Cosmetic Dentistry To Brighten Your Smile

During her career in dentistry, Dr. Blair Bittner managed three private offices. She recently worked for Dr. Amy Woo, Inc., a dentistry practice located in Sacramento, California, specializing in oral surgery, periodontal work, and cosmetic dentistry. Prior to launching her career, Dr. Blair Bittner studied at the American Academy of Cosmetic Dentistry, receiving her bachelor of science in chemistry and her DDS.  
  
The idea of voluntarily receiving dental procedures terrifies some individuals, but many basic and painless procedures exist to brighten smiles and support long-lasting [oral hygiene](http://en.wikipedia.org/wiki/Oral_hygiene). Teeth whitening is a cleaning procedure designed to wipe away years of stain and discoloration. For convenience, most dentists offer in-office and at-home whitening techniques. The at-home procedure involves wearing a mouthpiece for two to four weeks. Patients who opt for the in-office procedure receive whitening in one or more 45-minute sessions.  
  
Other techniques and devices focus on straightening teeth. Veneers are shells made from plastic or porcelain that shield the front of the wearer's teeth. The device helps right chipped or crooked teeth, and can help narrow gaps between teeth. Veneers also improve teeth coloration.