

Walk down Richmond Row on a Saturday and you will see it instantly. Bright, confident smiles change how people carry themselves. In a city like London, Ontario, where university life, healthcare, and a thriving tech corridor meet, the bar for personal presentation is high. Cosmetic dentistry is not about chasing trends, it is about solving concrete issues that keep people from smiling fully. Stains from coffee at Locomotive Espresso, a chipped incisor from a hockey game at Western's arena, or crowding that makes flossing a struggle, these are everyday realities. A skilled cosmetic dentist uses a blend of art and clinical judgment to address them.

This guide walks through the most requested cosmetic dentistry treatments available in London, what they cost, how long they last, and the trade-offs to consider. Along the way, you will find local context, realistic timelines, and the kind of details that help set expectations before you book a consultation at a dental clinic in London.

## **What counts as cosmetic, and what does not**

Cosmetic dentistry overlaps with restorative care, but the goal is different. Restorative dentistry fixes disease and function first. Cosmetic dentistry fine-tunes appearance while protecting function. Often, the smartest care plan blends both. A fractured front tooth may require a crown for strength, which also improves appearance. Subtle crowding might be addressed with clear aligners that make the smile look straight and also make hygiene easier, lowering future risk of gum disease.

In London, Ontario, you will see clinics list services like teeth whitening, bonding, veneers, ceramic crowns, Invisalign, gum contouring, implants, and complete smile makeovers. The right option depends on your enamel, bite, gum health, habits, and budget. A well-run dental clinic in London starts with a comprehensive exam and photographs, not a sales pitch.

## **Teeth whitening in London, Ontario**

If your teeth are healthy and aligned reasonably well, whitening is the simplest way to brighten a smile. It works by using peroxide gels to break down deep and surface stains. Londoners often ask whether in-office whitening outperforms custom trays. Both work, but they feel different.

In-office teeth whitening in London, Ontario typically uses high concentration gels, applied for one to three rounds in a single visit. Expect to spend 90 minutes in the chair. Results are immediate, which suits a short runway event like convocation photos or a wedding. Post-treatment sensitivity is common, usually lasting 24 to 48 hours. Good clinics apply desensitizers and recommend a bland diet and lukewarm beverages for a day or two.

Custom trays, made from impressions, give you a home system with lower concentration gel used over 10 to 14 days. Trays allow you to control shade incrementally and top up every few months. Many of my patients in downtown offices prefer trays because they can maintain their shade through coffee seasons without booking more chair time.

Numbers matter. In London, in-office whitening often ranges from 350 to 700 CAD, sometimes bundled with take-home trays. Custom trays with gel refills run 250 to 500 CAD for the initial kit, with refills at 25 to 60 CAD each. Results usually last 12 to 24 months depending on habits. Smokers, daily tea drinkers, and red wine enthusiasts tend to re-brighten more often.

Whitening does not change the colour of fillings, crowns, or veneers, a crucial point when front teeth have existing dental work. If your upper central incisors have composite fillings, you may need to replace those after whitening to match the new shade.

## **Composite bonding for chips, gaps, and uneven edges**

Composite bonding is the unsung hero of cosmetic dentistry in London, Ontario. It repairs small chips, closes minor gaps, evens out edges, and masks single tooth discoloration. The dentist roughens the enamel slightly, applies a bonding agent, and sculpts a tooth-coloured resin in layers, then cures and polishes it. No lab bill, no temporaries, no extended downtime.

It is quick, usually 30 to 60 minutes per tooth, and relatively affordable. Expect 200 to 600 CAD per tooth in many London practices. With good care, bonding lasts 4 to 8 years. It can stain and chip more easily than porcelain, especially in heavy coffee drinkers or nail biters, but it is simple to repair. For young patients with still-changing gums and bites, bonding is a conservative bridge to a more permanent solution later.

One of my Western alumni patients, a varsity soccer player, had a small diastema and a chipped corner. Two composite additions and 45 minutes later, the spacing looked natural, and her lip line evened out. She still wears a nightguard on game nights when clenching picks up. Small effort, big lift.

