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3 Ways Your Dentist Can Make You Look 10 Years Younger

3 Anti-Aging Procedures That Your Dentist Can Perform

by Amber Milt | FNC iMag

Wrinkles and sunspots aren't the only factors that can age you. Your smile can make you look ten years older! Yellow, worn teeth can age your face whereas a bright, healthy smile not only conveys a youthful image, but also makes you seem more vibrant, healthy and approachable! We caught up with cosmetic dentist [Dr. Jennifer Jablow](#), to find out about the latest anti-aging treatments available at your dentists office.

VENEERS

Worn, misshapen teeth can make you look years older. By losing tooth structure we lose lip support as well as support for the lower third of our face. Porcelain veneers are a great conservative option to change the shape and color of your teeth. The added bonus is that if your dentist builds the shape of the tooth correctly it can smooth out wrinkles in the lower third of your face as well! By just building out the sides of the back upper teeth a few millimeters, you can smooth out sagging skin. Essentially this is a non-surgical facelift makeover.



DERMAL FILLERS

You may wonder what your dentist knows about dermal fillers. Think about how much time a cosmetic dentist spends looking at the lower third of the face making sure it all looks balanced. Dr. Jablow has performed beautiful smile makeovers with veneers many times only to fixate on a patient's upper lip that looks too thin. To solve this problem, at her office she uses dermal fillers to eliminate these nasolabial folds (nose to mouth lines) and to add natural looking volume to lips.

IN-OFFICE WHITENING

If your teeth are healthy but have yellowed over time from coffee, tea, wine or just about anything we eat or drink, try a quick whitening session at the dental office. In under an hour, your teeth can become an average of six shades lighter. Dr. Jablow's trick to avoid sensitivity is to have patients use an anti-sensitivity toothpaste for a week prior to the treatment. Also, look for a [whitening toothpaste](#) to maintain your bright smile at home.

So before you [run to the plastic surgeon](#), you might want to schedule that annual cleaning and consult with your own dentist. If you're considering [botox](#), which some dentists also offer, check out our series on [what you need to know before you go under the needle](#).

