

Bright Smile Is the Best Accessory

Long-distance runner shares her story of achieving a winning smile with the help of the right dentist.

Long-distance runner Michelle Smith knows how important planning is to achieving a goal. She's currently in training for the Walt Disney World Wine and Food Half-Marathon taking place in November. For a 16-week time period beginning in August, her daily regimen has involved running six miles during weekdays and on the weekends, six to 12 miles.

"The race is thirteen point one miles and my goal is to complete it in less than three hours," Michelle confirms. "I'm running it with four of my friends. The race starts at ten o'clock at night and the course will take us through three parks, ending at Epcot. Then we'll eat and drink and party until four in the morning. That party is providing us plenty of motivation!"

Another of her goals: a winning smile. In photos with friends and when she looked at her reflection in the mirror, Michelle's smile revealed aging veneers and a worn bite pattern. One day in conversation, a friend caught her attention with a rave review of her new dentist, Dr. Blank. This dentist sounded great to Michelle so she decided to make an appointment to see him.



Michelle Smith

FHCN PHOTO BY AMANDA SMITH

"At that first appointment," recalls Michelle, "we made a complete plan of action of things that needed to be done. Dr. Blank made me feel very comfortable, pacing the work to fit my budget."

makeovers include in-depth discussions; choosing the right materials; designing the length of the new teeth; ideal proportions; desired morphology, or shape, of the teeth; color; and other aesthetic and functional concerns.

"Your smile really is your best accessory; that's the underlying assumption driving all of our efforts with a new patient. We design a plan that corrects any underlying issues so that the beautiful smile we create will last.

"During Michelle's smile design visit, we started by taking a series of diagnostic photos to gather the information needed to make an accurate assessment and to chart the most concise plan of action.

"Step one was to perform a laser gum recontouring of Michelle's gums to make the front two teeth comparable in size. Patients tell us that after laser therapy, recovery is almost a non-issue. Patients often don't remember having any gum work done.

"Next, we reshaped Michelle's lower front teeth. They showed wear patterns with jagged edges, making her smile look harsh. We were able to create some nice rounded corners and polish them for a more youthful appearance," says Dr. Blank.

Once the structural work was completed, it took only three visits within a six-week period to replace Michelle's veneers and completely transform her smile.

Finish line

"The cosmetic look of the work Dr. Blank performed exceeded my expectations," Michelle says happily. "We expanded the number of veneers from my original six to ten, something that made a huge

difference in the look of my smile.

"And I really appreciated how Dr. Blank took the time to make sure all of my natural teeth were repaired and in good shape before placing the veneers.

"Dr. Blank is very detailed in making a plan of action for the work that needs to be done and letting you know every step of the way where you need to be and what needed to be taken care of first. He's very kind and caring; he understands that everybody is on a budget and can't do everything all at once. I appreciated that. It's just a very nice, comfortable atmosphere thanks to Dr. Blank and his staff. They really know how to put you at ease. You know you're in good hands and that you're getting the best care possible.

"I definitely get more compliments," confirms Michelle. "People tell me I have a beautiful smile. My teeth are bright, but in a natural way. They're absolutely perfect; I have a perfect set of teeth."

FHCN—Elizabeth Leib

Stephen Blank, DDS

www.PSLdentist.com



"My friend was just so overwhelmed with the care and personal attention she received from Dr. Blank and his staff. And after my first consultation with him, I left his office feeling the same way, confident he was the dentist who could help me achieve a great smile."

Stephen G. Blank, DDS, practices cosmetic and functional dentistry in Port St. Lucie. Considering each patient's needs and expectations, Dr. Blank chooses his cosmetic dentistry procedures and methods carefully. He takes his time in evaluating both the patient's dental condition and how the new smile will fit with other facial features.

Michelle was also pleased with the thoroughness of her smile makeover plan, and impressed with Dr. Blank's emphasis on creating a good foundation. "He wanted to first make sure that my natural teeth were in good shape before placing new veneers. He's very, very thorough."

Smile design

Like many patients, Michelle wanted a beautiful smile built on solid structural work that would stand the test of time. Confirms Dr. Blank: "The first priority of the treatment planning we do with new patients is to set up a well-designed tooth structure, making a beautiful smile possible. Both beauty and functionality are critical to patient satisfaction and long-lasting dental work.

"When we first met Michelle, her bonded veneers were simply wearing out. And they had soaked up some color and were stained a bit yellow. She had completed Invisalign with a previous dental office and although her teeth were lined up pretty well, they didn't look particularly good.

"A lot of people will accept a less-than-ideal appearance of their teeth because they don't think anything can be done," notes Dr. Blank, whose smile

Before



After



PHOTOS COURTESY OF DR. BLANK



Stephen G. Blank, DDS, is a 1982 graduate of Northwestern University Dental School in Chicago. He has since completed intensive continuing education studies. Dr. Blank has studied TMJ under Mark Piper, MD, DMD, at the Piper Education and Research Center. He has completed the course continuum at the Dawson Center for Advanced Dental Studies. Dr. Blank was a clinical instructor with the Hornbrook Group, teaching dentists from all parts of the country in live, hands-on courses on the various aspects of smile design, occlusion, full mouth reconstruction, and complete patient care. He is a facilitator/mentor with the Dental Boot Kamp program. Dr. Blank enjoys teaching dental teams around the country.



Scan the QR code for Dr. Blank's contact information.

SNAP Instant Dental Imaging

Dr. Blank and his staff look forward to meeting the readers of *Florida Health Care News*. For more information or to schedule an appointment, please call (772) 878-7348. His office is located at 184 NW Central Park Plaza in Port St. Lucie. Call today for a complimentary cosmetic consultation, including SNAP Instant Dental Imaging, so you can see your new smile before you make any decisions.



Gold Medal Winner

Dr. Blank was awarded gold medals by the Florida Academy of Cosmetic Dentistry (FACD) Scientific Session competition, which is designed to reward excellence in clinical cosmetic dentistry. The FACD is an organization devoted to seeking improvements in the science and art of cosmetic dentistry.

Dr. Blank invites you to visit his website at www.PSLDENTIST.com.