagshenas@svsmilesolutions.com).



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## Step 1 – Understanding Cosmetic Dentistry

Before we can talk about helping you find the right cosmetic dentist that can give you that beautiful, white, confidence-boosting smile you deserve, it's first important to explain what cosmetic dentistry actually is.

You see, believe it or not, a lot of people don't fully understand the term cosmetic dentistry. As you may or may not know, most people visit a general dentist for their regular oral health checkups and to have their teeth cleaned.

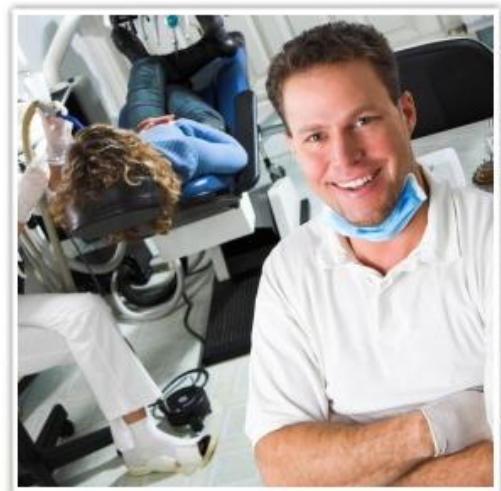
And it's usually at these regular checkups or cleanings that many people learn about the various options available for fixing their less-than-desirable smile.

Unfortunately, what many people fail to realize is that **there is a difference between a general dentist and a cosmetic dentist.**

While both have had the requisite amounts of school and training required to perform the services most people associate with a regular visit to the dentist, the same can't be said for today's cosmetic dentistry procedures.

You see, today's cosmetic dentistry procedures require additional training and expertise that are not taught or practiced during dental school. Most cosmetic dentistry skills are acquired by a cosmetic dentist **AFTER** they've completed their dental school program.

This means a cosmetic dentist has invested even more of their time **AND** resources to learn how to provide those additional services like repairing broken or chipped teeth artistically, replacing missing teeth skillfully, and creating a beautiful and confident smile predictably.



Don't be fooled, there is a difference between a general dentist and a cosmetic dentist!

For you, this means when you select a cosmetic dentist, you're getting a professional that has gone above and beyond to ensure you get the **VERY BEST** smile possible with the least amount of time and discomfort required.

In addition, most general dentists are fantastic tacticians. However, a cosmetic dentist needs to be not just a great tactician, he or she also needs to be a great artist, as much of cosmetic dentistry is about creating beautiful works of art.

As artists, cosmetic dentists use materials that must be shaped and constructed to form a work of art – a smile that you'll be proud to share everywhere you go!

**So, how does this affect you in your search for that perfect smile?**

The key take-away message here is to *remember that there is a difference between a general dentist and a cosmetic dentist!*

In summary, my advice for those seeking cosmetic dentistry is that you **don't settle for just any dentist.** Make sure you take the time to analyze your choices so that you can choose the dentist that has the right combination of technical skills, artistic ability, and necessary tools to create your very own smile masterpiece!

## Step 2 – Does Cosmetic Dentistry Hurt?

This is one of the most frequent questions I get when speaking with prospective patients about a possible cosmetic dentistry procedure.

Understandably, most people associate the idea of going to the dentist as being something that involves pain and an experience that will almost certainly be uncomfortable. As a result, they automatically assume that because cosmetic dentistry is a much more intense form of dentistry that they amount of pain and discomfort involved automatically increases as well.

**Well believe it or not, that's not the case!**

Thanks to many advances in dental technology, the pain and discomfort that were once a standard part of every trip to the dentist are now things of the past. With treatment options such as today's ultra-safe conscious sedation, *a trip to the dentist can now be almost as enjoyable as a trip to the day spa!*



And this is no different for cosmetic dentistry. Most, if not all cosmetic dental procedures can be performed by an expert cosmetic dentist using some type of sedation dentistry, if you desire.

At the same time, procedures that once took several visits to complete, dental implants for example, can now be completed in just one visit, which means **you spend less time in the chair and more time enjoying your new smile!**

Plus, these advances in technology can mean faster recovery times, thus decreasing the discomfort you feel or the amount of post-procedure care required.

