

# dr rozenberg

**W**hen it comes to cosmetic dentistry, Dr. Lana Rozenberg is an artist. Cosmetic dentist in NYC, Dr. Lana Rozenberg transforms patient's smiles through the most advanced cosmetic dentistry techniques, including porcelain veneers and teeth whitening and restorative treatments to correct teeth that are chipped, stained, misaligned, missing and so forth.

As Dr. Rozenberg says, "When your smile negatively affects your confidence or abilities to feel as out-going as you wish, or perform as you would like to, cosmetic dentistry can really make a difference." She has had many patients who were once really self-conscious about smiling who have changed their lives thanks to dental advancements.

Dr. Rozenberg's advises when looking for a cosmetic dentist it's extremely important to research a practice that has the most up-to-date technology along with an experienced and qualified team and doctor. Your preferred choice of a cosmetic dentist in NYC should be someone who practices with a delicate touch, perfection, and top-notch patient care and satisfaction.

We asked the doctor what was one of the biggest concerns of her patients. According to Dr. Rozenberg while there are serious worries that her clients have but those are handled on a one by one situation; many of my clients want to know how to keep their teeth white as

possible on a daily basis—especially for big events like weddings, and anniversaries, and so forth.

## Dr. Rozenberg's Top Tips For A Beautiful Smile

1. For a little shimmer and shine, add silver eye shadow to lip gloss, mix them on back of your hand and apply to lips. Your smile will instantly appear brighter and whiter! Perfect for any big event!

2. To remove extrinsic stains (think smoking stains, colas, wine and berries) add one teaspoon baking soda and two drops of

lemon juice. Mix it up and brush after using your toothpaste.

3. Drink your favorite coffees and teas through a straw. Less contact with the teeth and less staining. Remember: if it stains a white shirt than it will stain your teeth!

4. Snack on apples, broccoli, celery and carrots in between meals to naturally remove stains. They serve as nature's toothbrush and act as an abrasive scrub for teeth. Chewing promotes salivary flow and removes staining bacteria from your teeth.

5. Alternate drinking your glass of wine with a sip of water during your meal to literally "rinse" the staining wine or food away on the spot.

6. Discover the most portable whitening product yet—the Gentle White Quick Stick for whitening maintenance. Easy, inexpensive and will whiten teeth 2-6 shades in two weeks. Small bag? No problem...it's the size of a tube of lipstick!

7. Chew sugar-free gum with whitening xylitol to brighten teeth in a few weeks.

8. Say Cheese! For the picture perfect pout, each dairy product such as yogurt, milk and hard cheeses like cheddar, which contain lactic acid and may help to promote tooth decay. Dairy is also loaded with calcium which guards and strengthens bone and holds teeth in place.

9. In a pinch, rub lemon peel across your teeth and then rinse with water for a brighter smile. Caution! Don't use lemon for more than two weeks as it can erode enamel.

10. Crest White Strips are the "luxe- for- less" whitening option and can whiten teeth 4-5 shades in a few weeks. 



photo: Dr. Lana Rozenberg

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