



COSMETIC DENTIST DR. ALEX NAINI OF THE AESTHETIC DENTAL SPA “STEPS TO IMPROVING YOUR SMILE”

Q: Dr. Naini can you tell us about your training as a cosmetic dentist?

A: I have extensive training in cosmetic dentistry. I am current on all the latest procedures and bonding techniques, and all of the different veneer types. I can customize each person’s treatment plan to their unique situation and give them the best options available today.

I am a member of the Academy of Cosmetic Dentistry, the International Association of Aesthetic Dentistry, and a graduate of the Las Vegas Institute of Advanced Cosmetic Dentistry. I have taken numerous hours of continuing education at different schools of cosmetic dentistry to have as much knowledge on the subject as possible.

Q: What are some of the reasons patients want to improve the look of their teeth?

A: A healthy beautiful smile can make all the difference in the personal and professional life of a patient. I have some patients that don't even smile because they hate the way their teeth look. After we are done with their treatment they can't stop smiling. I don't have to tell you the health benefits of smiling more often. It improves peoples self esteem, their personal relationships, and they do better at work, especially if they are in sales. Everyone responds to a great smile.

Q: Can you tell us about some of the most common cosmetic dentistry procedures you perform?

A: We do alot of cosmetic procedures. Invisalign and veneers are the popular ones. We whiten patients teeth a lot, either with the one hour zoom or with veneers. We also straighten many smiles with invisalign (average is 9 months) or porcelain veneers (instant results). Gum contouring with a laser to straighten out a gum profile or a gum lift which is very fast and painless are procedures patients love because of the instant results. Teeth contouring is also fast and effective, improving a smile by changing the angles that light hits the teeth to create the illusion of a perfect smile. The advantage is that it costs a fraction of veneers and invisalign.

Q: Do things like bonding and veneers last or do they have to be replaced at some point?

A: Veneers last a lot longer than bonding does, but everything in dentistry has to be replaced at some point. In general it depends on the patient's home care and frequent maintenance visits to the dentist (twice a year), but every case is different. Veneers can last up to 20 years, but 10 -15 years is the average for most dentistry.

Q: Are any of these procedures painful?

A: Nothing in dentistry is painful today. We give oral sedation to relax nervous patients all the time. And the idea of dentistry being scary is mostly a nervous reaction. We use the best topical anesthetics available today, before we give any shots, so that patients are always asking when are you going to numb me after I've already finished numbing them. Some procedures like full mouth rehabilitation need some take home medication, but as long as the patient takes it, they don't experience any pain.

Q: I assume insurance doesn't cover any of the cosmetic procedures—are there any other options for covering the cost?

A: Of course, we have many different payment options. We have interest free payment plans for Invisalign, and one year interest free payment options for everything else.

Q: What kind of reaction do you get from patients after they've completed a smile makeover?

A: It's the most fun part of my job...seeing the results after we are done. I haven't had any complaints and my business grows from word of mouth of satisfied clients. Most of my patients grin and show off their new smile for years after I've finished the smile makeover.

Q: Besides cosmetic dentistry are there any other procedures or techniques you specialize in at the Aesthetic Dental Spa?

A: Neuromuscular dentistry is an important part of our practice, making people feel better as well as look great. It eliminates headaches, dizziness, neck and shoulder pain, and if we go to a full mouth rehab with the treatment they also look 10-15 years younger and people just think they look rested...it's the best kind of plastic surgery without the knife and looks as natural as can be.

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