However, one very important thing to keep in mind is that every patient and every situation is different. Therefore, the treatment choices can be tailored for each individual accordingly.

**The only sure way to tell what's best for you is to consult with an expert cosmetic dentist.**

Here in the Los Gatos-San Jose-Campbell area, I have the expertise, experience, and the resources to help you decide which treatment plan is best for your situation. You can schedule a consultation at my office by calling (408) 377-5134.

## Step 3 – What Kind of Solution Are Available?

This is another very popular question that I receive quite frequently from people looking to repair something about their smile. They know there are procedures that can help them achieve that movie-star smile, but they're not exactly sure what their options are.

Fortunately, and again thanks to many advances in dental technology, **there are LOTS of cosmetic dentistry solutions available, including:**

- **Teeth whitening** has become a popular cosmetic dentistry treatment over the last few years. It's one of the quickest and safest ways to revitalize any smile that's suffered from years of wear and tear and can be performed a variety of ways.

For immediate results, Zoom® whitening can be performed in an office setting and typically requires just one hour to complete the procedure, often times increasing the brightness of your smile by many shades of white.

Another alternative is the at-home whitening, which while somewhat convenient, does take a bit longer for the results to show. Also, you'll want to be careful about many over-the-counter whitening kits as they have been shown to cause damage to the gum tissue surrounding teeth, while not being the most effective and convenient solution to whiten your teeth.

At our office, we provide both the Zoom® one-hour teeth whitening service as well as professional grade (while we protect your gums!) at-home teeth whitening kits.

To learn more simply contact our office at (408) 377-5134.

- **Porcelain veneers** are a popular solution for teeth that are stained, chipped, or misaligned. This involves bonding a custom-made, ultra-thin veneer to the visible part of your tooth and it creates a beautiful, very natural looking smile that will last for many, many years or even decades to come.



Veneers are a GREAT solution for an imperfect smile!

- **Dental bonding** is an alternative to veneers and are a great way to correct stained, chipped, or gaps in teeth. First, a bonding agent is applied to the tooth, followed by a composite resin. Your cosmetic dentist then sculpts the resin into the desired shape and any excess resin is removed.

Although dental bonding looks completely natural and can be completed in one visit, the material is not as strong as your natural tooth and as a result, it's more likely you could chip or stain your bonding than you would your natural tooth or a porcelain veneer.

On average, dental bonding lasts three to five year.

- **Tooth colored fillings** not only remove unsightly silver fillings that had been the hallmark of many teeth for years and years, they also reduce many of the associated health risks as well.

For example, Mercury from many of the old fillings can leak causing discoloration and of the teeth and gums. Additionally, pressure can cause old fillings to crack and leak, allowing bacteria to get into the surrounding teeth over time.

- **Inlays and onlays** are often used instead of tooth-colored fillings when a tooth has lost a significant amount of its structure to decay or injury. These porcelain and resin inlays and onlays are custom fitted for your tooth and are bonded into place, forming a stronger structure that is possible with a simple filling.
- **Dental crowns** are used when there is significant damage to a tooth that cannot be repaired with fillings, inlays, or onlays. It's a hard covering that fits over the entire surface of the tooth, both adding strength to the tooth structure and dramatically improving the tooth's appearance.

- **Dental implants** are a great solution for people with missing teeth. They involve embedding a small titanium insertion into the jawbone, which acts as an anchor for a dental prosthesis.

Traditionally, this procedure requires a surgeon to implant the titanium bone insertions, this can be a very involved process and is one that requires great care in selecting the doctor who will administer it. In many cases, you will have multiple doctors involved in the process, a surgeon to implant the anchor and a cosmetic dentist to apply the prosthesis.

At my office, however, everything is performed in the same place by the same doctor. Because of my extended skills as both the surgeon and the cosmetic dentist, I am able to perform the entire procedure for you in my office, thus reducing the possibility of complications. This also helps you by speeding up the length of the entire process.



Dental implants provide a GREAT natural looking, permanent solution for people with missing teeth.

