

Eat This, Not That!

5 Ways to Improve Your Smile, According to Experts

Dentists explain how to get the smile you want and have healthy teeth.



1 Why Having Healthy Teeth is Important

Dr. Alex Rubinov, DDS a board certified top Cosmetic Dentist in NYC says, "Having healthy teeth, and good oral hygiene, is so important because the oral cavity is the portal of entry for everything into your body. Obviously it's crucial to have healthy teeth so you can effectively and comfortably ingest food for nourishment, but beyond that, healthy teeth lead to an ability to smile with confidence, which affects how you show up in the world for yourself and those you interact with."

2 Brighten Your Smile for Whiter Teeth

According to Dr. Rubinov, "There are really two options for getting whiter teeth. The first is with a bleaching process (either at-home or in-office), which will help restore your teeth to their lightest natural shade. This option is limited by genetics and it requires maintenance over time. The second, which is my specialty, is with porcelain veneers, which not only give us limitless freedom to improve tooth color but also shape. With porcelain veneers, you never have to worry about staining or changing color over time."

7 **How to Get a Beautiful Natural Smile**

Dr. Rubinov explains, "A lot of people associate porcelain veneers with very fake looking white chicklet smiles. Veneers don't inherently look fake— if you want a natural looking smile you should see a cosmetic dentist who values beauty over perfection. I work with patients and my ceramist to achieve results that look natural through many different avenues, such as creating natural shading on each tooth and incorporating irregularities into the design that feel organic."