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Description

Dentist Michael Apa discusses some of the common myths associated with cosmetic dentistry, such as that only children wear braces, that natural teeth must be shaved down to get veneers, or that over-bleaching can turn your teeth translucent.

Keywords

Cosmetic, Aesthetic, Dentistry, Teeth, Tooth, Orthodontistry, Orthodontic, Braces, Invisalign, Retainer, Decay, Mouth, Dentist, Veneers, Reshade, Reshaving, Bleach, Bleaching, Hydrogen Peroxide, Dental, Oral, Health, Hygiene

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**APA**


**CHICAGO MANUAL OF STYLE**


**Transcript**

Dentistry Myths

HODA KOTB, anchor:

And we’re back with TODAY’S HEALTH and some secrets your dentist may not have told you. Before we even hit 60, we chew more than 32 million times, so with all that wear and tear on our teeth, how can we keep them shell-- shiny and healthy? Cosmetic dentist Dr. Michael Apa is here. That was a mouthful. Dr. Apa, welcome.

Dr. MICHAEL APA: Thank you very much.

KOTB: Let’s get to some of the myths, OK?

Dr. APA: Sure.

KOTB: Now we think, I mean a lot of people think, that just kids wear braces, but in reality, grownups wear them as well, right?

Dr. APA: Absolutely.

KOTB: Karen, you’ve got on the braces, right? OK, smile to the camera. Let’s see, OK, let’s see if-- now I don’t see them. Where are they, Dr. Apa.

Dr. APA: On the bottom.

KOTB: The bottom.

Dr. APA: It’s a little clear, plastic um, retainer almost it looks like.

KOTB: Yeah.

Dr. APA: That just goes over the bottom of the teeth and it’s changed almost every two weeks. As the teeth move, the retainers get changed.

KOTB: Karen, how does it feel?

KAREN: Feels great.
KOTB: Is it tight on your teeth? Does it feel like you would expect braces to feel like?
KAREN: When I first put them on at first it’s a little tight but then it loosens as the days go on.
KOTB: Is it more painful, Dr. Apa, for grownups than for kids.
Dr. APA: No, it’s the same thing. It’s very minimal discomfort. As you get used to the teeth starting to move, it gets more and more comfortable.
KOTB: And how long before her teeth get straightened?
Dr. APA: Karen, how long you been here for?
KAREN: I’m about half-way through.
Dr. APA: So about six months for Karen.
KOTB: Six months?
Dr. APA: Yeah.
KOTB: OK. All right. Let’s move on to veneers. Here’s the myth, and this is what I thought, actually thought this was a fact. I thought you had to drill your teeth down, shave them down, so you could put the veneer caps on. You say that’s not the case?
Dr. APA: That is not the case. And “shave” is an ugly word.
KOTB: I know. But, you know.
Dr. APA: Veneers can be placed directly over the teeth if they’re in the right position. It really has to do with designing the style properly in order to figure out how much tooth actually has to be reduced.
KOTB: OK, we’re standing around Dawn, she’s like, “What do I do?” OK, this is Dawn before. She had some issues with missing teeth. Look at the after. So you didn’t have to-- no shaving, nothing?
Dr. APA: Well, Dawn was a different case where we had to replace teeth. So, some of the teeth were reshaped. I like to say reshaped, because it stays in enamel. But, with Dawn, what happened was we were able to add teeth right to the sides of her smile to build it out and really get that nice flow.
KOTB: But how do you add veneers onto your regular teeth without making them look bigger without shaving them down or--
Dr. APA: Exactly.
KOTB: Yeah.
Dr. APA: If they’re too big to begin with, you have to reshape them.
KOTB: OK, so you—
Dr. APA: If they’re in the right shape, you can add them directly to the tooth. And a lot of the people, the misnomer is, is that they reshape too much.
KOTB: Right.
Dr. APA: Whereas, you know, very little is actually needed.
KOTB: OK, so you don’t-- you don’t want that Chiclet teeth look.
Dr. APA: Exactly.
KOTB: OK, now you do something called facial aesthetic design.
Dr. APA: Yes.
KOTB: We have some-- some pictures of that. What is this?
Dr. APA: Facial aesthetic design is just a newer way of designing a smile based around…
KOTB: Wow.
Dr. APA: …patients’ facial features rather than the old style, which is based around…
KOTB: Look at that.
Dr. APA: …parameters just of the smile. Yeah that’s a great case.
KOTB: That’s unbelievable.
Dr. APA: With this case, you can see his lip falling over the teeth and then pushed back up. Here’s baby teeth on an adult girl given proper size teeth in the end.
KOTB: Uh-huh. Brilliant. Those look great and these two, oh those look great.
Dr. APA: And this is classic aging.
KOTB: Yeah.
Dr. APA: Aging the smile that the corners of the mouth fall. It has to be built out to really fill out the smile and give her back that youthful appearance.
KOTB: Let’s get to myth number three…
Dr. APA: Sure.
KOTB: …which I’ve heard before but never believed. Over-bleaching can weaken your teeth. That’s…
Dr. APA: That is a myth.
KOTB: …a big myth.
Dr. APA: Big myth.
KOTB: OK.
Dr. APA: Over-bleaching can turn your teeth translucent, which can give the appearance of weak teeth.
KOTB: OK. If you don’t have the dough for the real bleaching and you want to do it, what’s the best way do you think?
Dr. APA: Any over-the-counter product that has hydrogen peroxide in it will bleach your teeth.
KOTB: All right.
Dr. APA: And the myth with hydrogen peroxide and these bleaching agents is that you have to keep in your mouth for an hour.
KOTB: Uh-huh.
Dr. APA: The truth is eight minutes, and then change it.
KOTB: Dr. Apa, thanks. Good advice. And thanks ladies for your help, we appreciate it.