#### **Additional procedures that can help you achieve that confidence-boosting smile include:**

- Invisalign® and ClearCorrect™ Invisible braces
- Laser Dentistry
- Waterlase®
- Lasersmile™
- DIAGNOdent®
- CEREC® Dentistry
- Precision Dentistry
- Digital X-ray Imaging
- Intraoral Video Imaging
- Smile Simulation to Help Preview Your Dream Smile
- CAESY® Patient Education System

So as you can see, there are a myriad of solutions available for giving you that beautiful smile and a skilled cosmetic dentist will help you understand each of these choices and weigh your various options accordingly as it relates to your individual situation.

If you're in the Los Gatos-San Jose-Campbell CA area, I'd love an opportunity to sit down with you and discuss thoroughly your individual case so you can make a decision that's right you! You can reach me at (408) 377-5134.

#### **Step 4 – How Long Will My Procedure Take?**

This is another common question people ask, and rightfully so! No one wants to be subjected to numerous hours or weeks of discomfort, no matter how badly they want a perfect smile!

Fortunately, and thanks for many advances in cosmetic dentistry technology, **most of the procedures discussed above can be performed very quickly and with minimal discomfort, if any at all!**

For example, you can have your teeth whitened within one hour, with the In-office Zoom® whitening. Or you could perform the procedure in the comfort of your own home by wearing your custom fitted delivery trays whenever you feel like it.

For some of the more invasive procedures including dental implants it could take several visits spaced out over several months to complete the procedure. Or, it could all happen within one visit!



Most procedures can be done with minimal discomfort and interruption of your normal routine.

The length of time a procedure will take really varies by the patient and his or her preferences.

Because everyone's teeth, goals, and tolerances are different, a good cosmetic dentist will take the time necessary to understand you as a person, your goals as they relate to your smile, and will then take the time to create an individual treatment plan that works to fit your needs.

To schedule a consultation to discuss in detail your individual situation so you can have a better idea of how long it will take to achieve your perfect smile, simply contact my office at (408) 377-5134.

## Step 5 – Is Cosmetic Dentistry a Permanent Solution?

While we would love to tell you that once you've had a certain procedure that your smile will remain perfect forever, that may not always be the case.

Yes, there are many procedures that do produce permanent results, dental implants for example. But as with most things in life, day-to-day wear and tear will gradually take effect.

As I mentioned, dental implants when done correctly offer a GREAT permanent solution for missing teeth.

Porcelain veneers are another fantastic solution for a less than perfect smile that can be considered permanent IF they're taken care of appropriately.

On the other hand, dental bonding, while a great short term solution shouldn't be considered a permanent fix.

Another example is teeth whitening. Yes, it can dramatically increase the brightness of your smile by several shades, but unless you avoid eating all together, there's a strong likelihood that over time, no matter how faithful and diligent you are at brushing and flossing that you'll see some decrease in brightness.

**Does this mean that all cosmetic dentistry is a waste? Absolutely not!**

If anything it's simply a confirmation that life simply happens AND that it's critically important that you investigate all of your options before making a decision so you can find the cosmetic dentist that can provide you with the best, most permanent solution for you given situation.

My advice: “Don’t take chances with your cosmetic dental care!”

## Step 6 – “How Can I Tell If I’m A Candidate For Cosmetic Dentistry?”

Again, this is another very common question asked by those considering some type of cosmetic dentistry. Because it’s not always crystal clear as to which procedures solve which problems, it’s easy to understand how people can be confused about this.

Well, let me clear it up once and for all...

**If you have a smile that is less than perfect and if for any reason you don’t like showing it off, then YOU ARE A CANDIDATE FOR COSMETIC DENTISTRY!**

You see, with the wide array of services and procedures available, the likelihood that there’s a particular procedure that can fix whatever imperfections your smile might have are pretty good.

As a result, the more appropriate question should be, “Which cosmetic dental procedure will help me best achieve the results I want?”

To best answer this question, it’s recommended that you consult with a qualified cosmetic dentist. Again, they have the experience, know-how, and expertise required to understand your goals for your smile, your specific situation as it relates to health, and how each of the various cosmetic dentistry procedures best meets your individual situation.



If you have a less than perfect smile...you’re a good candidate for cosmetic dentistry!

