

# DNA Life 360

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## Million Dollar Smiles! — Continued from Page 1

Ordinary bleaching, on the other hand, would cost between Rs 5,000-15,000. Teeth contouring or shaping of the teeth to fit beauty norms would be available from between Rs 2,500 - 7,500 while gum de-pigmentation which involves lightening the colour of your gums would be worth Rs 7,500-15,000. The laminates, depending on the durability of the material used, would cost between Rs 5,000-15,000 per tooth and would give your teeth such a shine that you'll feel like a film star. Says Dr Mayekar, "Sometimes when designing the perfect smile, I recommend my patient see an orthodontist in order to get 'the perfect bite', which comes at an additional cost. Of course it's finally up to the patients, in consultation with the dentist, to decide exactly how many treatments to go in for, depending on the condition of their teeth."

Another cosmetic dentist, Dr Anil Arora of Famdent, recommends the use of lasers over conventional surgery while carrying out cosmetic dental procedures even though they cost a lot more. "Though treatments using lasers can cost up to three times as much as the same treatments using conventional surgery, lasers are fast, painless and the healing time is much quicker with them," affirms Dr Arora. He also recommends the use of superior ceramic laminates over softer laminates because they last much longer. "And if you're in showbiz or under the gaze of public scrutiny and flashbulbs popping, it's better to invest in non-metallic laminates like Procera that will not show up when smiling under the glare of arclights," Arora advises.

Naturally all this is expensive but then the rich are different and so are their teeth — or so we would assume! For those who are in the super league of earners, the treatments don't stop just there but continue with the addition of facial features designed to create a general effect of tantalising

allure. Dr Mohan Thomas, a plastic surgeon, for example, is a competent practitioner who promises to heighten anybody's smile with treatments such as lip contouring, cheek implants, nose jobs, dimple additions and eyebrow lifts. Says Dr Thomas, "Plastic surgery can complement smile packages, depending on whether a person wants fuller lips, interesting cheekbones, an altered nose or a new look. For other with problems of multiple chins or weak jawbones liposuction procedures are an option and have become much safer nowadays than they used to be in the past. These procedures can either be reversible and last a couple of months or permanent depending on the materials used. The good thing is that most of these surgeries are minimally invasive, require just one or two sittings and that many of them can be done simply with the endoscope."

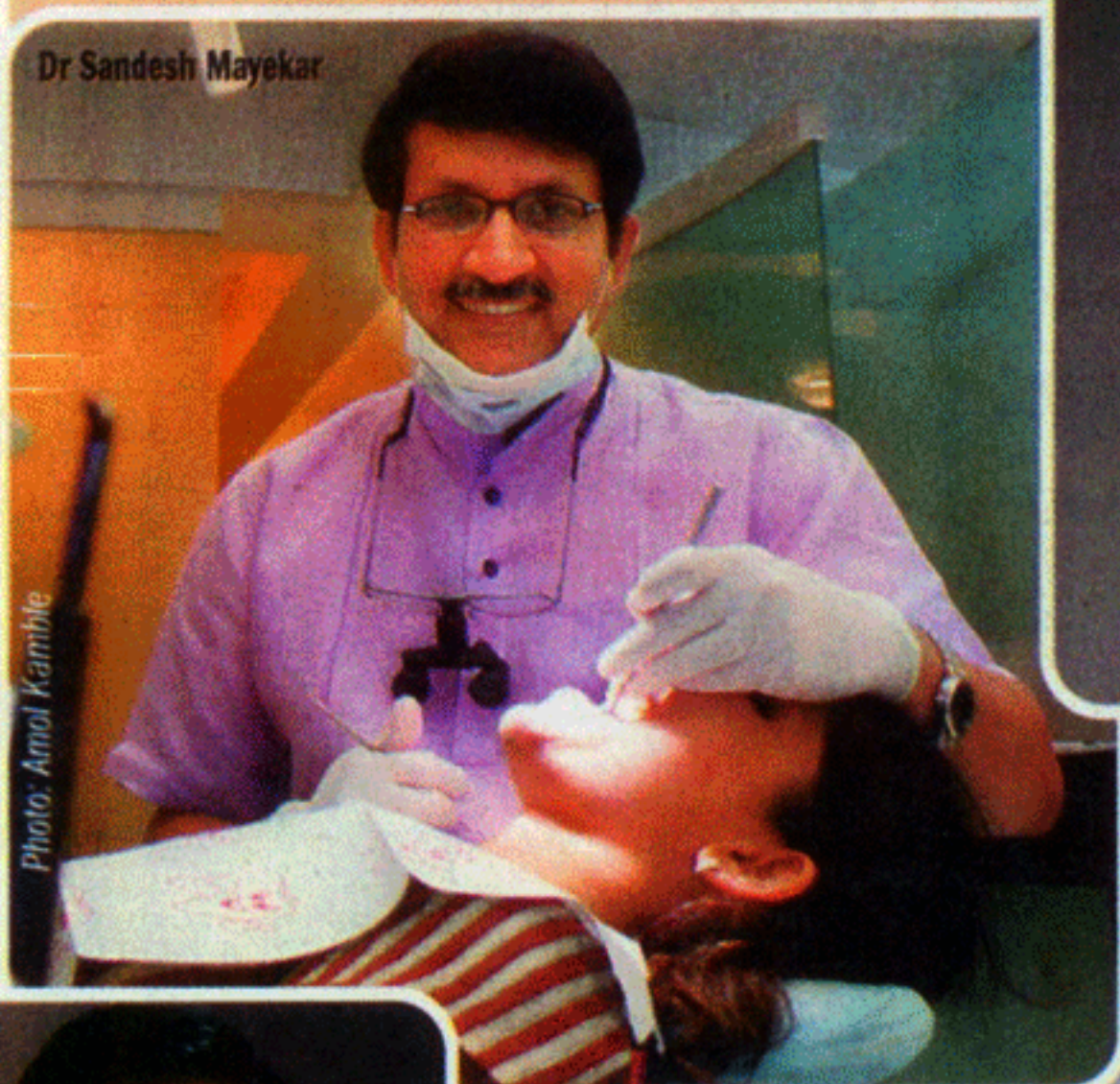
Dr Thomas, who is the founder president of the Indian Society of Cosmetic Surgery however has a word of caution: "Of course the most important thing is that you go to the most competent doctors in the field, as against the quacks who abound and