## **Porcelain veneers when you want a major glow-up**

When colour, shape, and alignment all need work at once, porcelain veneers offer a longer-lasting upgrade. Veneers are thin ceramic shells bonded to the front of teeth, usually from canine to canine. They can mask deep

tetracycline staining, rebuild worn edges, create uniform shapes, and widen narrow smiles without surgery.

Preparation varies. Some cases qualify for minimal-prep veneers where enamel removal is very light. More often, a small amount of enamel is reduced to allow space for the ceramic. A seasoned cosmetic dentist aims to stay in enamel for the strongest bond and lowest sensitivity.

Timeline and cost in London are consistent with Ontario norms. A typical case takes two to three visits over two to four weeks, including digital planning, a try-in with temporaries, and final bonding. Fees commonly range from 1,200 to 2,200 CAD per tooth depending on the lab and ceramic used. Lithium disilicate (e.max) is popular for strength and translucency. Feldspathic porcelain can deliver exquisite detail in the right hands. Expect 10 to 15 years of service life with proper care. Smokers, heavy grinders, and patients with uncontrolled reflux or bulimia risk shorter lifespans because acid and force are enemies of ceramics.

The trade-off is permanence. Once you reshape enamel, you will always need a veneer or a replacement veneer. That is not a problem if you accept maintenance, but it deserves a clear conversation before you start. Ask to test drive your new smile with a mock-up or temporary veneers so you can live with the shape for a week and make tweaks early.

## All-ceramic crowns for strength and aesthetics

If a front tooth has a large failing filling, a deep crack, or a root canal with discoloration, an all-ceramic crown often outperforms a veneer. Crowns cover the entire tooth for strength and shade control. Modern ceramics can look indistinguishable from natural enamel when layered properly. A competent cosmetic dentist will blend the margin into the gum line and match neighbouring translucency and fluorescence.

Expect a similar timeline to veneers, with fees around 1,200 to 1,800 CAD per crown in London. When a dark root or metal post shadows through, the dentist may add a bright core material to block the grey and then layer translucent ceramic on top. The result is natural, not opaque, if the lab work is good.

## Clear aligners and orthodontics for a cleaner, straighter smile

Cosmetic dentistry in London, Ontario is not just veneers and whitening. Clear aligners, including Invisalign and other systems, move teeth predictably and discreetly. They are well suited for crowding, rotations, and mild bite discrepancies. Aligners improve the look and also make brushing and flossing easier, which protects gum health and reduces stain accumulation over time.

A typical limited case runs 6 to 10 months, while comprehensive cases can take 12 to 18 months. Fees in London usually range from 3,500 to 7,000 CAD depending on complexity. You will likely wear the trays 20 to 22 hours a day, change them weekly or biweekly, and return to the clinic every 6 to 10 weeks for checks and refinements. Small tooth-coloured attachments are often bonded to teeth to help the aligners grip and move efficiently. Interproximal reduction, a gentle sanding between teeth, sometimes creates space to resolve crowding without extractions.

If you grind heavily or travel constantly, aligners still work, but planning has to adapt. For frequent flyers, I recommend carrying the next set of trays in your bag and keeping a travel case with a small bottle of clear soap for cleaning on the go. For bruxers, a final retainer plan that doubles as a nightguard keeps your investment safe.



## Gum contouring for a balanced frame

Teeth are the painting, gums are the frame. If the frame is off, even perfect teeth look wrong. Excess gum display, uneven heights, or short clinical crowns can throw off a smile.

Mild cases respond to laser gum contouring, which reshapes soft tissue for a more even gum line. Healing is usually quick, a few days of tenderness, with minimal downtime. When more tooth structure needs exposure or the bone margin is too close to the gum edge, you may need crown lengthening, a small periodontal surgery that adjusts both gum and bone. For a gummy smile driven by hyperactive upper lip muscles, small-dose botulinum toxin injections can dial back the lip lift [Browse around this site](#) for 3 to 4 months. A careful assessment of your smile dynamics at rest and during a full grin helps choose the right approach.

