

Veneers: Enhancing Dental Aesthetics through Customized Restorations

Andreea Cristiana*

Department of Periodontology, Victor Babes University of Medicine and Pharmacy, Timisoara, Romania

DESCRIPTION

Veneers are a popular and versatile dental restoration option used to enhance the appearance of teeth. They are thin, custom-made shells made from tooth-colored materials, such as porcelain or composite resin. Veneers are designed to cover the front surface of teeth, improving their shape, size, colour, and overall aesthetics. This analysis provides a comprehensive study of veneers, including different types, indications for their use, the procedure involved in their placement, and considerations for maintenance and longevity.

Types of veneers

Porcelain veneers: Porcelain veneers are widely used due to their excellent aesthetic properties and durability. These veneers are custom-crafted in a dental laboratory, using high-quality dental ceramics. Porcelain veneers closely resemble the natural appearance of teeth, providing a translucent and lifelike effect. They provide long-term durability and have a strong stain resistance [1-3].

Composite resin veneers: Composite resin veneers are a more affordable alternative to porcelain veneers. They are directly applied and sculpted by the dentist in the dental office. Composite resin veneers offer versatility in terms of shade matching and can be adjusted and repaired easily. However, they may be more prone to staining and are generally not as long-lasting as porcelain veneers [4-6].

Indications for veneers

Dental discoloration: Veneers are an effective solution for discoloration that does not respond well to teeth whitening procedures. They can cover intrinsic stains caused by factors like tooth trauma, certain medications, or excessive fluoride exposure.

Dental irregularities: Veneers can address various dental irregularities, including chipped, cracked, or worn teeth. They can also improve the appearance of misaligned or unevenly spaced teeth, providing a more harmonious smile.

Shape and size enhancement: Veneers can alter the shape and size of teeth, creating a more balanced and attractive smile. They can lengthen short teeth, reshape pointed teeth, or provide a more proportionate appearance to the overall dentition [7-9].

Veneer placement procedure

Consultation and treatment planning: The first step in getting veneers involves a thorough dental examination and consultation with a dentist. The dentist will evaluate the patient's oral health, discuss their aesthetic goals, and determine the suitability of veneers. A treatment plan is then developed, including factors such as the number of veneers needed and the desired outcome [10].

Tooth preparation: To accommodate the veneers, a small amount of enamel is usually removed from the front surface of the teeth. This ensures a proper fit and natural appearance of the veneers. Local anesthesia may be used to ensure patient comfort during the tooth preparation process [11].

Impression and shade selection: An impression of the prepared teeth is taken to create custom-made veneers. The dentist and patient work together to select the appropriate shade for the veneers, ensuring a seamless blend with the natural teeth.

Veneer bonding: During the final appointment, the dentist carefully bonds the veneers to the teeth using dental adhesive. The veneers are positioned, and any necessary adjustments are made to achieve the desired fit and appearance. Finally, the veneers are permanently bonded in place using a curing light.

Maintenance and longevity: Proper maintenance is essential for the longevity and aesthetics of veneers. Patients should follow good oral hygiene practices, including regular brushing, flossing, and routine dental check-ups. It is advisable to avoid excessive consumption of staining agents, such as coffee, tea, and tobacco. Additionally, patients should avoid habits like biting on hard objects, as this can potentially damage the veneers [12-14].

Veneers can last up to ten years with proper care. However, they may require periodic maintenance, such as polishing or replacement if damage or wear occurs. Regular dental visits allow

Correspondence to: Andreea Cristiana, Department of Periodontology, Victor Babes University of Medicine and Pharmacy, Timisoara, Romania, E-mail: crist@gmail.com

Received: 26-Jun-2023, Manuscript No. JOY-23-25576; **Editor assigned:** 29-Jun-2023, PreQC No: JOY-23-25576 (PQ); **Reviewed:** 14-Jul-2023, QC No. JOY-23-25576; **Revised:** 21-Jul-2023, Manuscript No: JOY-23-25576 (R); **Published:** 28-Jul-2023, DOI: 10.35248/JOY.23.7.679

Citation: Cristiana A (2023) Veneers: Enhancing Dental Aesthetics through Customized Restorations. J Odontol. 7:679.

