

# THE CS INTERVIEW

## DR. JEFFREY A. WELLER

CS publisher John Carroll recently sat down with celebrity dental expert Dr. Jeffrey Weller for a candid conversation on all things teeth, including what makes Dr. Weller's veneers so state-of-the-art, when white teeth are "too white" and which star smiles he would like to transform.

**JOHN CARROLL: So, Dr. Weller, what's new in cosmetic dentistry?**

**DR. WELLER:** One great improvement is the quality of porcelain that we use for veneers. Not only is it more beautiful and natural-looking than porcelains of the past, but it is also less abrasive and therefore not as damaging to the other teeth in our mouth. Other big advancements have come in cosmetic dental implants, and the way we utilize periodontal plastic surgery, which is the rebuilding of a missing tooth area. With custom tooth abutment pieces, we are making people guess which tooth is an implant.

**JOHN CARROLL: I hear that when it comes to dental veneers, you've got the best of the best. What makes your veneers so natural-looking compared to so many others? I often hear the bulky veneers referred to as "Chiclet teeth".**

**DR. WELLER:** Well, John, I treat each patient's smile like it is making a red carpet debut—creating a smile that enhances the individual's facial features, as well as their personality. Each finished veneer is individually crafted and properly proportioned using customized porcelain that goes through several design phases. We then sculpt the gum line so that it outlines each veneer like a great frame shows off a magnificent piece of art. The final key is working with a great dental laboratory to fabricate the design with the best materials available—I work exclusively with Jason Kim Laboratory in New York for all my smile creations. It is the whole picture approach with customized individual detailing that puts all the curves, lines, and angles in all the right places.

**JOHN CARROLL: So how white is too white when it comes to veneers?**

**DR. WELLER:** A good rule of thumb for teeth brightness: Your teeth should not enter the room before you do. Some colors and materials are too opaque-white and people will see you coming from a mile away. My favorite color in porcelain veneers is actually a series of custom shades that I refer to as

"Weller White"—a blend of different shades of porcelain layered together using a feldspathic porcelain material. This natural translucent glass reflects light and leaves many people wondering if you were born with those luminous-looking teeth.

**JOHN CARROLL: I've heard that it can be a painful process getting veneers? Tell me, do you have to grind patients' teeth down to nubs to get them prepped?**

**DR. WELLER:** No, definitely not! And actually, once they are bonded to your teeth, veneers will strengthen your teeth by 30 percent. I make very conservative preparations, which, in most cases, is no more than the thickness of a fingernail if your teeth are not badly positioned or decayed.

**JOHN CARROLL: What are the drawbacks to veneers?**

**DR. WELLER:** The old saying, "you get what you pay for" is so true with veneers. Many dentists promote themselves as a cosmetic dentist, yet they have never received post-graduate advanced training in aesthetic or functional dentistry. This can lead to multiple problems that affect the health and longevity of your natural teeth and your veneers, so spend your dollars wisely—the cheapest is most likely not the best.

**JOHN CARROLL: Why are most clients seeking to improve their smiles now—even in an economic down market?**

**DR. WELLER:** Well John, like ourselves, most baby boomers are realizing that as their retirement funds decrease, they may have to work longer than originally planned. This means they have to stay competitive in today's society, which means being healthy and looking younger. Aging teeth on anyone can add 10 years to one's age, but if you improve your smile, it can make you look 10 years younger. That's a 20-year swing!

**JOHN CARROLL: Do you find that the majority of your clientele are women?**

**DR. WELLER:** Absolutely not. About 50 percent of my smile

enhancements are actually men, but what's funny is that they don't initially come in looking for cosmetic dentistry. They just come in stating that their teeth look older than they used to. Actually, most of the men I take care of need cosmetic dentistry due to wear and tear that over time has caused them to grind their teeth to a flatter, less attractive appearance. This can cause stress fractures that become darker as we get older. So, if you're a man reading this, please take a look at what the rest of the world is seeing and if that reflection looks different than it did 10 years ago, I can help.

**JOHN CARROLL: If you could improve any celebrity smile today, whose would you like to get your hands on?**

**DR. WELLER:** That's a good one. I would either pick Mel Gibson, Jewel or Billy Joel and his new "Piano Smile." Billy Joel is a good-looking, talented man whose recent smile enhancement doesn't do him justice. Sorry Billy. Oh, by the way, there are quite a few local politicians and socialites here that should be looking in the mirror and calling my office for consultations...

**JOHN CARROLL: Dr. Weller, I've been a patient of yours for years. Why do you think the rest of our readers should seek you as their dentist?**

**DR. WELLER:** I spend a lot of my time doing full mouth rejuvenation, which gives me the experience of seeing where the patient started and how they ended up in their current condition. With older clients especially, in today's society, too many dental professionals are not offering enough treatment options because they think older patients will not invest in themselves. But now everyone is living longer than they used to, which means taking care of their teeth is even more important. Teeth are the first step to the digestive system. If the teeth are not healthy, patients will not be able to chew food properly, which can cause more significant medical problems in the long run.

