



Ask The Expert

SMILE DESIGN AND VENEERS EXPERT

Mohit Sharda, D.D.S.
Zensmiles

ABOUT THE EXPERT

Dr. Mohit Sharda is the owner and founder of Zensmiles and the only cosmetic dentist anesthesiologist in Texas who is a member of the American Academy of Cosmetic Dentistry, residency trained in anesthesiology from a three-year medical track program and the Apex mentor of The Boston University Henry S. Goldman School of Dental Medicine. A dentist for more than 20 years, Dr. Sharda has established himself as one of the top cosmetic dentists in the United States, delivering natural aesthetic results by using cutting-edge cosmetic techniques in restorative dentistry. His clientele range from Fortune 500 CEOs and professional athletes to serial entrepreneurs and people from all walks of life who come to him to get their smiles restored. Dr. Sharda is continuously pushing the boundaries of aesthetic dentistry. His dento-facial approach, which has been beautifying smiles across the country, is a holistic one which serves to marry the form and function of the face with the shape, size, and color of the teeth.

WHAT ARE PORCELAIN VENEERS, AND WHAT ARE THEIR ADVANTAGES?

Dental veneers, also known as porcelain veneers, are custom, hand-made, thin pieces of porcelain that are cemented onto teeth and capable of changing the shape, color, and appearance of teeth. Porcelain dental veneers require minimal tooth reduction in comparison to crowns, which require extensive tooth reshaping and reduction.

HOW DO I KNOW IF I AM A CANDIDATE FOR PORCELAIN VENEERS?

Good dental health is the first requirement for being a candidate for porcelain veneers. Dental problems, such as tooth decay or gum disease, impair the teeth's ability to act as a solid foundation for porcelain veneers. Also, tell your dentist if you have a history of excessive teeth grinding or clenching, as these habits can fracture the porcelain veneers, which may mean they won't be the right option for you.

SHOULD I GET VENEERS ON MY TOP AND BOTTOM TEETH? HOW FAR BACK SHOULD THEY GO?

Porcelain veneers are part of an overall smile design for each patient, and how many veneers are required to get that perfect smile differs from one person to another. All smiles are unique. Therefore, the planning in designing of a brand-new smile is also completely customized to everyone.

CAN VENEERS REALLY MAKE ME LOOK YOUNGER?

With porcelain veneers, you can expect to have the gaps between your teeth eliminated, chipped and worn or stained areas fixed, and misshapen teeth corrected. If your smile design with veneers and crowns is performed by an

experienced and trained cosmetic dentist, you can expect to get a more harmonious smile, which will complement your face and smile line. This will also provide the lost support for your lips and cheeks, thereby reducing the appearance of wrinkles, which can contribute to a younger-looking appearance.

WHAT QUALIFICATIONS SHOULD A DENTIST POSSESS TO APPLY PORCELAIN VENEERS?

Any licensed dentist can do porcelain veneers, but this doesn't mean you will like the result. Look for an experienced cosmetic dentist who has been trained specifically in cosmetic dentistry and veneers and uses the best materials and ceramists for predictable and natural-looking results that function exceptionally.

IS THERE A WAY TO SEE AN EXAMPLE OF WHAT MY SMILE WOULD LIKE WITH THE VENEERS?

Yes, in my practice, a wax mock-up using an impression from your own teeth is made for every smile design. This wax mock-up is my vision of your future smile, keeping in mind your preferences from the custom smile catalogue and the initial pictures appointment. Any changes to this mock-up can be made and adopted in the final smile design.

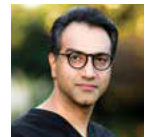
HOW LONG DO PORCELAIN VENEERS LAST?

The longevity of porcelain veneers often comes down to how well patients take care of them after they have been bonded. With good oral hygiene, porcelain veneers can be expected to last between 15 to 25 years. Anything that can break or chip natural teeth, such as chewing ice, will do the same to porcelain veneers.



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