

About Sight and Smile Centre

Sight and Smile Centre is a state-of-the-art eye and dental care facility established in 2008 in the heart of the Indian capital, New Delhi with the aim of providing world-class healthcare services at affordable costs to all sections of society. Located in Central Delhi, 100 metres from the Patel Nagar Metro station (on the blue line of the Delhi Metro transit system), the facility is also easily approachable by road. Vehicle parking facility is available. Spread over an area of 7200 sq ft, the centre is fully air-conditioned and has an elevator facility for patient convenience. It complies with all fire safety regulations. The comforting ambience, the warm atmosphere and cleanliness make it stand apart. Medical records of patients are maintained for future reference. The facility prides itself in having a fully-equipped ultra-modern eye operation theatre, which is one of the largest in the city. The centre is registered with the Directorate of Health, Govt. of NCT of Delhi and functions from 9 am to 9 pm (Monday - Saturday). Emergency services can be availed round-the-clock. Dr. Pankaj Malik heads the eye department while Dr. Jyoti Malik heads the dental department. It is our constant endeavour to provide such preventive and restorative services to patients that they have the best of sight and smile.



Website: www.sightandsmilecentre.com

Address: 3/29, West Patel Nagar, New Delhi-110008
Tel: 011-25882945
24 hours helpline: 0-85-0605-0705
E-mail: info@sightandsmilecentre.com

COSMETIC DENTISTRY

The window to a beautiful smile



Tooth Whitening
Bonding
Filling
Veneering
Inlays and Onlays
Dental Jewellery

Patient Information Brochure *Not valid for legal purposes

About cosmetic dentistry

Cosmetic dentistry generally refers to any dental work that improves the appearance of a person's teeth, gums and / or bite.

Enhancing one's smile and confidence is something everyone yearns for. A brighter smile gives the impression of youth, vitality, health and happiness. To some, the perfect smile comes naturally, while for others, we can help create one.

TOOTH WHITENING

What is tooth whitening?

Tooth whitening is a procedure performed for removing tooth surface discolourations (stains) caused by cigarette smoking, paan masala chewing and coffee / tea intake, among others.

What does tooth whitening involve?

Tooth whitening involves treating the surface of the teeth with a peroxide-based translucent gel material, a process called bleaching.

How does the peroxide-based gel work?

The peroxide penetrates the tooth enamel and breaks down stain deposits in the dentine.

Methods of tooth whitening

- ◆ **In-office treatment (by the dentist)**
This method, also called power bleaching, involves application of the peroxide material to the teeth followed by exposure of the teeth to a special sodium arc light (colloquially called laser-light). This light-accelerated process quickly whitens the teeth.
- ◆ **Do-it-yourself at home (dentist supervised)**
In this method, the dentist takes dental impressions and designs patient-customized trays that fit in the mouth like gum-shields. The whitening gel, also prescribed by the dentist, is put in the trays and a routine to be followed is prescribed.

Results of tooth whitening

Results are extremely gratifying and the procedure is repeatable anytime in future.



Before whitening After whitening

Tooth whitening – Things to remember

- Tooth whitening procedures must be undertaken under strict dentist supervision.
- The reliability and effectiveness of over-the-counter solutions or of traditional societal practices of tooth whitening is suspect and such practices should be shunned.

BONDING

What is bonding?

Bonding is a method of smile makeover employed to correct a cosmetic defect on the surface of the tooth and to replace tooth structure that has chipped away or cracked. It can also fix crooked or gapping teeth.

What does bonding involve?

Bonding involves making subtle alterations in length, shape or surface of the tooth (cosmetic tooth contouring / tooth reshaping). This is achieved by a few millimetres of reduction or by addition with the help of tooth-coloured bonds or laminates. Bonds are also used as a tooth-coloured filling for small cavities.

Steps of the bonding procedure

- The surface of the tooth is abraded slightly to make it rough. A conditioning liquid (etchant) that helps the bond to adhere to the tooth is applied.
- A soft putty-like bonding material that matches the colour of one's natural tooth is applied over the etchant and moulded into the desired shape.
- The bond is exposed to UV-light for a few seconds in order to harden it.
- Trimming and reshaping is done to get the desired contours. This is followed by polishing of the tooth surface to match the lustre of the adjacent teeth.

FILLING

What is filling?

Filling is the earliest means of reorganizing the tooth structure affected by dental decay (caries). It may be done by fluoride-rich GIC material, amalgam or by tooth-coloured composite material.

Why is filling so important?

Early treatment of a carious tooth with filling may save the tooth from requiring a root canal treatment or even removal.

Composite tooth-coloured fillings

Composite fillings can be placed over fluoride fillings or as stand-alone, have very good strength and are aesthetically superior. They can be matched to the colour of one's teeth. The steps of filling procedure are similar to those of bonding. Fluoride fillings are done in deeper cavities and have very good adhesive capability.



Tooth-coloured filling

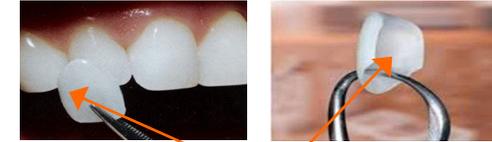
VENEERING

What is veneering?

Veneering is a cosmetic contouring procedure which involves covering the front side of teeth by ultra-thin custom-made ceramic laminates / shells to improve the aesthetics of the teeth. Veneers can also be fabricated (built-up) in the mouth by composite resins.

Uses of veneers

- To fix gaps or irregularities within teeth.
- To fix crooked or uneven teeth.
- To disguise discoloured teeth in cases where tooth whitening procedures are deemed ineffective.
- As an alternative to correct misaligned teeth which would otherwise require orthodontic procedures.



Veneer

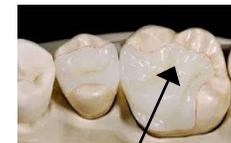
INLAYS AND ONLAYS

What are Inlays and Onlays?

Porcelain Inlays and Onlays are state-of-the-art, conservative, custom-made dental restorations used in back teeth (premolars and molars). Inlays lie within the cusps on the chewing surface of the teeth. Onlays (large inlays) cover multiple cusp areas.

When are they used?

Inlays and Onlays are normally used when there is not enough tooth structure to support a filling, yet there isn't enough tooth damage to merit the placement of a dental crown.



Inlay

DENTAL JEWELLERY

Gone are the days when jewellery was worn only on the neck, ears, nose, wrist, ankle and feet and was the forte only of women. Now **sparkling jewellery can be flaunted on the upper front teeth by men and women alike** to add an extra sparkle to one's dazzling smile, to attract attention and to surprise one's peers. The jewel is fixed by a dentist in a simple procedure, much akin to a composite filling. It can also be removed by the dentist, only to be re-fixed at a later date when needed.



Dental jewel