
Colorado Guide To Cosmetic Dentistry

Is Cosmetic Dentistry for You?

ADLER
ADVANCED DENTISTRY

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Introduction

Cosmetic Dentistry at Adler Advanced Dentistry

In the past, glamorous smiles were thought of as belonging only to movie stars and celebrities. That's because it was often very costly, and you had to essentially be wealthy in order to afford it.

Cosmetic dentistry has changed. Most cosmetic dentistry procedures at Adler Advanced Dentistry are very affordable. Even the more complex procedures can easily be financed by a wide variety of lending companies that specifically work with dental practices. If you're interested, be sure to ask us about available financing options.

Cosmetic dentistry can make you more attractive, restore self-esteem and give you an increased confidence in life. It has literally changed millions of people's lives! Consider these points:

- Your smile can be seen beyond 300 feet
- Smiles are valuable in human interaction – 92 percent of people perceive a smile as a valuable asset (survey result)
- People age 18 to 49 chose "sexy smile most appealing" in the opposite sex (survey result)
- An appealing smile = straight, white teeth with full lips (survey result)
- Almost 50 percent of adults seek improvements in their smiles
- 74 percent of men and women believe an unattractive smile negatively impacts career success

You deserve to look and feel great when you smile. You should not have to cover your smile in embarrassment or stifle the urge to share your laugh and your smile with other people. With cosmetic dentistry carefully tailored to you, you can have the smile you deserve.

Choosing a Comprehensive Approach to Cosmetic Dentistry

Dr. Adler provides cosmetic dentistry that creates a stunning smile without sacrificing the optimal function of your teeth. Most of the cosmetic dentistry treatments offered by Dr. Adler improve smile aesthetics while also improving your bite, facial profile, and your ability to chew and speak.

A comprehensive approach to cosmetic dentistry means looking at what is causing the cosmetic symptom, and making sure all aspects of your dental health are addressed. We want you to have teeth and gums that are not only attractive, but strong and healthy. We also avoid using any toxic or harmful material, such as BPA and metal. The dental crowns, fillings and other restorations at our practice are metal-free.

We empower you to make choices about cosmetic dentistry and dental care. After meeting with you for an in-depth discussion of your goals and an assessment of your dental health, we will recommend a range of treatments and treatment alternatives that will be a good fit. We want you to feel confident making informed decisions about any treatments you choose to pursue.

Common Problems

Effectively Treated With Cosmetic Dentistry

Chipped or Cracked Teeth

Chipped or cracked teeth can be some of the most obvious dental problems. Fortunately, chips and cracks can be restored using either dental bonding or [porcelain veneers](#). The best solution will depend on your unique circumstances, and Dr. Adler is happy to discuss all of your options.

Crooked Teeth

Nearly everyone has some degree of crooked teeth. Fortunately, there are many options available today in addition to traditional wire braces. [Invisalign](#) is rapidly becoming one of the most popular choices for older teens and adults who want to straighten their teeth without the obvious hardware of traditional braces. Invisalign uses a series of clear plastic aligners to gradually shift your teeth to their desired position. If you would like to achieve the appearance of straight teeth, but don't want to invest the time associated with orthodontic treatment, then porcelain veneers may be a good option to consider. Keep in mind that porcelain veneers won't actually straighten your teeth. They'll just provide the appearance of straight teeth.

Stained or Discolored Teeth

There are many causes for staining and discoloration of the teeth, from dietary choices to aging. Dr. Adler offers the Zoom! [teeth whitening](#) system to restore your brilliant smile. The Zoom! teeth whitening system offers an average improvement of 8 shades and minimal sensitivity.

Missing Teeth

Missing teeth can be one of the most frustrating problems people face when it comes to their smile. In addition to being unsightly and embarrassing, missing teeth can cause serious long-term deterioration to the jaw and jeopardize the health of adjacent teeth.

[Dental implants](#) are the best way to replace missing teeth because they are the only option that replaces the missing root as well as the missing tooth. They can also help support the adjacent teeth and strengthen the jaw. If Dr. Adler determines that you aren't a suitable dental implant candidate, he may recommend alternatives such as dental bridges or dentures.

Gapped Teeth

There are many options for correcting gaps between teeth, including dental bonding, porcelain veneers, or orthodontic treatment with Invisalign.

Gummy Smile

Many people are self-conscious about having a gummy smile, where the gums are more visually prominent and out of balance with the teeth. Using advanced laser [gum recontouring](#), Dr. Adler can create the pleasing appearance you desire with minimally invasive techniques that heal quickly.