Fees vary widely. Simple soft tissue contouring may be 300 to 600 CAD for a few teeth. Surgical crown lengthening can run 800 to 1,800 CAD per area. The benefit is often dramatic. I have seen a patient's teeth gain 1.5 to 2 millimetres of visible height, enough to transform square, youthful proportions into a more elegant adult shape.

## Implants and bridges to fill the gaps

A missing tooth in the aesthetic zone affects confidence and function. Dental implants provide a durable, natural-looking replacement when bone and gum conditions allow. In London, a single implant with an abutment and

crown often totals 4,000 to 6,000 CAD, staged over 3 to 8 months. Bone grafting, if needed, adds time and 500 to 1,500 CAD. The advantage is a tooth that does not involve neighbouring teeth and preserves bone volume. The challenge is patience. You may wear a temporary flipper or Essix retainer with a tooth during healing.

For patients who cannot or prefer not to have surgery, a fixed bridge is an option, especially if the adjacent teeth already need crowns. It is faster, often 2 to 4 weeks. The trade-off is preparing the neighbouring teeth, plus more complex flossing under the bridge.

## Smile makeovers and digital planning

A complete smile makeover is not a one-size plan. The best dentists in London start with records. Expect a thorough set of photos, intraoral scans or impressions, and a bite assessment. Many clinics use digital smile design software to project tooth shapes, proportions, and midline relative to your facial features. A wax-up or 3D printed mock-up lets you preview the result in your mouth. I encourage patients to wear the temporary version for several days, take selfies in different light, and even ask a trusted friend's opinion. This is your chance to adjust length, contour, or incisal embrasures before committing.

I recall a patient who loved the initial brighter shade under LED operatory lights but found it too stark in natural daylight. We stepped back one shade, added subtle incisal translucency, and the final photos looked more believable, less like veneers. The small pause avoided buyer's remorse.

## Two realistic case patterns from London practices

Case one, the student sprint: A Western graduate student had a lab interview in six weeks. Her concerns were mild crowding on the lowers, a faint white spot on a front tooth, and coffee stains. We deprogrammed with a week of aligner-style trays to check for parafunction, then completed enamel microabrasion for the white spot, did take-home whitening over 12 days, and performed two tiny edge bondings to level the incisal line. Total cost was under 1,200 CAD, chair time was manageable around her lab schedule, and the change read as fresh rather than makeover.

Case two, midlife rehab: A 48-year-old software manager with heavy clenching, cupped out enamel, and short front teeth wanted a lasting fix. Whitening alone would not help, and bonding would wear too quickly. We stabilized gum health first, placed a nightguard to confirm muscle patterns, then planned eight upper veneers with two lower incisor bondings to balance the bite. We added minor gum contouring for symmetry. The lab layered lithium disilicate with natural halo effects. He now wears a protective nightguard and returns for 4-month hygiene. Seven years later, the veneers still photograph like new.

## How to choose a cosmetic dentist in London, Ontario

- Look for comprehensive records and planning, not instant promises. Before-and-after galleries should include close-ups, videos, and case descriptions similar to your needs.
- Ask about materials and labs. Good results follow good ceramics and communication with a skilled technician.
- Discuss function as much as form. A cosmetic dentist should evaluate your bite, gum health, and habits like clenching before recommending veneers or crowns.
- Request a mock-up or trial smile. Living with the proposed shapes for a week leads to better outcomes.
- Clarify follow-up and maintenance. Nightguards, hygiene frequency, and touch-ups protect your investment.

Search terms like cosmetic dentistry London Ontario or dentist London Ontario will surface many options. Read beyond star ratings. Look for case depth, clear explanations, and a team that treats photography and shade matching as part of the craft, not an afterthought.

## What to expect at a dental clinic in London during a cosmetic consult

A thoughtful consultation feels like a design meeting and a health check in one. The clinician will take photographs under neutral lighting and often a short video of your natural smile. Intraoral scans capture your current tooth positions with millimetre accuracy. X-rays screen for decay and bone levels. You will talk through what you see in the mirror, what you want to change, and what you must keep, such as a familiar diastema that is part of your identity.

