



# Smile beyond your wedding day...

It may seem a little extreme to invest in cosmetic dentistry for your wedding day, but a beautiful smile will then last a lifetime. Debra Aspinall chats to Dr Komal Suri, the winner of the Young South East Dentist of the Year Award, about smile makeovers.

Although smile lifts and makeovers have traditionally been thought of as a 'Hollywood superstar' treatment, today they are more accessible so anybody can enjoy the benefits of rejuvenating dental treatment on teeth that are crooked, misshapen, damaged or worn.

These treatments not only improve the appearance of the teeth, they also create better function by recognising and removing problems that caused the deterioration in the first place.

And these treatments can be carried out without travelling to London. Smile Design Dental in Wendover is one of the top practices in the country for Smile Lifts. Owner Dr Komal Suri was recently named as the Best Young Dentist for the South East of England at the Dentistry Awards 2008.

She has had the privilege of working with and learning from some of the worlds' best dental surgeons in Europe and America, is a post graduate lecturer in the fields of restorative and cosmetic dentistry at the University of Central Lancashire and a senior instructor at a post graduate veneer programme at Guys hospital, London. She also lectures internationally.

The smile lifts she has produced all have beautiful, functional end results.

She says: "The demand for cosmetic dentistry in the UK has never been greater, as more and more people discover that beautiful teeth not only have a profound effect on your appearance, they



can be a wonderful confidence booster too!

"Some of our smile lifts will simply involve bleaching and some reshaping, maybe replacing old, ugly amalgam fillings with clean, white porcelain ones.

"Others will be more radical and warrant a full set of porcelain veneers, porcelain crowns or possibly implants. Computerised imagery show patients what their smile lift will look like when complete".

Transformations are never less than stunning as Dr Suri is not only a master at seeing the potential and designing the best makeovers, she also uses the country's top technicians - and some in the United States - to make her veneers, crowns and bridges.

Dr Suri and her team at Smile Design Dental Practice are able to offer combinations of procedures to produce the best possible result.

Consultations are free, and they offer an easy payment plan... so there's no reason to keep waiting for your perfect smile.

## White weddings

If you already have straight teeth perhaps all you need for a wedding day boost is a teeth whitening session.

Teeth whitening is now one of the most popular cosmetic treatments in the UK. The results can be dramatic and on your special day, when you're having lots of photos taken, a brighter smile can really boost your confidence.

But as with any medical procedure it is always best to have it carried out by an expert, and preferably within a dental practice, so they can check if your teeth are suitable.

If you are planning on having your teeth whitened for a special event, then do it about one week before as sometimes the teeth can be a little sensitive for a few days after bleaching and you also have to avoid potentially staining foods for a few days too.

Teeth whitening sessions at the practice take about an hour, but Smile Design also sell kits for you to do your own whitening - or boosting - at home.



Consultations for **Smile Lifts** are **free** at **Smile Design Dental**.  
Teeth whitening costs from £450.  
Home Kits from £250.  
Call **01296 624163** for more information or to arrange a free consultation.