Porcelain Veneers

Porcelain Veneers – Instant Orthodontics

Porcelain veneers rejuvenate the appearance of your smile and can even enhance the youthfulness and attractiveness of your entire face just by improving your smile and your confidence. Dr. Michael Adler's veneer treatment plans are customized to the type of smile you want, whether you want a perfect, celebrity smile or subtle glamour.

What Do Porcelain Veneers Do?

Correcting a wide array of dental problems, porcelain veneers are a highly versatile cosmetic dentistry innovation. Veneers are commonly used to enhance a smile marred by:

- Broken teeth
- Chipped teeth
- Stains and discoloration
- Certain spacing issues
- Worn teeth
- Misshapen teeth
- Gaps between teeth

A porcelain veneer is placed over the front of your tooth to create a new tooth surface. The porcelain material we use is very strong. It resists breaking, cracking and staining. You could have your veneers for decades before they may need to be replaced. Another advantage of porcelain veneers is that their placement is minimally invasive and painless. Dr. Adler will bond them to your teeth so they essentially become your new enamel.

At Adler Advanced Dentistry, we strive to give you the style of veneers that suits you and your personality. Whether you want a bright Hollywood smile or other aesthetic smile qualities, we will guide you through the process of discovering the smile that enhances your look to the fullest. We don't believe everyone has the same goals in mind when it comes to their smiles, and we encourage our guests to give us feedback on creating the smile of their dreams.

Porcelain Veneers at Adler Advanced Dentistry

Porcelain veneers are thin, but extremely durable porcelain coverings that are bonded to the front of natural teeth to conceal tooth flaws and create a stunning smile. In this way, veneers create a smile that has straight, uniform teeth, with each side of the smile symmetrical to the other. Porcelain veneers are sometimes referred to as "instant orthodontics" because of their ability to create straight teeth in just 1 to 2 visits to the dentist's office. Although, in some cases of misalignment, traditional orthodontics or Invisalign® are necessary prior to porcelain restorations. The only way to know for sure is to visit us for a consultation.

At Adler Advanced Dentistry, Dr. Adler and our entire team are fully committed to providing our guests with options as they consider treatment. Dr. Adler will present multiple treatment approaches and explain all the available alternatives. You are the only person who can make decisions about your dental care, and we provide you with the education you need to make an informed decision for yourself.



Porcelain Veneers: Before and after images of porcelain veneers. Actual Adler Advanced Dentistry patient.

One Visit Dental Crowns

CEREC One-Visit Porcelain Crowns

Perhaps you know the old routine. You visit the dentist, you need a dental crown. The dentist prepares the tooth, takes an impression and installs a temporary crown. You then wait two weeks and return to the dentist, and he or she installs the permanent dental crown. And if the fit isn't perfect, then it goes back to the lab and you wait again, and return to the dentist again.

But now, that's all changed. At Adler Advanced Dentistry in Boulder:

- There's no more waiting for the lab
- Dental crowns built and installed in one hour
- No return trips to the dentist
- Natural color crowns
- Millions of CEREC crowns have been placed nationally
- Patients love it!



How Do One-Visit Crowns Work?

At Adler Advanced Dentistry we can reduce that two-week waiting period and two or three office visits down to just a single visit for dental crowns! This 21st century technology is called CEREC, which is a precision computer-aided design and milling device. It allows us to create a permanent dental crown in just a few minutes in our Boulder dental office.

Dr. Adler was one of the first dentists on the Colorado Front Range to employ the CEREC technology in his practice.



What Is CEREC?

The CEREC system allows us to repair a damaged tooth in about an hour. We no longer take impressions or create temporaries, and it enables Dr. Adler to satisfy patients seeking a long-lasting, esthetic alternative to silver or plastic fillings. This precision procedure eliminates further tooth cracking, risk of future root canals.

To make the restoration, Dr. Adler first paints a reflective powder over the prepared tooth. Using a special camera, he takes an accurate picture of the tooth which is then displayed on a computer screen, where he designs the restoration. Then CEREC takes over and automatically shapes the restoration. Finally, the dental crown restoration is permanently bonded in place.

Teeth Whitening

ZOOM! Teeth Whitening System at Adler Advanced Dentistry

A smile is one of the first things you notice when you meet someone. Adler Advanced Dentistry's ZOOM! Teeth Whitening System gives you the brightest smile!