From there, you should receive a few pathways, each with pros, cons, costs, and timelines. For example, close a small gap with bonding in a single visit at modest cost, or align and then place a micro-veneer for the most stable, stain resistant finish. A good plan explains sequencing, such as whitening first, then shade matching for bondings or veneers. If you have upcoming life events, tell your team. A wedding, job change, or travel block can reshape the plan.

## Costs and insurance realities in Ontario

Dentistry fees in Ontario often follow the ODA fee guide, but clinics can set their own rates. Cosmetic dentistry is typically not covered by standard insurance unless the procedure is deemed necessary to restore function or replace decayed or broken structures. Replacing a fractured front tooth with a crown may qualify. Purely elective veneers to change shape often do not. Whitening is almost never covered.

Ask your clinic for a pre-determination to your insurer on any grey-area items. Financing options exist through third-party providers and in-house plans. Dental services in Ontario are generally HST-exempt, which simplifies math. Expect to pay deposits for lab-based work and staged payments as you progress.

## **Aftercare and longevity, the part most people skip**

Outcomes do not end at cementation. How you care for your smile shapes how long it lasts. Porcelain is stain resistant but not indestructible. Composite will look great if you polish it regularly and avoid using your front teeth as tools. Aligners straighten teeth, but retainers hold the result.

- Wear a nightguard if you clench. Even if you have veneers, a well-fitted guard spreads force and prevents chipping.
- Keep 3 to 4 month hygiene visits if you stain easily. Professional polishing maintains gloss on bonding and ceramics.
- Use low-abrasion toothpaste. Whitening pastes often contain higher abrasives that dull composite and enamel over time.
- Time your stain exposures. After whitening, avoid dark foods and drinks for 24 to 48 hours while the enamel rehydrates.
- Maintain your take-home whitening trays. A quick top-up once every few months keeps your colour even, especially if you drink coffee or tea daily.

I tell patients to treat their smile like a favourite leather jacket. It ages with you, but with conditioning and sensible habits, it looks better longer.

## **Risks and limitations to weigh honestly**

No cosmetic procedure is risk free. Whitening can trigger temporary sensitivity and gum irritation. Composite bonding can chip. Veneers can debond or fracture under extreme forces, and the tooth can become more temperature sensitive after preparation. Orthodontic movement can cause short-term tenderness, and, in rare cases, root resorption. Implants can fail to integrate if bone quality is poor or if smoking or uncontrolled diabetes is in the picture.

Colour matching across different lighting is a classic pitfall. A shade that sparkles under operatory LEDs may look too bright on an overcast day in Victoria Park. That is why photographic records and try-ins under varied light help avoid surprises. Another limitation is biology. Thin gum biotypes and high smile lines expose margins more readily. In those cases, non-prep or ultra-conservative approaches, combined with meticulous margin design, reduce the risk of visible transitions over time.

Habits drive outcomes. If you chew ice, tear open packages with your teeth, or skip retainers, even the best work will not last. Share your habits with your dentist so the plan can account for them.

## **Timelines, from quick polish to full overhaul**

Whitening in-office is a same-day boost. Take-home trays add two weeks of daily wear. Composite bonding for a few front teeth fits into one appointment, sometimes two if spacing is complex.

Clear aligner cases require a longer runway. Plan on at least 6 months for mild cases, more for rotation and bite work. Veneers and crowns typically take two to four weeks after planning, although busy London labs sometimes extend that by a week. Implants are a season-long project, especially if bone grafting is involved.

Patients often blend treatments for sequencing efficiency. Align first, whiten while you are wearing finishing trays, then bond or veneer only what truly needs it. That approach keeps the tooth count lower, the cost reasonable, and the final look more authentic.

## **Local practicalities and small touches that matter**

London's water has moderate hardness, which shows up as mineral deposits on fixtures and can accumulate plaque a bit faster for some people. If you notice chalky build-up on your front teeth, ask your hygienist about a tailored recall interval and whether your toothpaste choice is part of the problem. Winter air dries out lips and can make long appointments uncomfortable. I keep lanolin-based balm on the tray for veneer procedures and recommend patients bring the one they love.

