

# care and consideration

When patients enter the Milford, Connecticut, offices of Dr. Walter Kostrzewski, a.k.a. Dr. K, they are immediately put at ease. More spa-like than the typical dental office, Comfortable Care Dentistry aims to deliver not only the highest standard of service and patient care but also an atmosphere that is calm and caring, featuring amenities that include a coffee and refreshment bar and wireless Internet service.

#### DOCTOR OF DENTAL MEDICINE

Tufts University

#### GENERAL PRACTICE RESIDENCY

University Hospital at Stony Brook, New York

#### AFFILIATIONS

American Academy of Cosmetic Dentistry  
Dental Organization for Conscious Sedation  
Fellow, Academy of Comprehensive Esthetics  
Generation Next Continuing Education, Board Member  
PAC Live, Clinical Instructor  
The Hornbrook Group, Instructor

#### AREAS OF EXPERTISE

Conscious Sedation  
Porcelain Veneers  
Smile Makeovers

#### LOCATIONS

Milford, Connecticut  
New York City, New York

"I want all my patients to know that visiting the dentist does not have to be a horrifying experience," says Dr. Kostrzewski. And the team members at his 10-year-old sedation and cosmetic dentistry practice support him in this goal. Each completes more than 300 hours of advanced clinical dental and customer service training each year—including training from the Ritz-Carlton Hotel Company—and is totally committed to providing a friendly and relaxed environment.

As part of the comprehensive consultation process, Dr. Kostrzewski takes time to get to know his patients, discussing at length their individual goals and concerns and answering their questions. He uses photos, computer imaging and good old-fashioned compassion to educate patients about dental health and cosmetic procedures, supplying them with knowledge that helps effectively allay any fears they may have about sitting in a dentist's chair. Having a relaxed, comfortable and prepared patient is Dr. Kostrzewski's goal, and every interaction between the patient, doctor and staff is designed to achieve this.

Apart from laser tooth whitening, the practice's most requested and performed cosmetic dentistry procedures are porcelain veneers and "smile designs." Dr. Kostrzewski is excited about the enhanced materials at his disposal to make life-like veneers and a beautiful smile absolutely achievable. 203-876-SMIL (9887), 212-838-8230 or [newbeauty.com/kostrzewski](http://newbeauty.com/kostrzewski).

## DR. WALTER KOSTRZEWSKI

### WHY DID YOU BECOME A COSMETIC DENTIST

I had braces at 11 years old for about five years and have been fascinated with the various processes of perfecting smiles ever since. It really is a transformative experience **HOBBIES** Playing hockey as well as coaching youth hockey, golf and skiing **ALTERNATE OCCUPATION** I only really ever wanted to be a cosmetic dentist **PLACE YOU GO TO ESCAPE THE OFFICE** Skiing and golfing, but usually down to the rink to watch my two sons play hockey **BEST ADVICE YOU'VE RECEIVED** Do what you love, love what you do **RIGHT NOW I'M READING** The Voice of Knowledge, by Don Miguel **I START EACH DAY** With a Starbucks Venti Americano, black with an extra shot. **I'M NEVER WITHOUT** My laugh and sense of humor



## INSIDE INFORMATION

### MAINTAINING PORCELAIN VENEERS

Porcelain veneers are ultra-thin shells of ceramic material, which are bonded to the front of the teeth. Often, they are an ideal choice for those looking to improve the appearance of their smile. Porcelain veneers can mask discolorations, brighten teeth and **IMPROVE A SMILE**. Patients who are fitted with porcelain veneers are naturally eager to maintain the beauty of them. Guaranteed in most cases to **LAST A MINIMUM OF TEN YEARS**, veneers can be kept at their best by the twice-daily use of a non-abrasive, fluoride toothpaste and by taking special care to floss regularly, paying particular attention to the areas where the veneer meets the gumline. **VENEERS** are not designed to withstand excessive force, so habits like nail biting and ice chewing are to be avoided as well. Patients who grind their teeth at night must be fitted for a plastic mouth guard to protect the integrity of the veneers.

"Perfecting your smile is a big investment, but it's one worthwhile and is attainable for everyone!"

—WALTER KOSTRZEWSKI, DMD