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dentist can help control discomfort for men and women with sensitive teeth.

"Office whitening is always stronger than the at-home kits," says Dr. Gohel. In addition, an in-office whitening treatment may be condensed and take less time. Couples should schedule a whitening appointment at least a month before their weddings for optimal results.

All treatments are different, but generally the whitening procedure involves taking pictures of your teeth before treatment to show the "before" and "after" results. Your dentist may prescribe a special

fluoride toothpaste to be used prior to the whitening procedure to reduce sensitivity. A bleaching solution is activated by a special light to promote the whitening process. The whitening sessions will be broken up into a few different visits, for a total of one hour.

It is important to note that the whitening process works best on natural teeth. Crowns and bridges do not whiten the same as natural teeth because they are covered. Men and women with crowns or bridges can speak to their dentists about other options.

If whitening isn't for you at the moment, there are other options. At the very least, a professional dental cleaning can be the start to a

beautiful wedding day smile.

"Tooth appearance can be vastly improved with a professional cleaning," offers Dr. Gohel. "The superficial stains can be removed, as well as plaque and tartar."

A cleaning may also improve a couple's breath just in time for that important kiss.

Looking beautiful isn't only reserved for the bride and groom. Members of the bridal party and family may also want to schedule dental visits to improve their smiles. Even those who wear dentures can benefit from a dental visit prior to the wedding.

"People who wear dentures should bring the dentures in to the dental office," says Dr. Gohel. "(A

dentist) can professionally clean the dentures and repair the denture if there are any chips or missing teeth. (A dentist) can also send the denture to the lab to see if a color change is possible. Or (a dentist) can make a new set of dentures."

Improving your smile is a key component to looking polished for your wedding day and other special events. A dentist can work with you to tailor a treatment to ensure your smile attracts attention for all the right reasons on your big day.



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