*To schedule a consultation to discuss in detail which cosmetic dentistry procedures can best help you achieve your perfect smile, simply contact our office at (408) 377-5134.*

## Step 7 – Are You Choosing The Right Cosmetic Dentist?

This last question is really where the rubber meets the road. You see, none of the information shared above means one bit IF you don’t find a skilled, caring, and compassionate cosmetic dentist that can combine his artistic vision and technical abilities in a way that gives you the beautiful, confidence-boosting smile that you’re seeking.

As you already know, you have LOTS of choices so it’s absolutely critical that you take the time necessary to find that one cosmetic dentist that can give you exactly what you’re after.

**There are two important points that I wish to add:**

**First, make sure that your cosmetic dentist you have chosen stays in charge of your cosmetic dentistry results, not his laboratory technician!** Unlike many dentists that allow their laboratory to dictate the results of their dentistry, I direct my laboratory ceramist in the creation of your cosmetic dentistry to ensure that you achieve the very best smile possible.

**Second, it is important for most cosmetic cases to have a roadmap to success.** In my office, through cosmetic imaging, also known as smile simulation, you can preview your dream smile. Cosmetic imaging allows your cosmetic dentist to show you how he can dramatically improve your smile by comparing before and after images on a computer screen. This allows you to visualize the dramatic impact that cosmetic dentistry procedures can make on your overall appearance and helps you to make more informed decisions about your dental choices.

### **So how do you go about selecting the RIGHT cosmetic dentist for you?**

**First, look for a cosmetic dentist that truly listens to your needs.** A good dentist will listen intently to everything you have to say. They'll ask appropriate questions to better understand your individual situation and your motivations for turning to cosmetic dentistry.

Once the dentist has asked their questions, he or she should give you an opportunity to express your specific underlying concerns, fears, or desires as it relates to any procedure you're considering.

*Remember, a good cosmetic dentist can only be as good as the information they have to start with.* So, make sure the one you choose is digging deep to get all the important and relevant information necessary to ensure you receive the results you're after!

**Second, any cosmetic dentist worth your investment should have plenty of 'before and after' photos for you to see.** Most professionals take pride in their work and as a result, they typically take photos of their patients before their procedure to show the issues being addressed. Then once the procedure has been completed, they take photos again to show the work that was done and what the end result looks like.

If the dentist you're considering doesn't have any 'before and after' photos to show you, you may want to strongly re-consider your choice. Either they don't take enough pride in their work and don't want to show it off, or they're new to the game and simply don't have any results to show.



Does your doctor have lots of 'Before & After' photos?

In either case, you should be very cautious about trusting someone with your health and investing your time and resources.

**Finally, don't be afraid to ask for references.** These could be in the form of testimonials from previous patients, asking the staff if they've had work done by the dentist or if they'd consider having cosmetic dentistry performed by the dentist, or by checking out reviews on sites such as Google Places, Yelp, or other online review sites.

While it goes without saying, hearing what others have to say about a particular cosmetic dentist is a critical step to understanding the type of service you can expect to receive and the more unfiltered the references are, the clearer the picture you'll receive will be.

Remember, your smile is one of your most valuable features, and you want your smile to look dazzling while looking your best when you meet someone new.

So, while finding a cosmetic dentist shouldn't be as painful as getting a tooth pulled, it can be if you don't consider all the facts!

## What's Next?

As I stated at the outset of this report, my intent is to help you make your most educated selection, so that when you do finally choose your cosmetic dentist and the procedure(s) you want, you'll feel 100% confident and comfortable with your choice.

Again, you have many choices so there's absolutely no reason to rush into a decision. Feel free to take your time and ask lots of questions because at the end of the day it all comes down to who you think will best be able to create that confidence-boosting, attractive smile you deserve.

I would love to have an opportunity to be your cosmetic dentist. I pride myself on listening to my patients and understanding exactly what they want so that we can work together to create a treatment plan that achieves those objectives.

If you wish to speak with me directly and discuss your individual concerns, please feel free to contact me at my office at (408) 377-5134 or by sending an email to [drhagshenas@svsmilesolutions.com](mailto:drhagshenas@svsmilesolutions.com).

Thanks again for taking the time to read this guide, and I look forward to an opportunity to speak with you and answer any questions that may arise. With your health in mind!

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- Intraoral Video Imaging
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**Contact our office today at (408) 377-5134 to schedule your initial consultation!**