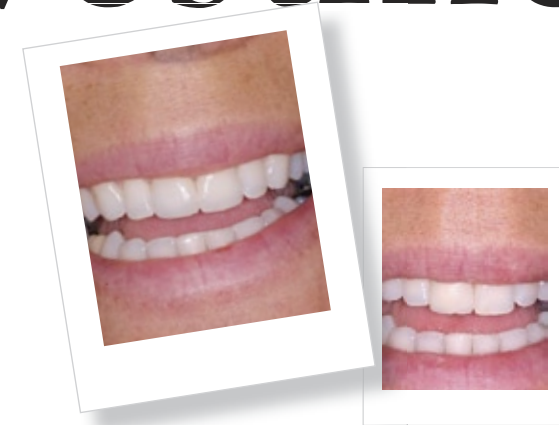


A new look for flawed teeth puts a smile on her face—time and money well spent!

LISA ALTMAN
ASTOLD TO JUDY LARKIN

A Crown Investment



I've been terribly self-conscious about my teeth for as long as I can remember. It probably started when I was about eight: on the school steps, I slipped and fell forward onto my face, chipping one of my two front teeth so badly that the tooth broke in half.

I had several crowns made over the years to correct the damaged tooth but I was never satisfied with the results. The colour and shape didn't match my other front tooth, and, because of the crown's location, it was the first thing people saw when I opened my mouth. I love great-looking teeth—it's one of the first things I notice in a person—but I was always measuring myself against other people's smiles, and finding myself lacking. I became so self-conscious that it affected my self esteem—I was always aware of that mediocre crown.

Then I went to Dr. Brian Friedman's office in Toronto. I originally went for a teeth-whitening treatment, and I was so happy with the results that I decided to go back and get my front tooth fixed properly once and for all. I had lived with this for decades—enough was enough. I told Dr.

Friedman about my past experiences and he recommended that I have two caps made instead of one so that he could match the two crowns to each other. Because of my bad experiences, I was nervous at first, but Dr. Friedman was incredibly gentle and made sure I understood everything he was going to do. I trusted him.

Before we started, he sent me to a dental lab to get my teeth photographed. Then on the day of the procedure, he injected a small amount of anaesthetic into my gum (the same amount you'd need for a filling), took off my old crown and started filing down my tooth so that the new crown could be mounted on it. I was in the chair for a few hours, but the process was less painful than getting a tooth filled. Dr. Friedman made an impression for me to wear for 10 days while the crown was being made at the lab. It was so well-made that you couldn't tell that it wasn't my tooth!

When I went back to the office, Dr. Friedman removed the impression to install the finished crowns. I had asked for the crowns to be very white, but when he put them in they looked a little too white compared to the rest of my teeth. I went back a couple of days later and the lab ►

Just the facts

Dr. Brian Friedman recaps the details of a crown procedure:

Time: There is an initial consultation; the procedure itself usually takes a few hours; making the crowns takes about 10 days.

Cost: Can vary according to materials used, but is approximately \$1,500 per crown.

After effects: The heat from the drills can sometimes lead to swelling. At worst, you'll have minimal discomfort and sensitivity for a few days.

Who it's for: The procedure is safe for anyone but I have to look at the tooth before deciding whether it's too damaged to receive a crown.

Trickiest part: You have to pare down the tooth enough to mount the crown onto the tooth but you have to make sure that the base is still strong enough to support the crown. The area where the crown attaches must be finely fitted because you don't want plaque accumulating there or having lines that people can see.

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technician and Dr. Friedman then painted the crown enamel to perfectly match my teeth.

The results are amazing. The crowns look so natural that you'd never know that they're not my teeth. I don't even feel them anymore. My family is delighted to see me so

happy. And everyone at work has commented on the difference. I work in a podiatrist's office so I'm always meeting new people. Finally feeling good about my teeth makes that so much easier.

There was a little bit of tooth sensitivity for a few days but nothing

that an Advil couldn't fix. Dr. Friedman even gave me a number to call him on weekends if I had excessive pain, but I didn't have to use it. His office even called me the next week to make sure everything was okay. It was a great experience. If it was up to me I would get all of my teeth crowned! **e**



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For details, see Shopping Guide, page 62.