who could possibly do permanent damage to your facial features. Before finally selecting your doctor, use word-of-mouth recommendations from other patients and supplement this with research on the internet besides meeting up and talking to the doctors concerned — or to their patients."

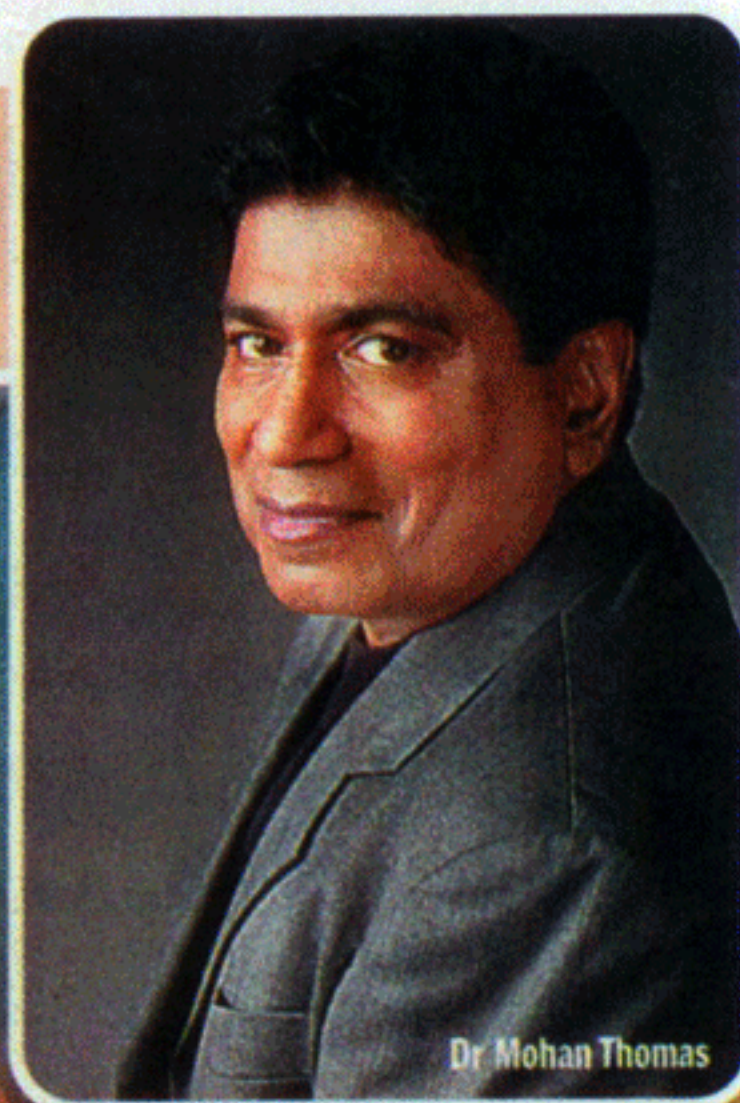
Now there's even more reason to believe that the rich are different — and their smiles prove this!

