

The 10 Benefits To Teeth Whitening



DR. AIMEE RUSSO-MOUNGER

DAVIDE SPA & FAMILY DENTISTRY

1. Increases Self Esteem

One of the most significant reasons for having your teeth whitened is to improve your level of self esteem. Psychologists have found that those who value themselves are more successful in school, in their careers, and generally happier.



2. Better First Impression

Instinctually we receive a first impression within seconds upon meeting someone. A smile is the most recognizable facial expression and can be distinguished from several feet away.

This means someone may unconsciously develop a first impression before you even shake hands with them! When you have a beautiful smile during an initial meeting, you're seen as attractive and friendly. Both of which are desired perceptions for almost anyone.



3. Landing A Job

Preparing for an interview calls for attention to personal hygiene. Dress appropriately, shower, shave, style your hair, and brush your teeth. However, with your smile you easily gain an advantage over the competition in two ways. White teeth are often associated with positive personality traits such as intelligence, responsibility, and reliability. In addition, when you're content with the color of your teeth you smile and speak more with confidence. When you have confidence in an interview, you're more likely to make a good first impression as an outgoing and competent jobseeker.



4. Looking Younger

Dull, yellowed, and stained teeth can make you look older than you are. Over time our teeth become discolored from everyday wear and tear caused by certain foods that we eat, drinking coffee, smoking, and how well we keep up with brushing and flossing. When you have your teeth whitened you can easily take several years off your appearance.

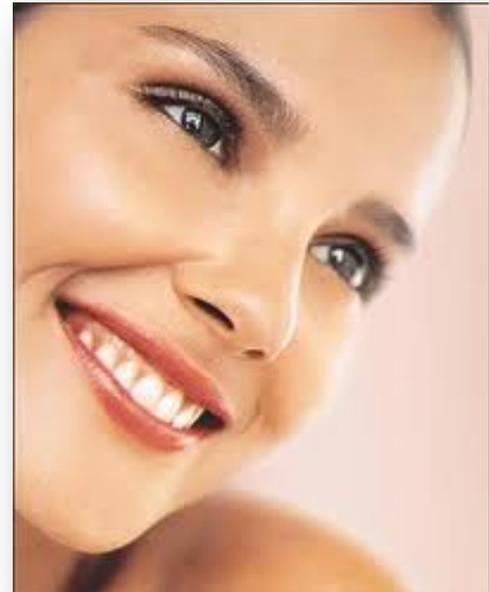


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5. Giving Warmer Smiles

Not only will you be more appealing to the opposite sex and job interviewers, but pearly white teeth give off a warmer smile. Facial expressions are intricate, but almost everyone can tell if a smile is reluctant or fake altogether. When you aren't embarrassed with your teeth, your smiles come naturally and genuine. You may discover more friends confiding in you and seeking comfort than before.



6. Looking Your Best For Special Occasions

Weddings, reunions, and even birthdays are special days when you want to look your best. A camera-ready smile makes for better photographs and memories you can treasure for years to come.



7. Cheaper Cosmetic Enhancement

Most people have a few things they'd like to fix regarding their looks. Teeth whitening is the number one sought after cosmetic procedure because it's the most affordable way to instantly improve your physical appearance. Many dental clinics regularly offer patients special deals for in-office whitening treatments and whitening toothpastes are widely available in stores.



8. It Is Not Surgery

Like any surgery, cosmetic surgery comes with risks. Along with being a more affordable way to change your appearance, teeth whitening procedures are safer and have virtually no recovery time because it's not surgery. If you choose to have laser teeth whitening by your dentist, the treatment can be done during your lunch hour and results immediate. At-home kits and toothpastes are also safe but tend to take a few weeks before you reach your goal.



9. Boosts Your Mood

When you're happy with the way your teeth look you smile more. Smiles have been shown to improve your mood by triggering the production of endorphins, our bodies "happy chemicals". Your smiles and good mood will increase exponentially!



10. Better Oral Hygiene

Dental professionals have noticed that those patients who've had their teeth whitened tend to increase their oral health care routine. Pleased with their smile and experiencing all the advantages of whiter teeth often leads people to take better care when brushing, flossing, and seeing their dentist for professional cleanings. Since good oral health can improve your overall health and prevent many diseases, this is by far the most important reason to consider teeth whitening.



At The Smile Spa of Baton Rouge, Dr. Aimee Russo Mounger and her team offer the Avalanche Teeth Whitening System.

If these benefits are attractive to you, log on to:
<http://www.dentistinbatonrougelouisiana.com/>

Or call us at 225-292-SMILE (7645)

