

8 Reasons you need a Smile Makeover

A smile makeover might just be what you need to give you a much needed confidence boost. It's something we've all heard often as kids: First impressions mean a lot. It's hard to find a statement that holds truer than that. You only get one chance to make a first impression, and a big part of that first impression is your smile and how you feel about it among other things.

How bad teeth affect self-image

You see, for a decent number of people, the road to low self-image starts with being self-conscious about the way you look when you smile. That makes it harder for you to be your real self when you interact with new acquaintances since you're constantly worried about what that person thinks about you and your teeth.

There's nothing abnormal about being concerned with how others perceive your smile by the way, it's actually very normal. There are significant social ramifications for having bad teeth. Many tend to see people with bad teeth as "lower class," or assume their teeth are bad because of poor dental hygiene or drug habits. Any way you look at it, these are negative judgements on your character. Just take a look at your favorite movies, and you'll quickly realize undesirable people tend to be portrayed by dirty-looking characters with an awful set of teeth.

If you fall into this bracket, you're certainly a prime candidate for a smile makeover.

On the other hand, there's nothing more contagious than a great smile. It gives you a charismatic aura that draws others towards you. It also helps you win over potential allies.

What are smile makeovers?

A smile makeover is one or more dental procedures that are performed with the goal of getting you the smile you have always dreamed of. Some of the procedures you might see a dentist perform during a typical smile makeover include: teeth whitening, veneers, bridges, natural looking fillings, partial dentures, and composite resin bonds.

By getting one or more of these procedures, your improved smile and the increased self-confidence that comes with it has the power to transform your self-image. That in turn will have a positive effect on your day-to-day interactions with others.

8 reasons you need a smile makeover

There are many reasons you might be an excellent candidate for a smile makeover. The one thing all these reasons have in common is that they all lead to you not feeling great about your smile. Let's take a look at some of the more common reason why you might need cosmetic dental work done:

1. Yellow or brownish teeth that always appear dirty even when they are clean.
2. Chipped, cracked, or otherwise broken teeth.
3. A gummy smile due to having small teeth.
4. Issues when chewing and biting down.
5. Gaps and spaces around teeth.
6. Anything that makes you constantly hide your smile.
7. Your low self-image negatively affects your interaction with others.

8. Taking on a job where having a great smile essential.

These are only some of the reasons why you might consider cosmetic dentistry. Bottom line; if you're self-conscious about your teeth or unhappy with them for any reason, set at appointment with your dentist and discuss getting a smile makeover.