

SMILE restoration

SYDNEY COSMETIC, IMPLANT AND RECONSTRUCTIVE DENTIST **DR DAVID DUNN** SAYS A BEAUTIFUL, YOUTHFUL SMILE IS WELL WITHIN EVERYONE'S REACH.

Most people appreciate the advantages of having a beautiful smile. It endows a person with confidence and attractiveness that far outstrips any impact clothes, a new hairstyle or even a facelift can hope to offer. A beautiful smile implies youthfulness, vitality and happiness and is with us 24 hours a day, seven days a week, year after year!

Smile problems

Let's take a look at some of the main ageing factors and cosmetic issues with most people's smiles. As we get older, our teeth become denser and hence appear more yellow-brown in colour. Furthermore, we are seeing clinical evidence of people clenching and grinding their teeth more and more. Most of this damage is done at night whilst asleep, and some patients are totally unaware of the damage they are doing. This has a great impact on the attractiveness of a smile, as the upper and lower front teeth in particular become shortened, chipped and 'sawn off' in appearance. This, combined with the yellow-brown colour of ageing teeth, results in a significant negative cosmetic impact on the attractiveness and youthfulness of the smile.

Tooth colour can also be dramatically affected by old restorations or dark fillings in teeth. These may not match perfectly with the natural tooth colour, or alternatively teeth may have had poor or ill-fitting crowns that don't match, or where teeth have had the nerves removed (root canal treatment) resulting in brown-grey looking teeth. The end result is a mish-mash of various shapes and colours leading to a loss of harmony and symmetry of the smile. Crowding or irregular arrangement of teeth may also contribute to poor smile aesthetics. This may be the result of incompatible jaw sizes, too small or too large teeth for the available jaw space, or other tooth-to-jawbone discrepancies.

In some instances, these discrepancies can be corrected restoratively, ie using bonding of tooth-coloured materials, porcelain veneers or porcelain crowns; in other cases, this may require the use of orthodontics or even orthognathic surgery (moving the jawbones to more ideal relationships along with the teeth) to create the ideal symmetry and arrangement of the smile.

Another factor in assessing an attractive smile is the display of the soft tissues or gum tissue around the teeth. Again, symmetry plays an important role here, and we

case study 1



BEFORE



AFTER cosmetic dentistry by Dr Dunn

case study 2



BEFORE



AFTER cosmetic dentistry by Dr Dunn

case study 3



BEFORE



AFTER cosmetic dentistry by Dr Dunn

need to see healthy, pink gum tissue around the individual teeth with the appropriate symmetry. Some patients, due to periodontal disease, toothbrush abrasion or even due to tooth loss, have a marked asymmetry of the gum tissues, again leading to poor smile aesthetics.

There may also be an excessive display of gum tissue which may be due to an alteration in the eruption or growth of the teeth through the gum tissue or even a short or highly active upper lip. Alternatively, due to a variety of reasons teeth may appear too long and, similarly, this will disturb the artistic proportion of the smile. These are but some of the many issues relating to the attractiveness or otherwise of a smile.

The solutions

The first and most important step is the assessment of the smile, including the proportions of the face and how the smile relates to the face. This will take into account many issues such as facial features and symmetry, tooth colour, shape, tooth proportion, soft tissue or gum display, and symmetry, arrangement of teeth, jaw relationships, etc. Time needs to be spent with our patients discussing these

various issues of their smile and, importantly, their individual needs and aspirations as to what they want to achieve. Most often the 'solutions' require a combination of treatments and may include tooth whitening, orthodontics to correct tooth arrangements or crowding, periodontal treatment to correct soft tissue or gum problems/asymmetries and restorative treatment that may involve tooth bonding, the use of porcelain veneers, implants to replace missing teeth or all-porcelain crowns and/or bridges. It is critical that an artistic appreciation is made of the smile with a clear and concise vision of the changes that need to be made, utilising the appropriate options, to achieve the desired treatment outcome of a functional, healthy and attractive smile.

At the Macquarie Street Centre we pride ourselves in spending time to understand each particular patient's needs and wants and then to undertake a full and comprehensive examination and assessment. From these discussions and examinations we can then create an individual aesthetic prescription and treatment plan for our patients to fulfil their desires of a youthful and attractive smile and at the same time, one which is healthy and easily maintainable for many years into the future. **csbm**