

### Healthy gums

Healthy gums do not bleed or smell and if they are well positioned, they help your smile.

**TIP:** Visit your dentist for a professional cleaning or root scaling at least twice a year.

### Whiter teeth

Professional whitening will improve your smile. It's easy and long lasting.

**TIP:** Properly used, whitening gel is safer than drinking Coca-Cola. [Learn](#) about important information regarding tooth whitening.

### Irritated gums

When gums bleed and smell, it hurts your smile. Any gum level positioned too high or too low will not improve your smile.

**TIP:** Gum sculpting can balance your gums. Don't brush too hard, it leads to recession and sensitive roots.

### Hidden Teeth

Rotated or hidden teeth make your smile uneven.

**TIP:** A white filling or a porcelain veneer repositions the hidden tooth and balances your smile.



### Smile line

Your upper teeth should follow the curve of your lower lip. This is called the "smile line".

**TIP:** Teeth that don't follow this line look unnatural. Goal: healthy looking teeth on the smile line.

### Symmetry

The length, width, shape, and color of front teeth should match on the left and right. This is called a symmetrical smile.

**TIP:** Creating smile symmetry requires artistic sense. The goal is always a smile that's naturally beautiful.

### Chipped edges

Worn teeth appear shorter and chipped edges make a smile appear tired.

**TIP:** Smoothing rough edges rejuvenates a smile. Lengthening short teeth with white fillings, porcelain veneers, or crowns can rebuild a natural looking smile.

### Open spaces

Black spaces may be the result of gum recession. Spaces trap food and do not improve your smile.

**TIP:** White fillings or porcelain veneers close these spaces and rejuvenate your smile.