- Dr Sunil Bhoolabhai, aesthetic dentist: 2648 5643/ 2605 4663
- Dr Sandesh Mayekar, aesthetic dentist: 2414 5022/ 2415 0431
- Dr Anil Arora, aesthetic dentist: 2674 4509/ 2674 3641
- Dr Mohan Thomas, plastic surgeon: 2645 6054

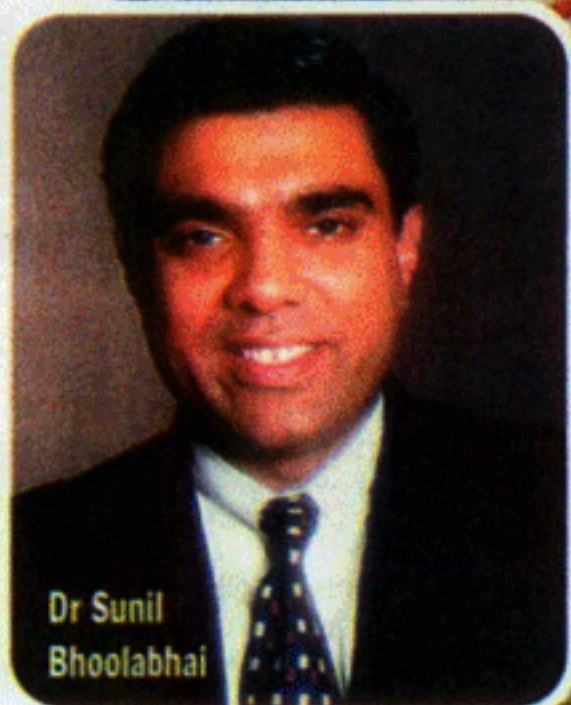


Dr Sandesh Mayekar

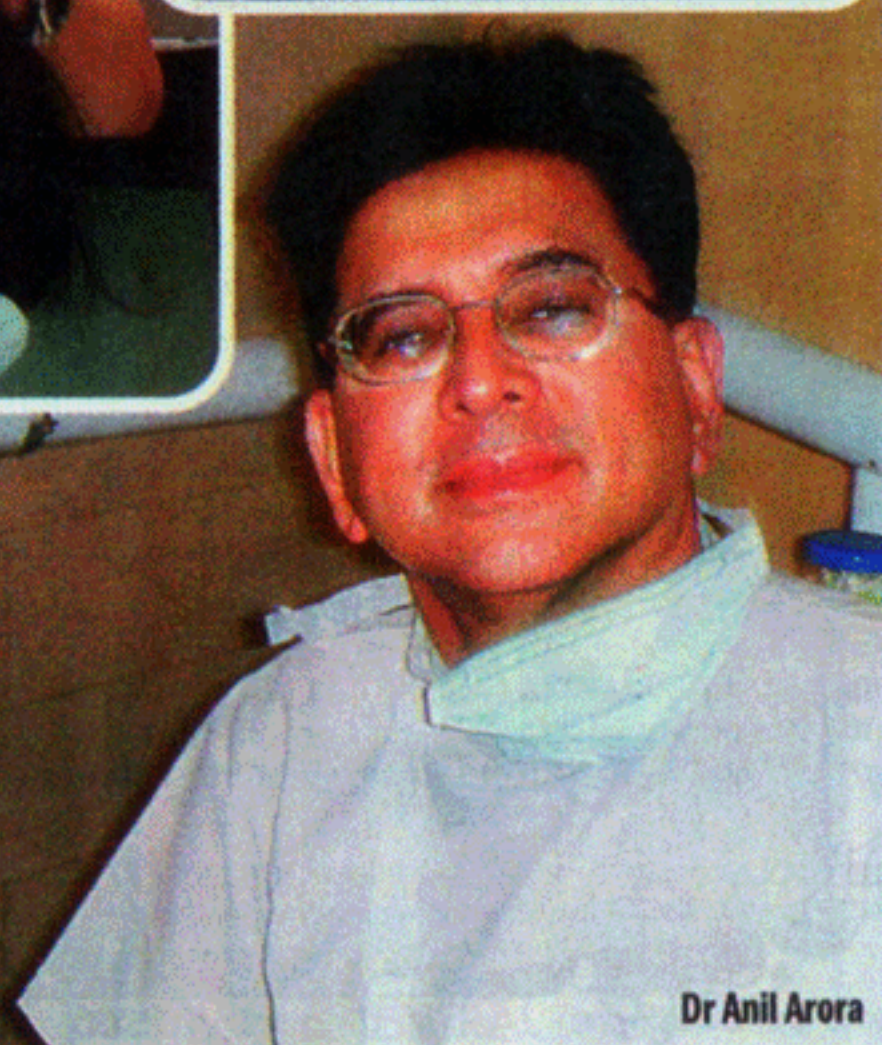
Photo: Amol Kamble



Dr Mohan Thomas



Dr Sunil Bhoolabhai



Dr Anil Arora