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Give yourself... A Dazzling Smile

"As your wedding day approaches, there is no better time to tackle some basic beauty desires," says **Dr. Stephanie Yampolsky** of **Darling Smile**. "Not only will you want a gorgeous gown, you'll also want a dazzling smile.

"Your smile is a big part of your total image," says Dr. Yampolsky, a graduate of NYU College of Dentistry and a faculty member in Aesthetic Dentistry and High Technology at her alma mater. "If your teeth are stained, have unattractive fillings or spaces between them, or if they are too crowded, long, or wide, you'll benefit from a smile makeover."

On your first visit, Dr. Yampolsky asks you to complete a "smile analysis form" and takes some digital photos. "I use computer imaging to help patients visualize possible changes. Each smile is custom-designed, based on your age, the shape of your face, your hair and skin color, and your personality. I've never created the same smile twice."

There are many options to consider. "Cosmetic whitening, removes stains or discoloration," says Dr. Yampolsky. "Zoom!™ uses a gel and high intensity light and is best for those who need immediate, dramatic results." The procedure can make teeth three to five times whiter.

Porcelain veneers fix broken or chipped teeth, spaces, misalignment, stained fillings, and stained or discolored teeth. "This

form of 'instant orthodontics' slightly reduces the tooth surface, then adheres a micro-thin porcelain shell to create just the right shade, contour, and size for the ideal smile."

For individuals whose teeth are slightly discolored, have small gaps or chips, or need only minor reshaping, the doctor recommends bonding. "Bonding is similar to veneers, but takes only one visit to complete."

If you have a gummy or uneven smile, you can benefit from a gum line modification procedure. "A laser is used to carefully sculpt and shape the gumline to adjust for the ideal smile line," says the doctor. "This creates a more visually appealing smile." The procedure takes as little as 30 minutes, with quick healing and no bleeding.

To ensure your smile is a healthy one, Dr. Yampolsky encourages a dental care program. "X-rays, professional dental exams, and cleanings can allow for early diagnosis of problems that may not be visible to you. Regular semi-annual dental checkups and ongoing dental care is the key to maintaining good oral health.

"Cosmetic dentistry is the point at which art and dental science come together, creating a positive change in the way a person feels about him or herself," says Dr. Yampolsky. "Your smile is so important. Make sure you are happy with it." — E.C.

Darling Smile, 19 West 34th Street, Ste. 1201, NYC 10010
212.564.6686, darlingsmile.com



Photo: Anton Oparin

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