



Ask Dr. Grant



DR GRANT IS A RENOWNED COSMETIC DENTIST TREATING PATIENTS BOTH NATIONALLY AND INTERNATIONALLY, THE ONLY COSMETIC DENTIST IN THE REGION GRANTED PRACTISING PRIVILEGES AT NUFFIELD HOSPITAL, EXETER

Veneers – What’s the story?

What are veneers?

A veneer is a thin but strong slip of porcelain that is bonded to the tooth surface to change the shape and colour of the tooth. If more than one tooth requires treatment, then a smile can be completely transformed. Basically, porcelain replaces the damaged, dark or poorly-shaped tooth.

What happens?

After a thorough consultation, X-rays are taken, followed by a full discussion of costs and processes. During treatment, a very small amount of the front surface of the tooth is removed. On occasion, no tooth is removed – as with lumineers – but it’s vital to select these cases carefully, as teeth can appear goofy otherwise. A typical preparation takes approximately one hour per tooth. If multiple teeth are treated, then the time is reduced, as individual procedures to produce a veneer don’t need to be repeated per tooth.

Who do they suit best?

People with teeth in relatively good condition and healthy gums. Although smoking doesn’t damage or stain the veneers, gums may need to be treated before veneers are placed.

What about results?

Veneers can produce fantastic, real-looking teeth. As they can be as thin as 0.3mm, the underlying tooth can shine through and have a naturalness that is outstanding. I work with 1st Dental Laboratories in Paignton who see my patients to assess their facial shape and lip structure, which helps to ensure the best outcome. It is important to discuss your likes and dislikes, from Hollywood smiles to natural beauty. Within reason anything can be achieved.

How long will they last?

It’s difficult to give a lifespan for a veneer, as teeth are functional. Natural teeth can break, so it’s too much to expect a veneer to be a solid replacement and lifetime treatment. Always ask your dentist about guarantees at your consultation.

**“HOPE IS
TOMORROW’S
VENEER OVER
TODAY’S
DISAPPOINTMENT”
– EVAN ESAR**

Any downsides?

I’m always asked if they’re likely to fall off ... if the bite is correctly analysed, then typically no. However, veneers are not the answer to poor dental care and are not designed to bite nails or open bags!

Alternatives?

If the tooth is badly broken down, then crowns are a better option. If the tooth is just yellow or out of position, whitening and/or the Speed Brace/Invisalign (discussed in previous issues) may be better options, thereby avoiding removing any tooth at all.

Cost?

From £500 to £1,000 per tooth. There are different types of porcelain – some carry a greater laboratory fee, some are more real. More expensive ones may suggest better quality, but this can only be determined by asking a dentist you trust. **BT**

**Dr Grant BDS BSc (Hons)
Cosmetic Dentist
The Whyte House
89 Fore Street,
Topsham
EX3 0HQ
tel: 01392 877494
www.thewhytehouse.com**