The coffee scene is strong here. If you are on a whitening plan and your morning brew is non-negotiable, drink through a straw for two weeks and rinse with water after. It sounds silly, but it works. Small habits compound.

## Where to start if you are unsure

If you do not know which path to choose, start with reversible steps that improve everything a little. A professional cleaning, take-home whitening, and minor edge smoothing or bonding can lift a smile in under a month. Then, revisit alignment or porcelain options with a clearer sense of what still bothers you. Many patients realize they need fewer porcelain units than they assumed once colour and edges are addressed.

When you search for a cosmetic dentist or a dental clinic in London, bring example photos of smiles you like. Not celebrity shots, but real people with teeth shapes close to yours. Talk about what you like, the central tooth length, the curve of the incisal edges, or the way the laterals tuck. The more specific you are, the better your team can design.

## The bottom line

Great cosmetic dentistry looks invisible. Friends notice something brighter, calmer, more balanced, not the dentistry itself. London, Ontario has a deep bench of clinicians who take pride in that kind of work. Whether you are booking teeth whitening in London, Ontario for a fast lift, aligning for a healthier, straighter smile, or planning a set of veneers with digital design, choose a team that treats form and function as a pair. Ask questions, try on the result before you commit, and commit to maintenance. Do that, and your smile will not only look stunning, it will stay that way for years.

## Paradigm Dental — Business Info (NAP)

**Name:** Paradigm Dental

**Address:** 532 Adelaide St N, London, ON N6B 3J4, Canada

**Phone:** (519) 672-3232

**Website:** <https://paradigmdental.ca/>

**Email:** [info@paradigmdental.ca](mailto:info@paradigmdental.ca)

### Hours:

Monday: 8:00 AM – 5:00 PM

Friday: 8:00 AM – 3:00 PM

**Open-location code (Plus Code):** XQV8+3Q London, Ontario

### Map/listing URL:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlnbSBEZW50YWwTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2F>

### Embed iframe:

### Socials (canonical https URLs):

Facebook: <https://www.facebook.com/61577765603392/>

<https://paradigmdental.ca/>

Paradigm Dental is a family dental clinic in London, Ontario providing general dentistry and a range of in-office

dental care services.

Patients can request an appointment for routine exams and cleanings, restorative dental work, and other clinic services listed on the website.

The office address is 532 Adelaide St N, London, ON N6B 3J4, Canada.

To contact Paradigm Dental, call (519) 672-3232 or email [info@paradigmdental.ca](mailto:info@paradigmdental.ca).

Hours currently listed are Monday 8:00 AM–5:00 PM and Friday 8:00 AM–3:00 PM.

For directions and listing details, use the map listing:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlnbSBEZW50YWwgTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2F>

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## Popular Questions About Paradigm Dental

### Where is Paradigm Dental located?

Paradigm Dental is located at 532 Adelaide St N, London, ON N6B 3J4, Canada.

### How do I contact Paradigm Dental?

Phone: [+1-519-672-3232](tel:+15196723232)

Email: [info@paradigmdental.ca](mailto:info@paradigmdental.ca)

Website: <https://paradigmdental.ca/>

### What are the hours for Paradigm Dental?

Hours listed: Monday 8:00 AM–5:00 PM and Friday 8:00 AM–3:00 PM.

### What services does Paradigm Dental offer?

The clinic lists services such as examinations and cleanings, fillings, crowns/bridges, dentures, root canal therapy, orthodontic options, dental implants, and other dental care services (availability can vary).

### How do I get directions to Paradigm Dental?

Use the Google Maps listing for turn-by-turn directions:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlnbSBEZW50YWwgTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2F>

## Landmarks Near London, ON

- 1) [Victoria Park](#)
- 2) [Covent Garden Market](#)
- 3) [Budweiser Gardens](#)
- 4) [Western University](#)
- 5) [Springbank Park](#)