What to Look for in a Tooth Whitening System

A good whitening system is:

- Fast and convenient
- Long lasting
- Low sensitivity
- Proven safe and effective
- Applied by a dental professional
- All done chairside

	Treatment of Time	Results	Notes
ZOOM! Chairside	45 Minutes	Avg. 8 shades	<ul style="list-style-type: none"> ✓ Immediate Results ✓ Long lasting, ✓ Less fadeback ✓ Safe & comfortable ✓ Performed by a Dental Professional
At Home Trays	7-14 Days	6 shades	<ul style="list-style-type: none"> ✓ Self applied ✓ Trays ✓ No immediate results
Whitening Strips/Paint on Gel	7-30 Days	3-4 shades	<ul style="list-style-type: none"> ✓ Inconsistent tooth whitening ✓ No immediate results
ToothPaste	1 month +	1-2 shades	<ul style="list-style-type: none"> ✓ Results fade if you stop using the toothpaste ✓ Superficial stains only

What Do You Wish to Communicate With Your Smile?

A whiter, brighter smile is beautiful - it can help you feel better about yourself and make a memorable impression. Your lifestyle and the aging process can stain and darken your teeth. Many things contribute to stained teeth, such as drinking coffee, tea, cola and red wine, or smoking.

Other whitening systems don't compare to the ZOOM! Teeth Whitening System. Nothing whitens better or faster. Adler Advanced Dentistry in Boulder, Colorado, does it all in about an hour in our office.



Before

After



Is Teeth Whitening Safe?

Extensive research and clinical studies indicate that whitening teeth under the supervision of a dentist is safe. In fact many dentists consider teeth whitening the safest cosmetic dental procedure available.

A clinical study performed by Loma Linda University on the effect of teeth whitening gel on tooth enamel, confirmed that ZOOM! in-office teeth whitening is safe. The study concluded that ZOOM! "does not adversely affect the microhardness and surface morphology of human enamel."

A clinical study was conducted by Discus Dental to evaluate the efficacy of the ZOOM! Teeth Whitening System. Fifty subjects participated in a study that showed that the average shade change with the Zoom! system is 8 shades and that the ZOOM! system is "safe and effective for whitening teeth rapidly." In addition, minimal sensitivity was noted during the study, with a significant number of patients reporting no sensitivity.

Tooth-Colored Fillings

Benefits of White Fillings

Dr. Adler uses advanced dental materials, including white fillings, that he knows will provide our guests with benefits. Some of the advantages of white fillings vs. metal fillings are:

- Natural, tooth-colored appearance
- Matched to your natural tooth color for a seamless result
- Free of mercury
- Durable chemical bond to your enamel
- Conserves more natural tooth structure compared to metal fillings

Traditional metal amalgam fillings contain elemental mercury. Many of our guests feel strongly about avoiding potentially toxic materials, and our dentist and team feel the same way. Although the FDA maintains that amalgam fillings are safe to use, it is a fact that metal fillings release very low levels of mercury vapor, which you may then inhale. At high levels, mercury vapor is harmful to the brain and kidneys. Although metal fillings do not release these high levels of vapor, our guests prefer to avoid the material altogether.



White fillings are made of composite resin and are an important restoration in the field of holistic dentistry. This material is metal and mercury free. Composite resin is matched to the current color of your teeth, so it eliminates the issue of unattractive metal color sticking out in your smile. White fillings also do not expand and contract like metal fillings do, so temperature changes in your mouth don't run the risk of cracking the composite material.

Restoring Teeth With White Fillings

A white filling fills the cavity created by tooth decay. When a cavity develops, the decay must be stopped to prevent further damage to your tooth, gums and supporting bones. Your cavity will be cleaned out, and then Dr. Adler will fill in the area of damage with the composite resin filling. These white fillings can last for many years and effectively protect a tooth after being treated for decay.



Tissue (Gum) Re-Contouring

Gum Recontouring for Gummy Smiles

The appearance of a gummy smile is usually caused by genetically inherited traits, such as small teeth, extra gum tissue or a shorter lip. Even if you have been living with this smile trait for years, it may be making you feel less happy with your smile. Dr. Adler uses advanced laser dentistry to perform gum recontouring that is dramatically less invasive than scalpel methods of the past. Some of the advantages of this procedure are:

- No incisions, no sutures
- Laser cauterizes as it cuts, which minimizes bleeding
- Enhanced precision
- Symmetrical results
- Has a gum-lifting effect

The only way to know if the procedure is a good fit for your goals is to visit Dr. Adler. He'll make sure you know all of your options moving forward and what to expect from each.

Dental Bonding

What Is Dental Bonding?

Dental bonding is a process to augment, reshape or rebuild a certain portion of a tooth. Some of the problems for which tooth bonding may be beneficial are:

- Chipped teeth
- Small gaps between teeth
- Minor problems with tooth shape
- Temporary restoration while you are waiting for a crown or veneer

The process to place bonding on teeth is simple and fast. It takes only one appointment for Dr. Adler to place the material on your tooth, and shape it to look natural and aesthetically pleasing. The bonding hardens and should last for many years, unless trauma to the tooth breaks the bonding.

