

Step up your smile with safe dental solutions.

Learn more about healthy, approved treatments.



Viral dental trends that promise a brighter smile can be unreliable and unsafe. Skip them and opt for approved solutions performed by dentists who are committed to your oral and overall health and well-being.* When dental work isn't performed by a dental professional, how teeth look might be prioritized over dental health.

Teeth whitening

In-office treatments that are supervised by dentists and at-home kits prescribed by them can help ensure safe and controlled results.

Odontoplasty (enameloplasty)

This practice of reshaping teeth to fix chips, cracks or uneven edges should be performed by a dentist with precise tools and expertise.

Fillings

Cavities are drilled and filled by dentists to restore tooth health. Incorrectly filled cavities risk further damage and costly repairs.

Orthodontic evaluations

For gaps and alignment concerns, see an orthodontist for expert care.

 Visit your dentist to keep your smile healthy and bright.



Get the smile you deserve with safe dental treatments. Skip potentially unsafe viral trends and seek trusted, professional care.



Schedule a check-up today. Find an in-network dentist at myCigna.com®.

*Mouthhealthy. "Do-it-yourself (DIY) Dentistry." American Dental Association. 2025. <https://www.mouthhealthy.org/all-topics-a-z/diy-dentistry> . Last accessed January 7, 2025.

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