

Are You Afraid of the Dentist?

Does your fear of the dentist keep you from having the beautiful, healthy smile you want?

While most people are perfectly comfortable at the dentist's office, many are not. They are, quite simply, afraid of seeing the dentist. So afraid, in fact, that they put off basic things like cleanings and x-rays. So afraid that they wind up letting their mouths go... and that creates many problems, often painful. These people are so afraid of a visit to the dentist that they would rather deal with pain day after day than go to the dentist. They usually wait until things are so bad they can no longer take it.

Thanks to [sedation dentistry](#) at Smile Texas, even the most complicated, broken-down mouths can be handled quickly, efficiently, and comfortably. The sedation dentists at Smile Texas use different levels of sedation dentistry to ease your fears: nitrous gas (laughing gas), oral conscious sedation (you take a pill that makes you relaxed and drowsy), or IV sedation (you are very relaxed and sleeping).

Perhaps you're apprehensive about dental work because of a childhood dental trauma. Maybe you want or need to get more than one procedure done on your teeth but you have concerns about the pain, or just worry about being in the dentist's chair for any length of time. Dental sedation allows you to rest comfortably for hours while your teeth are being worked on and, if you've elected to have several complicated dental procedures, will help us complete everything in fewer visits.

Whether it's panic, dread, or time that has you putting off necessary dental repairs, there is a relaxing, pain-free option available. And if you would feel better having a little sedation to help get you to the door before your procedure, oral premedication is another option that can ease your fears. At Smile Texas, we treat you with kid gloves and even offer ear phones, music, a blanket, and a teddy bear to make you comfortable.

Make the Best First Impression with a Dazzling Smile

No matter who you are, what you do, or where you go, one of the first things people notice about you is your teeth. Whether you're preparing for a job interview or planning a date with someone new, your smile is a major component of the first impression.

When first-impression moments like these roll around, they often have you pressed for time. Whitening strips and mouthwash don't offer immediate transformation. But a quick fix does exist in the shape of what's known as a [Snap-on Smile](#)[®] – a customized, painless appliance that cosmetically improves and transforms your appearance in, literally, a snap.

A Snap-on Smile[®] allows you to talk, eat, and smile with confidence. It stays firmly in place and allows you to feel comfortable without worrying about your smile. In just two visits to the Smile Texas office and in as little as 48 hours, you can have a temporary smile to help you make that positive first impression.

Make your teeth a priority and you can look younger, wiser, wealthier, and healthier. See how even a few small, easy dental procedures can [change a face](#).

It's Wedding Season – Are You Smile-Ready?

Whether you're the bride, groom, wedding party member, or guest, weddings mean smiling – a lot. Are your teeth ready for the hundreds of photos that will be taken to record the memories of this special day?

Here are three ways you can get a stunning [smile makeover](#) in time for wedding season:

- In Houston, [porcelain veneers](#) are a popular choice for people who are embarrassed by their smile and want to cover up their chipped, cracked, or stained teeth. Veneers can fix unevenly spaced teeth by filling in unsightly gaps and spaces, creating a straight, white smile in about two visits to your skilled cosmetic dentist. When the photographer says, "Cheese!" you'll be ready!
- [Dental implants](#) will give you a permanent, gorgeous smile. Badly damaged teeth and loose teeth can be replaced. And opting for dental implants in Houston is a very effective choice, especially if you're missing teeth. The wedding meal will be a breeze – with natural-looking dental implants you won't worry about biting or chewing! Your new teeth are there to stay.
- Like porcelain veneers, [porcelain crowns and bridges](#) are an effective way of replacing damaged or discolored teeth. Your face will be striking in every photo and with every smile as crowns provide you with impressive, natural-looking, white teeth. This is a great choice for people who want to diminish black lines or black areas at the gums.

Make your appointment at SmileTexas to meet with a Houston cosmetic dentist and get a wedding-ready smile!

Embarrassed By Your Coffee-Stained Teeth?

Has your love of coffee stained your teeth and ruined your smile?

If you drink a few cups of java every day or make regular trips to Starbucks, you may be having a love affair with coffee... and your smile may be suffering for it.

If your teeth have become discolored and stained from a few too many cups of joe over the years, this development has probably left you feeling very self-conscious about your smile. You may be drinking that coffee to keep you going on the job... but you won't impress any clients with a stained smile.

Instead of trying in vain to merely reduce the stains on your teeth with preventative measures, opt for a quick, permanent solution by choosing [porcelain veneers](#) or [porcelain crowns and bridges](#). In Houston, porcelain veneers and crowns are popular choices among coffee-drinking devotees, especially those whose teeth are suffering from severe discoloration. In as little as 48 hours, you can have a natural-looking white smile that will instantly improve your confidence.

Studies show that people who are proud of their smile have greater success in their career and social life. A new smile will give you a fresh lease on life – and you can still enjoy your morning brew. See how the cosmetic dentists in Houston's Smile Texas have [made over stained smiles](#) with porcelain veneers and crowns.