

DOCTOR LALEH DENTAL AESTHETICS

The Smile *Consultation* Handbook

*A patient guide to no-prep & minimal-prep porcelain veneers , candidacy, the process,
and the questions worth asking.*

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WELCOME

Your Smile, Without Compromise

If you've spent months, or years, researching veneers, you are not alone. This handbook was written to make your next step simpler: to help you understand your options, recognize a conservative approach, and walk into your consultation feeling informed and confident.

What Are No-Prep Veneers?

No-prep veneers are ultra-thin shells of high-quality dental porcelain bonded directly to the front of your teeth, with little to no enamel removal. Unlike traditional veneers, there is no aggressive drilling and, in many cases, no need for temporaries. Your natural teeth stay protected underneath.

The result is a refined, intentional smile that still looks like *you*, just elevated.

WHY IT MATTERS

Enamel does not grow back. Once removed, that change is permanent. A conservative, tooth-preserving approach keeps your future options open, which is why no-prep and minimal-prep techniques are at the heart of our practice.

The Difference at a Glance

	TRADITIONAL VENEERS	NO-PREP VENEERS
Enamel removed	Significant	Little to none
Reversibility	Permanent change	Minimally invasive
Sensitivity	Possible	Minimal for most
Temporaries	Usually required	Often not needed

CHAPTER ONE

Are You a Candidate?

No-prep veneers create beautiful results, for the right smile. Candidacy depends on the position of your natural teeth, your bite, and your design goals. The following tend to make someone an excellent candidate:

- ◆ You want to enhance the shape, shade or proportion of your teeth
- ◆ Your teeth are not significantly crowded or protruded
- ◆ Your enamel is generally healthy
- ◆ You prefer the most conservative option available
- ◆ You value a natural result over a dramatic, 'done' look

When a Different Approach May Be Better

If teeth are significantly crowded, worn or protruded, adding porcelain without any reshaping can look bulky. In those cases, minimal-prep veneers or another conservative treatment may deliver a more natural outcome. The goal is always the *least invasive path* to a beautiful smile, not a one-size-fits-all answer.

AN HONEST PROMISE

At your consultation, Dr. Laleh will tell you candidly whether no-prep, minimal-prep or an alternative is right for you. You will never be steered toward more treatment than your smile actually needs.

A Quick Self-Reflection

Before your visit, it helps to put words to what you want. Consider:

- ◆ What is the one thing I would most like to change about my smile?
- ◆ Do I want a subtle refinement or a more noticeable transformation?
- ◆ Are there smiles I admire, and what specifically appeals to me?
- ◆ What has held me back from moving forward until now?

CHAPTER TWO

What to Expect: The Process

- 01 Smile Consultation**
We start by listening. Dr. Laleh reviews your goals, examines your teeth and bite, takes photos, and determines whether no-prep, minimal-prep or an alternative best fits you.
- 02 Customized Smile Design**
Proportions, symmetry and shade harmony are designed for your face. You preview your new smile before the final porcelain is made, and refine it until it feels right.
- 03 Handcrafted Fabrication**
A dedicated master ceramist crafts your veneers with custom shade layering and precision margins, so they seat smoothly and blend naturally with your surrounding teeth.
- 04 Placement & Reveal**
Your veneers are carefully bonded into place. Because little to no prep was needed, most patients leave the same day with their final smile.

COMFORT, BY DESIGN

Our top priority is not only the smile makeover of your dreams, but a fast, stress-free experience with a comfort level like no other. Conservative techniques are a large part of how we deliver that.

CHAPTER THREE

Questions Worth Asking

A great cosmetic dentist will welcome your questions and answer them clearly. Bring this list to your consultation:

- ◆ Am I a candidate for no-prep or minimal-prep veneers?
- ◆ How much enamel, if any, will be removed?
- ◆ Will I be able to preview my smile before the porcelain is finalized?
- ◆ How many teeth do you recommend treating, and why?
- ◆ What does long-term care and maintenance look like?
- ◆ May I see before-and-after results from similar cases?

How to Prepare for Your Visit

- ◆ Save photos of smiles you find appealing
- ◆ Note any past dental work or sensitivity concerns
- ◆ Write down your questions in advance, this page is a start
- ◆ Come ready to discuss your timeline and goals openly

READY WHEN YOU ARE

Book Your Smile Consultation

In-person consultations in Irvine, CA, and virtual smile consultations for patients outside California.

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