Teeth Bonding vs. Other Cosmetic Dentistry Options

Dr. Adler and our dental team are fully committed to presenting all of your options for achieving your dental goals. We want you to have the full picture of your treatment plan options. Like any dentistry treatment, dental bonding has both pros and cons. Some of the benefits of this option include:

- Relatively low cost
- Completed in a single appointment
- Highly conservative option in terms of tooth preservation
- Natural, tooth-color material

Dental bonding is mainly an alternative or temporary placeholder for porcelain veneers. Compared to porcelain veneers, some of the potential drawbacks of dental bonding are:

- Less versatile in what and how much they can accomplish
- Change color over time
- Easier to crack, break or chip

Veneers have the advantage of being a whole, intact piece that cover the entire tooth surface, whereas dental bonding is molded and shaped onto the area being rebuilt. Dr. Adler will explore both options with you, as well as any other options for which you may be a good candidate. Our goal is to empower you to make informed decisions about your dental care.

Invisalign®

Benefits of Invisalign

Invisalign® is designed to give you:

- Straight, properly aligned teeth
- No ugly metal bands and brackets
- In months, not years
- Aligners are nearly invisible (it's very hard for others to tell that you are undergoing orthodontic treatment)



The course of Invisalign® treatment involves changing aligners periodically, moving your teeth into a straighter position step by step, until you have a beautiful smile. And, unlike braces, these clear aligners can be removed while you eat, brush and floss your teeth. Plus the best part: no one will know you're straightening your teeth because it's nearly invisible!



Before

After

Lumineers®

What Are Lumineers?

Lumineers® are a specific brand of dental veneer. They are thinner than the other types of porcelain veneers offered at our practice. They improve your smile by concealing various cosmetic tooth problems, such as stains, chips and teeth that are misshapen or too short. Some of our guests prefer Lumineers® for the following reasons:

- Lumineers® can often be placed with little or no changes made to the enamel on your tooth.
- These dental veneers require relatively little preparation compared to other veneers.
- They are often well-suited to people wanting to make minor, simple changes to their teeth.



Sometimes these advantages make Lumineers® the right choice for an individual. But the only way to know your options is to discuss them with Dr. Adler. He wants to make sure you know and understand all of your options for getting the gorgeous smile of your dreams, and he believes in empowering you to make your own decisions as a respected individual and guest at our practice.

Lumineers vs. Porcelain Veneers

Our other brands of porcelain veneers, while very slightly thicker, are well-suited to the full range of cosmetic problems, including diastemas (gap between the two front teeth) and worn teeth edges. These porcelain veneers offer Dr. Adler the most flexibility in meeting your cosmetic smile goals, while Lumineers® can sometimes limit the options. But the only way to know for sure is to visit us for your consultation.

Lumineers® and other brands also share certain characteristics, such as:

- Stain resistant
- Conceal minor cosmetic tooth flaws
- Create a whiter, brighter smile
- Sometimes a good alternative to treatment with metal braces

Because we are committed to providing you with options, we offer Lumineers® as well as other types of porcelain veneers at our dentistry practice.

Restorative Dentistry

When you think about it dental restorations (a crown for instance) are quite amazing. You wouldn't expect a prosthetic foot to work exactly like the original. Nor would you expect to be able to see from an artificial eye. These types of restorations can help with function and appearance but nobody expects them to look and work completely like the real thing. But in dentistry it's different. A dental restoration *does* look and function just like the original!

Some before and after images of our patients follow below.

Award Winning IACA Case Study



Broken Tooth with Veneers



Cosmetic Dentistry Makeover



Porcelain Veneers & Neuromuscular Therapy



Dr. Michael Adler

About Your Dentist

Dr. Michael Adler is pleased to bring a diverse background of academic research and life experiences to his practice. A graduate of the University of Michigan, Dr. Adler worked as a research biochemist at Stanford University prior to enrolling and completing his dental degree at Georgetown University.

Dr. Adler served as a Lieutenant in the United States Public Health Service, providing care and patient education on the Navajo Reservation. For this service, Dr. Adler was awarded a prestigious commission by Surgeon General Dr. C. Everett Koop. Dr. Adler has been in private practice since 1990.



Dr. Adler is committed to lifelong training as a way to be able to offer his patients the best dental care possible. His postgraduate training has been extensive, including studies on the topics of smile design and neuromuscular dentistry at the nationally renowned Las Vegas Institute for Advanced Dental Studies (LVI). Dr. Adler was awarded a fellowship from the prestigious Las Vegas Institute for Advanced Dental Studies. This post-graduate learning institution provides cutting-edge training in cosmetic and neuromuscular dentistry.

Contact Us

For Questions or To Schedule A Consultation

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