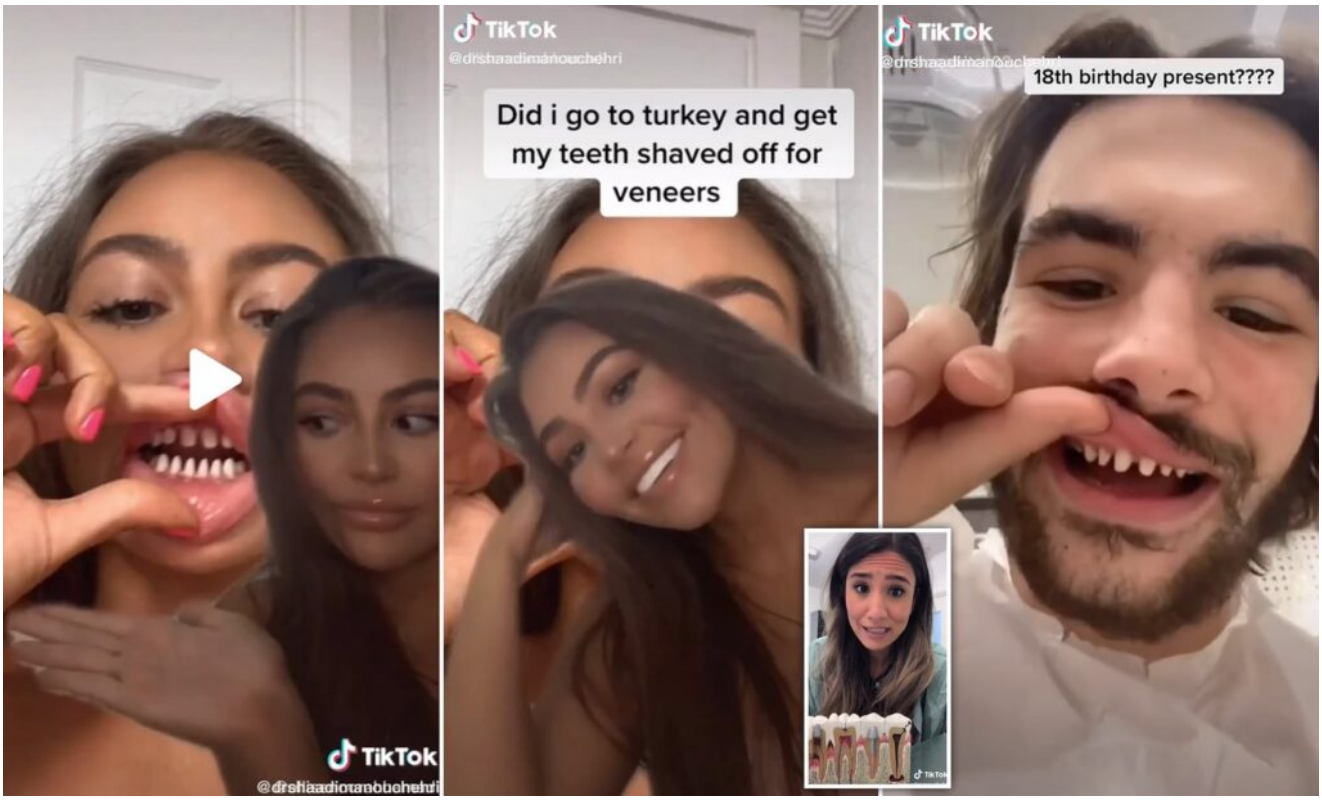
FITNESS & BEAUTY

Young Influencers Filling Down their Teeth for Perfect Smile': Dentists Warn They'll Need Dentures by the Age of 40

By bestfolkmedicine · 01/12/2020 · 2 min read



Having the perfect teeth seems to be a rite of passage on the influencer planet. Many internet celebs like Tana Mongeau, Jeffree Star, and Gigi Gorgeous all did a smile makeover when their careers blossomed.

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Now, smaller-scale influencers are also sharing their experiences about flying abroad to get a smile transformation.

They're showing their shaved-down, shark-like teeth, before revealing they had this done to put on veneers.

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However, dentists are worried and urge youngsters to do research before considering this invasive dentistry.

According to one dentist, this isn't standard veneer prep, but rather crown prep, which isn't recommended for youngsters.

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Dr Emi Mawson who works as a dentist in the English county of Cornwall said to her 27,700 TikTok followers that these veneers aren't actually veneers and are crown preps.

And, the difference between the two is huge, added Mawson.

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Young Influencers Could Be Making an Irreparable Damage

Without knowing this difference, these influencers may need dentures by the age of 40, explain dentists.

Even though the terms veneers and crowns are used interchangeably by some influencers, they're very different.

Namely, for veneers, most of the teeth are still there, only a slight amount is shaved off, explains Dr Zainab Mackie who's a dentist in Detroit.

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On the other hand, for crowns, the teeth are shaved down to very small pegs.

Most of the veneers will need the front of the tooth to be shaved down half a millimeter to prep it for the covering which is made of composite resin or porcelain.

There are also veneers which don't need any prep at all. For crows, 2 millimeters or more of enamel has to be shaved off-these are the tiny pegs we're seeing on TikTok transformations.

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But, they're usually recommended for very broken, decaying tooth.

And, crown prep can compromise a tooth's nerve, which is why dentists don't recommend them for healthy teeth, explains a dentist from London, Dr Shaadi Manouchehri.

Invasive Dentistry can Cost Young People their Oral Health

Aggressive crown prep very early on in life may lead to long-term tooth damage.

Eventually, the person may need to replace them several times throughout their life, get root canals, and eventually may lose the tooth all together.

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Plus, crowns and veneers aren't permanent solutions; they need replacing every 10 to 15 years, depending on the teeth and the type.

Crowns don't just cost money, but also valuable enamel layers. This enamel is what keeps our teeth protected.

Sources:

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