Copyright: © 2023 Cristiana A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

the dentist to monitor the condition of the veneers and make any necessary adjustments or repairs. Veneers are a popular and effective option for enhancing the appearance of teeth, providing a natural-looking and aesthetically pleasing smile.

They can address a range of dental concerns, including discoloration, irregularities, and size or shape discrepancies. By understanding the different types of veneers, indications for their use, and the veneer placement procedure, patients can make informed decisions about their dental treatment. Maintaining good oral hygiene and seeking regular dental care are key to maximizing the longevity and aesthetics of veneers, ensuring a confident and radiant smile for years to come [15].

REFERENCES

1. Padminee K, Poorni S, Diana D, Duraivel D, Srinivasan MR. Effectiveness of casein phosphopeptide-amorphous calcium phosphate and xylitol chewing gums on salivary pH, buffer capacity, and *Streptococcus mutans* levels: An interventional study. *Indian J Dent Res.* 2018;29(5):616.
2. Rath R, Reginald BA. Palatal rugae: An effective marker in population differentiation. *J Forensic Dent Sci.* 2014;6(1):46.
3. Fusayama T, Okuse K, Hosoda H. Relationship between hardness, discoloration, and microbial invasion in carious dentin. *J Dent Res.* 1966;45(4):1033-1046.
4. Achilleos E, Rahiotis C, Kavvadia K, Vougiouklakis G. Clinical evaluation of two different prevention programs in adults depending on their caries risk profile: One-year results. *Oper Dent.* 2019;44(2):127-137.
5. Brunsvold MA. Pathologic tooth migration. *J Periodontol.* 2005;76(6):859-866.
6. Rossini G, Parrini S, Castroflorio T, Deregiibus A, Debernardi CL. Efficacy of clear aligners in controlling orthodontic tooth movement: a systematic review. *Angle Orthod.* 2015;85(5):881-889.
7. Simon M, Keilig L, Schwarze J, Jung BA, Bourauel C. Treatment outcome and efficacy of an aligner technique regarding incisor torque, premolar derotation and molar distalization. *BMC oral health.* 2014;14(1):1-7.
8. Dianti F, Triaminingsih S, Irawan B. Effects of miswak and nano calcium carbonate toothpastes on the hardness of demineralized human tooth surfaces. *J Phys Conf Ser.* 2018;1073(3p. 032008):1-5.
9. Ramakrishnaiah R, Rehman GU, Basavarajappa S, Al Khuraif AA, Durgesh BH, Khan AS, et al. Applications of Raman spectroscopy in dentistry: analysis of tooth structure. 2015;50(4):332-350.
10. Dohke M, Osato S. Morphological study of the palatal rugae in Japanese I. Bilateral differences in the regressive evolution of the palatal rugae. 1994;36(2):126-140.
11. Indira AP, Gupta M, David MP. Usefulness of palatal rugae patterns in establishing identity: Preliminary results from Bengaluru city, India. *J Forensic Dent Sci.* 2012;4(1):2.
12. Hahn W, Fialka-Fricke J, Dathe H, Fricke-Zech S, Zapf A, Gruber R, et al. Initial forces generated by three types of thermoplastic appliances on an upper central incisor during tipping. *Eur J Orthod.* 2009;31(6):625-631.
13. Jayarajan J, Janardhanam P, Jayakumar P. Efficacy of CPP-ACP and CPP-ACPF on enamel remineralization-An in vitro study using scanning electron microscope and DIAGNOdent®. *Indian J Dent Res.* 2011;22(1):77.
14. Ezoddini-Ardakani F. Efficacy of Miswak (*salvadora persica*) in preventing dental caries. *Health.* 2010;2(5):499.
15. Güçlü ZA, Alaçam A, Coleman NJ. A 12-week assessment of the treatment of white spot lesions with CPP-ACP paste and/or fluoride varnish. *Biomed Res Int.* 2016; 2016:1-9