

creating a complete smile

case study 1



BEFORE

AFTER tooth whitening by Dr Lazaris

Sydney cosmetic dentist **Dr Angelo Lazaris** explains that often the best results can be achieved by combining cosmetic dentistry with cosmetic surgery. Lise Petersen reports.

case study 2



BEFORE

AFTER porcelain veneers by Dr Lazaris

There has been a rapid and massive increase in awareness about cosmetic dental procedures and their impact on an individual's appearance over the last five years,' says Sydney cosmetic dentist Dr Angelo Lazaris. 'With this has come an increased consumer demand for a whole range of cosmetic dental options – from tooth whitening and invisible braces to porcelain

case study 3



BEFORE

AFTER porcelain crowns and veneers (complete smile rejuvenation) by Dr Lazaris

'The characteristics influencing a patient's smile are multifactorial and require the specialised care of a number of disciplines'

case study 4



BEFORE

AFTER full smile rejuvenation by Dr Lazaris

veneers. 'However cosmetic dentistry itself has been limited because as dentists we have tended to focus primarily on the elements we can control – that is the teeth, the gums and the bite. What we have failed to address in the past, because of our limited knowledge of it, is how these elements integrate with a person's face – particularly the lips. When a person smiles or speaks, we focus our attention on how the movement and the fullness of the lips relates to the amount of teeth and gums displayed. Often the problems with someone's smile relate to factors other than the teeth, for example very mobile upper lips, excessive amounts of gum or very thin lips (so that when

cosmetic dentistry options

Even a subtle enhancement of a patient's smile can make an exceptional difference to the way they look and feel. The first step to 'smile design' is a comprehensive consultation and examination with the patient, establishing well-defined parameters for treatment needed to achieve a desired result. Dr Lazaris often works backwards by defining and visualising the desired outcome as a starting point and reverse-engineering from there to determine the steps and processes required to get there. These are some of the treatment options he offers:

White fillings

A tooth's natural beauty and strength can be restored with composite and porcelain materials. Unsightly amalgam (mercury) fillings have been made redundant by this technology. White fillings make the teeth appear brighter and healthier.

Porcelain veneers

Porcelain veneers are thin, semi-translucent 'shells' that mimic natural enamel and are custom-made to fit precisely over the existing teeth. They are the treatment of choice in creating perfectly natural smiles and can be used to correct a vast range of dental aesthetic problems.

Porcelain crowns

A crown, or cap, is a tooth-like shell bonded over a carefully prepared existing tooth. It is used to strengthen, restore or improve the appearance of the natural tooth. A crown is usually required when a tooth has been extensively weakened or restored, or when a tooth is cracked or broken. Crowns are usually placed on teeth where there is no longer sufficient tooth structure to support a filling.

Replacing missing teeth

Apart from the obvious aesthetic advantages, replacing missing teeth can restore and maintain the natural bite, prevent unnatural stresses on other teeth, discourage further dental breakdown, and enhance a patient's smile, speech and chewing function. The two major methods incorporate the use of either a bridge or dental implants.

Implants

Dental implants are the most modern way to permanently replace one or more missing teeth. A titanium implant is surgically placed in the jawbone and is used to anchor the replacement tooth. After some months the bone actually grows on to and integrates with the surface of the implant.

Gum recontouring

Uneven contours, gummy smiles and swollen gums are common problems. This technique involves the modification of the gum contours to correct irregularities in the appearance of the gum line and is often used to make short teeth appear longer and to enhance the appearance of a patient's smile.

Lip augmentation

Often thin or excessively mobile lips can easily detract from the appearance of an otherwise perfect set of teeth. A plastic surgeon can help to ensure the best correction or enhancement of the lips.

Orthodontics

This specialised branch of dentistry deals with straightening teeth through specially fitted appliances. Gentle pressure is used to move the teeth into the desired positions. Both adults and children can benefit. For suitable cases the choice of invisible braces utilising the Invisalign system is also an option.

they smile the lips almost disappear). Conceptually, full lips are regarded as aesthetically pleasing – this is why we offer advice on adjunctive treatments such as lip augmentation and fillers.'

The characteristics influencing a patient's smile are multifactorial and require the specialised care of a number of disciplines. Dr Lazaris says that his collaboration with a plastic surgeon and periodontal surgeon (gum specialist) allows him to offer a comprehensive approach to cosmetic cases.

'The predominant procedure patients have demanded is tooth whitening and it now forms a significant part of our practice,' he adds. 'Whiter teeth are generally associated with youth and vitality and the number of tooth whitening procedures has grown exponentially over the last couple of years. This is mainly because it is a simple, non-invasive

treatment that gives a dramatic and permanent improvement in a patient's smile and therefore to the facial appearance. It is also safe, effective and relatively cheap. This makes it accessible to everyone and it is the single most effective way to rejuvenate one's smile and appearance. In fact, it is probably one of the few cosmetic procedures available that can be relevant and applicable to virtually anyone.

'These are exciting times in dentistry because we finally have a massive consumer awareness of the options available,' Dr Lazaris concludes. 'Patients are more sophisticated about their choices in both dental surgeons and dental treatments. Dental surgeons are expanding their horizons and parameters in what they can offer patients and, by working with cosmetic surgeons and plastic surgeons, are able to achieve amazing results.' **acsm**