

Pernell Houghton says her front teeth looked like fangs.

"I think facial expressions are so important," reflects the 53-year-old nurse. "They can speak louder than words, but unfortunately I've never wanted to smile. I hated the two crooked teeth I had in the front of my mouth. They always made me feel self-conscious."

Nevertheless, Pernell says that with two children, other issues such as their braces and college educations took priority. "But now that my children are raised and educated, I decided to do something for myself."

CLARK F. BROWN, JR., DDS, P.A.

"However, at my age I didn't want to be walking around in braces for two and a half years."

Pernell remembers she was watching television when she first learned about a new breakthrough in cosmetic dentistry called *Lumineers*. "When I phoned their 800 number, they gave me the names of some dentists in the area who were using Lumineers," she recalls. "My daughter, Heather, was working as a dental assistant at the time, so she took the list and researched each of the dentists."

The dentist Heather ultimately recommended to her mom was Clark F. Brown, Jr., DDS. Dr. Brown is a comprehensively trained and experienced dentist who has practiced cosmetic, general, and implant dentistry in Melbourne for more than 28 years.

"I scheduled an appointment," recounts Pernell, "and from the moment I first walked into Dr. Brown's office, I knew it was going to be okay. Everyone was amazingly kind and friendly, and they all had beautiful, bright smiles."

"Then I met Dr. Brown, and he explained everything to me."

About Lumineers

"Lumineers by Cerinate are ultrathin, permanent smile enhancers that can transform misshapen, discolored, and crooked teeth into a naturally beautiful smile while strengthening natural tooth structure," describes Dr. Brown. "Den-Mat Corporation, one of the largest manufacturers of professional dental materials, has developed an extraordinarily strong porcelain that is beautifully translucent and can be made into shells as thin as contact lenses — approximately .2 millimeters. Because Lumineers are so thin, they can usually be secured to the top of teeth without having to reduce any sensitive tooth structure, which means placement can be accomplished without shots, anesthetic, or pain."

Traditionally, the placement of veneers involves reduction of natural tooth structure to accommodate them on the fronts of the teeth. This can require the use of numbing shots or anesthetic.

"Lumineers are a viable alternative to braces and can restore and strengthen teeth," informs Dr. Brown, "and the impressive feature about their translucency is how naturally they reflect light."

"Because the enamel of natural teeth is fairly translucent, they pick up a lot of their color from the dentin, or tissue that lies under the enamel and forms the main structure of the tooth. Because we can custom shade the bonding we use to secure the luminous porcelain facings,

With her new smile, Pernell has much more self-confidence. "When I first had it done I couldn't keep my lips moist enough because of all the smiling I was doing."

LUMINEERS: permanent, pleasant, painless



FHCN PHOTO BY NERISSA JOHNSON

we can create a near-perfect match to our patient's teeth by using a translucent Lumineer. Additionally, because the light moves through the porcelain and bounces back, it has a dynamic life and luster, just like a natural tooth."

According to Dr. Brown, Lumineers can brighten a smile, fill in gaps between teeth, perfect slightly rotated teeth, transform stained or discolored teeth, and correct teeth that are chipped.

"If my patient's tooth is chipped, I may want to smooth out those little rough edges before securing the Lumineer," says

Dr. Brown, "but I wouldn't be cutting down the tooth. Or if a patient's tooth is rotated and our goal is to straighten it, I may want to flare it back slightly so that when the porcelain facing is secured I don't have to apply the bonding more thickly in one area."

"And sometimes we will do some minor contouring, but it will be minimal, perhaps half a millimeter, and it will not require shots. None of the sensitive tooth structure will be removed."

"The key is to do whatever it takes to produce the best results possible."

Whitening

Before placing Pernell's Lumineers, Dr. Brown used a whitening system called *Zoom!* to brighten her teeth.

"Tooth discoloration can originate from various factors," educates the doctor. "Teeth normally get darker as we age, and along with the normal aging process substances like coffee, tea, red wine, grape juice, and dark fruits like blueberries and blackberries can darken the teeth."

Indications may include superficial stains, penetrating and absorbed stains, color change related to pulpal trauma and necrosis, interproximal (space in between two adjacent teeth) discolorations, tetracycline stains, and naturally occurring yellow teeth, among others.

"Zoom!" works by using a halogen light to activate the whitening agent," explains Dr. Brown. "During this procedure, teeth are isolated from the gum tissue and the lips. A powerful whitening gel is then carefully applied."

"While the patient watches television or listens to music, the light is activated and the procedure begins," explains the doctor. "The entire treatment time is only about an hour."

"We direct the beam of the halogen light on the teeth for 15 minutes, and then remove the residual gel, clean the teeth, and evaluate the level of whiteness we have so far attained. After confirming that our patient is still comfortable, we apply another layer of the whitening agent and go through the process two to three more times, depending on the desired results."

Freedom to smile

"The best part of going through the whole procedure for me was the support I got from Dr. Brown's staff," recounts Pernell. "They were just so positive, and the time went really fast."

"Now that I have my new smile, I feel like a different person. I'm far more secure in myself. I feel like I've got some freedom just to smile and be who I am. I can let my personality really come through. At work they call me the cheerleader of the unit. I try to keep everyone happy and going in the mornings, not to mention that now I am a better communicator with my staff. I can express myself better, and I feel that people respond to me better."

Pernell also points out that she accomplished her dental goals in approximately six hours rather than in the 30 months the braces would have taken.

"I just love how my teeth look," she concludes. "I'm really happy to smile."

FHCN—Kris Kline

Here for you

Dr. Brown looks forward to meeting the readers of Brevard Health Care News. For additional information or to schedule an appointment, please call (321) 259-9429. The office is located at 2113 Sarno Rd. in Melbourne.



Clark F. Brown, Jr., DDS, is certified by the American Board of Oral Implantology/Implant Dentistry. He earned his undergraduate degree from the University of California, San Diego, and his doctor of dental surgery degree from Georgetown University. Dr. Brown served as a dentist in the U.S. Air Force from 1978 to 1981. He has been in private practice in Melbourne since 1981. He is a diplomate of the American Board of Oral Implantology/Implant Dentistry, International Congress of Oral Implantologists, American Society of Osseointegration, and American College of Forensic Examiners and is a fellow of the American Academy of Implant Dentistry and International Congress of Oral Implantologists.

FOR MORE INFORMATION, PLEASE VISIT WWW.DRIMPLANT.COM.