

# home sweet home

Just outside New York City, in the heart of a town known for its vibrant and diverse artistic community, stands a charming 125-year-old Victorian house, which is home to Dr. Konstantine Trichas' First Mountain Dental office.



**DOCTOR OF DENTAL SURGERY**  
State University of Buffalo

**GENERAL PRACTICE RESIDENCY**  
Muhlenberg Hospital Center, Bethlehem, PA

**AFFILIATIONS**  
American Academy of Cosmetic Dentistry  
Fellowship Academy of General Dentistry  
New Jersey Dental Association  
The Hornbrook Group  
Academy of General Dentistry  
Jason Kim Aesthetic Group

**AREAS OF EXPERTISE**  
Smile Makeovers  
Tooth Whitening  
Invisalign®  
Veneers  
Cosmetic Dentistry

**LOCATIONS**  
Montclair, New Jersey  
973.746.7771

Basking Ridge, New Jersey  
908.626.1970

**WEB SITES**  
[www.firstmountaindental.com](http://www.firstmountaindental.com)  
[www.drtrichas.com](http://www.drtrichas.com)

"Making people emotionally comfortable is how you build a practice," says Dr. Trichas. "Attention to patients, as well as their body language and sensitivities, is just as important to me as procedural details are." His philosophy has proven effective thus far—the practice has tripled in the last eight years. With cosmetic and general dentistry options, such as Invisalign, one-visit tooth whitening and preventive treatments, Dr. Trichas and his trained staff of dental professionals enjoy helping patients achieve their desired smiles. "We're one big family here, and we enjoy making patients feel comfortable in our home."

Skilled and experienced, Dr. Trichas has trained with The Hornbrook Group, a center for advanced clinical education. He is also an active member of the Jason Kim Aesthetic Group, a collection of highly passionate doctors who share their latest techniques with one another. Likewise, Dr. Trichas is the proud innovator of a dental patent that allows for delivery of chemotherapeutic agents and rapid flow delivery of impression material. In addition to his accomplishments, Dr. Trichas is also keenly aware of other factors that contribute to a successful practice, namely the professionals with whom he has chosen to work. "You cannot have a doctor be the sole driving force; you must have a team that shares the same vision. We offer an atmosphere of constant innovation with a genuine, interpersonal approach."

**"Our practice is more than an office; it's home to many gorgeous, breathtaking smiles."**

—KONSTANTINE TRICHAS, DDS, FAGD

## DR. KONSTANTINE TRICHAS

### WHY DID YOU BECOME A COSMETIC DENTIST

I like the variety and the challenge of the procedures

### FAVORITE PART OF YOUR JOB

Interaction with my patients

### WHAT FASCINATES YOU MOST ABOUT THE HUMAN BODY

The link between oral and systemic health

### ALTERNATIVE OCCUPATION

Tennis player

### ANTI-AGING ADVICE

Laugh more

### BEAUTY PRODUCT EVERYONE SHOULD HAVE

Tooth whitener

### I START EACH DAY

Being thankful

## SMILE REJUVENATION

According to Dr. Trichas, the aging process is not confined to lines and wrinkles. "It begins with the flattening or shortening of the front teeth, worn crowns and fillings, as well as general discoloration," he says. When patients ask Dr. Trichas if they are good candidates for cosmetic dentistry, he responds, "Are you self-confident about smiling in front of others or in photos? Do you wish your teeth looked whiter? Is your smile 'gummy'? Is there a difference between the smile of your youth and the one you have now? Do you ever put your hand over your mouth when you laugh?" Dr. Trichas believes a **REJUVENATED SMILE** can restore self-confidence and is vital to self-esteem. "Consider your smile a piece of art. Your lips are the framework. Some people have beautiful frames, but the art being displayed is not the Picasso they deserve. That's where cosmetic dentistry can help **REJUVENATE YOUR SMILE**. Through veneers, crowns, composite fillings, teeth whitening and dental implants, for example, we can achieve more aesthetic, youthful smiles others will notice."

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