

Dentist In Mira Mesa Leverages Latest Dental Techniques To Provide Quality Dental Services

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California based [San Diego Smile Center](#) is proud to announce that the dentist, Dr. Paulo Cortes, is one of the only dentists in California who is qualified to offer a revolutionary new dental solution that enables suction on lower dentures.

As noted on the dental center's website, most denture wearers struggle with lower dentures because they do not create a suction force (such as the upper denture routinely does). This means that the typical lower denture lifts and floats around your mouth allowing food to collect underneath and, as a result, makes chewing more of a challenging prospect.

"Dentures with lower suction are an upgrade in a person's quality of life, without a question. They will have an easier time speaking and chewing with these dentures. It's not just a functional improvement though. People who get this procedure done are going to be more confident as well," says Dr. Cortes. He also states that this revolutionary new technique not only improves the lives of denture wearers but is also a great alternative to costly implants.

Dr. Cortes explains that such [lower suction dentures](#) use slow setting and high definition materials to capture the muscles of the cheeks and tongue. They are manufactured with special contouring and shaping that allows them to work in harmony with the user's own muscle movements while chewing and speaking. These dentures are bio-functional teeth, and at least 80% of patients are candidates for lower suction dentures.

For many years, suction on lower dentures was impossible, and the only way to keep them stable was with implants. Fortunately Dr. Jiro Abe in Japan recently developed this revolutionary new technique to achieve suction in lower dentures. In 2018, Dr. Cortes traveled abroad to get his certification in the Lower Suction Denture technique.

Dr. Paulo Cortes is a board-certified dentist who serves Mira Mesa in the greater San Diego area. He received his doctorate from the University of Nevada, Las Vegas and eventually completed externships in Oral Surgery at Banner Good Samaritan Hospital (located in Phoenix, Arizona) and Highland Hospital (Oakland, California). To maintain his credentials, Dr. Cortes continues to attend educational courses each year to ensure his patients have access to the latest technological advancements. He is also an active contributor at [The Dental Blogs](#), an online resource that promotes good oral health.

Boasting a similarly high pedigree, San Diego Smile Center is one of the leading dental centers in the area, based on a number of positive reviews and recommendations they have received online. They specialize in general and cosmetic dentistry, and provide a wide range of services that include teeth whitening, root canals, veneers, crowns and bridges, and more. They also accept a variety of insurance providers, such as Guardian, BlueCross Shield, Anthem Blue Cross, Aetna, United Healthcare, MetLife, Cigna, Delta Dental, and so on.

Robby Y., in a Yelp review, says, "I first heard about Dr. Cortes and his office through a search from my insurance company. I looked up each possible location on Yelp and decided on his office due to the high ratings and reviews. It has been about a year and a half now since first seeing him and I can confidently say that Dr. Cortes runs his office with the utmost respect and professionalism. All of his staff, ranging from his secretary to his assistants, provide high-quality patient care that makes you feel at home. He is also not afraid to tell you what is wrong or what he suspects might be wrong; something that caused me doubts with my old dentist. He is very flexible in providing treatment options based on your situation and is extremely attentive in communication, such as reminding you about appointments and calling back."

Meanwhile, Pat Lalonde says in a 5-star Google review, "Finding a good dentist is hard, and after procrastinating for over three years, my husband and I tried Dr. Cortes. We were both pleasantly surprised at the warm and caring staff. Our initial visit was the routine check with X-rays. There was no condemnation for having gone so long without dental care. It was a great visit. Then we both went back for specific work. I had four cavities that needed fixing. Dr. Cortes was very knowledgeable and gentle. Didn't feel the numbing shot at all. The work was done in a professional manner. We are very pleased with our new dentist."

More information can be found on the dental center's website. Patients may also send an email or call their office hotline to schedule an appointment. Furthermore, interested parties may connect with San Diego Smile Center through their official social media pages to stay up to date with their latest news and important announcements.

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