

# ultimate smile

Cosmetic dentist Dr Mark Hughes explains why a smile enhancement can truly help you look 10 years younger – and how invisible braces can also help lower your dress size...

A smile makeover is the single most powerful enhancement procedure of all the modern cosmetic treatments available today. The audiences of television makeover programmes consistently vote the smile changes as the most dramatic improvement and the one procedure that can truly make you look years younger.

In fact, behind the scenes, it's the dentist that first decides if a potential candidate is suitable for the show. If the smile is too complicated to fix in the short turnaround time required by the television producers then they generally don't get picked!

## No more hiding

The latest survey figures from the British Academy of Cosmetic Dentistry show that approximately one-fifth of the population conceal their teeth in photos. Only one in four like their smile and would not change it. And over a quarter of those asked believe that cosmetic dentistry can improve quality of life. So it is clear that most people associate a warm, open smile with success and confidence.

## Top three ways to enhance your smile

**Porcelain veneers** are the most popular choice when a near 'perfect' result is desired. If the teeth are too dark in colour for whitening or they have been badly worn or broken then

whitening or straightening may have only a very limited result. That's when it's time to consider a complete smile makeover.

There's often a misconception that veneers only produce a very 'fake' look or that the teeth have to be filed down to a very small size. But this isn't necessarily the case. Firstly, the results can be completely tailored to the individual and are almost 100% predictable. This means that your smile can be bespoke designed to include certain characteristics and also to suit your features. It can then be previewed beforehand in the mouth to make sure it looks exactly right before proceeding to the final stages of the treatment.

Modern techniques, today's advancements in materials and the skills of the dentists and their laboratory technicians also mean that the results can be virtually indistinguishable from your 'real' teeth. True aesthetics mimic nature and do not look fake. There is also no need to remove lots of enamel. The porcelains used now can combine the ultimate in beauty along with being very thin and strong.

MAC veneers that are made from a 'pressed' ceramic combine all these qualities. Natural-looking veneers, the kind favoured by many celebrities are created by putting back the 'youthful' elements of a beautiful smile, that time or dental >

## STAR SMILES

Whether they've had work done or not, and chances are they have, these celebs have all got gorgeous grins to be proud of!



**Halle Berry** According to dentists here and in the States, Oscar winning Halle's is the smile most requested by those seeking dental makeovers. And with the recent birth of baby Nahla, the star now has more to smile about than ever.



**Eva Mendes** Glamorous star of *We Own the Night*, Eva, has been voted owner of the best female smile by the American Academy of Cosmetic Dentistry. Good going for a girl nicknamed Buggy at school, and bullied for having buckteeth!

## COSMETIC DENTISTRY ADVANCEMENTS

The good news is that these techniques available today can produce great results.

● Porcelain veneers ● Tooth whitening ● Invisible braces

The choice of treatment that is most appropriate is really down to the current condition of the teeth and how natural or 'perfect' the desired result is.

## STAR SMILES



**Lily Allen** No wonder the pop princess sings about it... Lily's smile is just perfect!



**Matt Damon** Movie hunk Matt was named 2007's Sexiest Man Alive by *People* magazine, and we bet that superstar smile had a lot to do with it.



**Catherine Zeta Jones** Another Brit with a megawatt grin, Welsh beauty, Catherine, apparently had her teeth done while filming *The Darling Buds of May* in the early 90s – a move which no doubt helped her smooth transition to glamorous Hollywood megastar.

**Kate Beckinsale** We Brits aren't famed for our gnashers, but Miss Beckinsale's set is consistently voted among Hollywood's best and brightest



disease has managed to remove, the face immediately appears younger. Young teeth are lighter, brighter and longer and your cosmetic dentist simply returns these elements to your teeth to make your smile look fresher and younger.

The vibrancy and vitality of younger teeth are also influenced by a thing called 'translucency' in the enamel. This is the slight see-through part of the enamel at the very tips of the upper front teeth. Wearing of the enamel over the years generally removes this. All of these features can be added in or taken away depending on the individual's needs. The shape and size of the teeth can be chosen to blend in with the features of the face.

The veneers are made first on a wax model and from this a prototype can be tried in the mouth. The patient and the dentist now have a chance to preview the new smile before any actual treatment is

carried out. Any changes or modifications that are desired at this stage can be done and a new prototype tried again if necessary.

Once the teeth have been reshaped, a very accurate set of temporary veneers called provisionals are placed. These will be almost identical to the final veneers and can also at this stage be modified to make them look even better. While the new veneers are being made you have a chance to try out your new teeth and even more fine tuning can be made so that the result is exactly what you and your dentist want.

**Tooth whitening** is the simplest and most widely carried out procedure and it can produce terrific results. The results in some individuals can be disappointing, and whitening won't correct the position of crooked teeth. But Dr Anthony Kilcoyne, a highly recommended cosmetic >

## STAR SMILES



**Will Smith** He may be West Philadelphia born and raised, but *I Am Legend* star Will Smith's legendary smile is totally Bel-Air.



**Jessica Simpson** Glossy, groomed and all-American from head to toe – how could pop star Jess's smile be anything less than absolutely flawless?



**Russell Brand** We can't turn on the telly or open a newspaper without seeing ubiquitous TV presenter and stand-up comedian Russell's captivating grin – but apparently he hated his teeth until he had them straightened with invisible corrective treatment Invisalign last year.

**Anne Hathaway** Looks like we'll be seeing lots more of angelic Anne's enchanting smile – she's the new face of Lancôme



dentistry expert and principal dentist at Smile Specialist in Yorkshire ([www.smilespecialist.co.uk](http://www.smilespecialist.co.uk)) stresses that 'your appearance is dramatically improved by good tooth whitening, and now it's a same day procedure.'

**Invisible aligner-type** braces such as Invisalign can get amazing results without anyone knowing that you're wearing an orthodontic appliance. They also don't impinge on your dietary choices and oral hygiene routine the way traditional fixed metal braces can. Other benefits include the potential for long-term

better gum health (as straighter teeth are easier to brush and floss) and many people also report weight loss as they don't snack as much!

Combining Invisalign treatment with whitening is a popular way of getting that dream smile.

#### Enhance your smile

Done well, a smile makeover will not only boost your confidence but will look fabulous and totally natural, and have everyone asking: 'Have you been away on holiday, you look great, what's different about you?' The secret is in your dazzling ultimate smile! ★

**Get a beautiful smile** Zetland Road Dental Practice is one of Bristol's most established private dental practices. The principal dentist, Dr Simon Dunn, has 20 years experience across all disciplines of dentistry. Dr Dunn's practice offers all the treatments that one would expect from a state-of-the-art cosmetic dental clinic. Tooth whitening is offered either as an at-home service or as an in-surgery procedure with the well established ZOOM system. Porcelain veneers, as well as ultra thin lumineers, are available and the practice is also one of the very few in the Bristol area to employ the Cerec Cad-Cam system. For more information visit [www.zetlanddental.co.uk](http://www.zetlanddental.co.uk) or call 0117 942 4126.