



A PATIENT'S PERSPECTIVE:

Restoring Confidence Through Advanced Cosmetic Dentistry

Featuring Dr. Long Huynh

Health & Wellness Magazine: Stephanie, thank you for sharing your experience. To begin, what led you to seek care at Park Family and Cosmetic Dentistry (PFCD) with Dr. Long?



Stephanie Pierce: I was influenced early on by a close friend whose husband is a maxillofacial specialist. He emphasized the importance of board certification and advanced training. That stayed with me. When I began researching cosmetic dentistry, I knew it wasn't a

formally recognized specialty, but I believed that dentists committed to excellence would pursue additional credentials. I specifically looked for membership with the American Academy of Cosmetic Dentistry (AACD). After consulting with two other dentists who charged premium fees but lacked those affiliations, I ultimately found Dr. Long through the AACD website. That gave me confidence in his level of expertise and dedication to the craft.

Health & Wellness Magazine: What factors motivated you to move forward with treatment?

Stephanie Pierce: There were both functional and personal reasons. I had significant wear on my bottom teeth due to long-term grinding, and my upper veneers were about 20 years old. Over time, I had also lost multiple mouth guards, which contributed to the deterioration. My lower teeth had become noticeably worn, and then I developed a crack in one of my upper front teeth that became increasingly visible.

At the same time, I had just gone through approximately a year and a half of cancer treatment. That experience changed my perspective. I had been postponing dental care for years, and after everything I had been through, I decided this was something I wanted to do for myself. It became a meaningful step in reclaiming my health and confidence.

Health & Wellness Magazine: Can you describe the treatments you received and the outcome?

Stephanie Pierce: Dr. Long recommended a comprehensive approach, which included crowns and porcelain

veneers. The goal was to restore both the function of my bite and the appearance of my smile. The process was thorough and carefully planned

The results have been life-changing. I now have a smile that looks natural and feels strong. Functionally, I feel more stable when I chew, and aesthetically, I feel much more confident. It's something I had put off for far too long, and I'm very grateful for the outcome.

Health & Wellness Magazine: Many patients are concerned about the durability and effectiveness of procedures like crowns and veneers. What does current evidence suggest?

Porcelain veneers and dental crowns are widely used in restorative and cosmetic dentistry, with strong clinical outcomes. Studies indicate that porcelain veneers have a survival rate of approximately 90–95% over 10 years when properly maintained. Similarly, modern dental crowns demonstrate survival rates exceeding 90% over a decade, depending on the material used and patient-specific factors such as oral hygiene and bite forces.

These restorations not only improve aesthetics but also play a critical role in protecting damaged teeth, restoring structural integrity, and improving function. In cases involving bruxism (teeth grinding), as in Stephanie's situation, careful treatment planning and protective measures—such as custom night guards—are essential to prolong the lifespan of restorations.

Health & Wellness Magazine: Stephanie, you mentioned a long gap in routine dental care. Can you speak to that experience?

Stephanie Pierce: Yes, I moved to Florida in August 2022, and my last dental cleaning before returning to care was in May 2022. Between relocating, procrastination, and then my cancer diagnosis in May 2024, I went nearly four years without a cleaning. It's not something I'm proud of, but it's my reality.

Coming back into care was a huge relief. I recently had a cleaning with Judith, the hygienist, and she was absolutely amazing—both in skill and personality. Now I feel like I'm back on track and committed to maintaining my oral health with regular cleanings every six months.

Health & Wellness Magazine: Preventive care is a key component of long-term oral health. Clinical guidelines recommend professional dental cleanings and examinations every six months for most patients, although frequency may vary based on individual risk factors. Regular visits allow for early detection of issues such as periodontal disease, which affects nearly 42% of adults in the United States to some degree, according to the Centers for Disease Control and Prevention.

Health & Wellness Magazine: Was there anyone on Dr. Long's team who made a particular impact on your experience?

Stephanie Pierce: Absolutely. The front desk staff were incredibly warm and welcoming from the start, which made a big difference. Dr. Long himself was very attentive—he even called to check on me after my first major appointment, which I really appreciated. And as I mentioned, Judith, the hygienist, was exceptional. Overall, the entire team made me feel supported and cared for.

Health & Wellness Magazine: What would you say to others who may be delaying similar care?

Stephanie Pierce: I would say don't wait as long as I did. Whether it's due to fear, time, or other life circumstances, it's easy to put dental care on the back burner. But addressing these issues sooner can prevent more complex problems down the line. For me, this was about more than just my smile—it was about taking care of myself after a very difficult period.



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