



>> The smile makeover is the latest addition to the world of cosmetic surgery

SAY CHEESE

People are suddenly turning to smile makeovers — procedures that are a big trend in the world of cosmetic enhancements. **Anindra Siqueira** tells you what you need to know about them

They say the sky is the limit, and with cosmetic surgery in particular, it's plausible to think that we haven't reached this limit yet! There are several new procedures cropping up, which target areas of your body that you would never dream could be enhanced with surgery — the mons pubis surgery is a good example of this trend! People want to be thinner, prettier and now want to sport better smiles too! This has increased the popularity of smile makeovers. Dr. Rajesh Shetty, dental cosmetologist at Dazzle Dental Makeovers, tells us that a smile makeover doesn't just give your smile an enhanced aesthetic appeal, but also has an age-reversing effect, since it also reduces the appearance of certain skin folds or wrinkles.

Dr. Mohan Thomas, senior cosmetic surgeon at the Cosmological Surgery Institute, has a more philosophical take on it. He says, "Your eyes may be the windows to your soul, but beautiful lips are definitely the gateway to sensuality. Our lips are the most attractive part of our face and they should not be overlooked. They are one of the most important components of your smile."

What the makeover involves

Dr. Rajesh tells us that at Dazzle Dental Makeovers, they begin with a consultation to understand the needs and desires of the person who wants to undergo this procedure. But, just as your smile isn't only about your lips or teeth, a smile makeover takes four major aspects into consideration.

■ **Facial aesthetics** Facial musculature

- **Gingival aesthetics** If you have exposed teeth or gums or uneven contours, your smile will not be as you'd like it to be.
- **Tooth aesthetics** Another important aspect of your smile is your teeth. A smile makeover, Dr. Rajesh tells us, involves the use of dental veneers and teeth whitening, scaling and polishing.
- **Lip aesthetics** "To create a harmonious smile, we need to maintain or create the normal curvature of the lips, proper exposure of the red zone of the lips, an undistorted philtrum (the vertical indent between the base of your nose and border of your upper lip), and undisturbed nasolabial grooves (smile lines)," Dr. Mohan explains.

Not just teeth and lips

Dr. Rajesh adds that at the clinic, people can pick dermatological procedures to reduce skin folds, if they need to. "The age reversal effect achieved through dentistry is merely

an add-on to the dramatic effect achieved on the smile," he says.

Dr. Mohan explains, "A smile makeover is not just about your lips, teeth and gums. Hollow, sagging cheeks, uneven lips and other signs of age can also be corrected during the process, using fillers, orthodontics, maxillofacial surgery and other techniques, making your face appear more youthful and symmetrical."

Dr. Rajesh tells us that a smile makeover can be tailored to suit a person's requirements (and budget), but the procedure generally starts from ₹15,000. Luckily, there are no contraindications to this type of procedure. That means that practically nothing can rule them out. However, the doctor must consider a person's dental history, in terms of infections, especially if the person smokes. Additionally, while you may be able to change your smile, your mannerisms and facial movements will be the same!

RISKS

Dr. Rajesh says, "Smile makeovers are primarily non surgical and so, are low-risk procedures. At Dazzle Dental Makeovers, an in-house team of experienced dentists and dental auxiliaries, and meticulous pre-operative planning, coupled with state-of-the-art equipment and material, ensure that the entire procedure is quick, painless and extremely predictable."

Dr. Mohan tells us that the risks of a smile makeover are related primarily to permanent changes in your teeth and gums. He says, "These are associated with bite deformities that cause a discomfort and an inability to bite and chew." However, treatments on the lips (usually fillers) are temporary and so, these can be reversed.

