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Uneven and stained teeth can make people self conscious and afraid to smile by [Deeperana lec](#)

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Brisbane cosmetic dentist Kristina Cain also advises that there can be a psychological impact for someone who has stained or damaged teeth, such as self consciousness and a reluctance to smile.

The first step in improving the appearance of damaged teeth with cosmetic dentistry is to make sure that the foundation is improved and solid. This may mean dealing with any underlying gum disease to ensure the teeth are rooted more securely and regular professional cleaning to remove deposits of plaque and tartar to below the gum line, to help the gums recover from disease and return to pink health, fitting closely around each tooth.

It may be that a course of teeth whitening is all that is needed once the dentist is happy the teeth and gums are back in good condition.

However, if the teeth are uneven other, more complex cosmetic dentistry may be needed.

Attaching veneers to the fronts of the teeth can have a dramatic effect on the evenness of their appearance. Thin porcelain veneers are an ideal choice for closing gaps, straightening crooked teeth, repairing chips and permanently covering stains. Once bonded to the tooth they are strong and durable.

Crowns are a more substantial form of cosmetic dentistry because they are actually artificial teeth fitted over the original tooth that has to be ground to a shape suitable for attaching them.

Implants are a means of replacing missing teeth and involve inserting a screw into the jawbone. Of course the jawbone must be in a sufficiently sound condition to be able to hold the screw, which works as an artificial root.

The process will take longer as the screw has to bond with the bone. This is a quick and painless procedure that can be done in the lunch hour for those who work within the Brisbane cbd.

The implant is left for between 1-3 months to allow it to bond naturally with the jawbone, becoming the permanent fixture to which a crown, bridge or denture can be secured.

The second stage of the work that will be carried out by the Cosmetic Dentist Brisbane involves making a mould in order to create the replacement teeth from high quality ceramic which is both strong and has natural appearance qualities. The new crown, bridge or dentures are then secured to the implant, restoring both smile and quality of life.

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