

Designer teeth

What a difference a great smile makes.

Debra Aspinall chats to one of Smile Design's satisfied clients about her cosmetic dentistry makeover.

I CAN'T HELP MYSELF. The first thing I notice about people is usually their teeth. It never fails to amaze me how people will spend money on grooming and the latest fashions and then open their mouths to reveal rows of wonky, yellowing teeth. Urrgh.

Americans seem to think that all Brits have bad teeth and, compared to them, many of us probably do.

However one of the biggest growing UK beauty trends in recent years has been in cosmetic dentistry, with tooth whitening the top of most peoples' wish list, and corrective braces, veneers and implants becoming more commonplace.

Unattractive teeth can age a person more than being overweight, out-of-shape, or even a little wrinkly. While diets and cosmetic surgery can provide quick fixes, they don't last forever. Investment in your smile can last a lifetime.

One of the regions top dentists in smile makeovers is Dr Komal Suri, who runs Smile Design Dental Practice in Wendover.

Dr Suri calls her makeovers "smile lifts" and the main focus of her practice is complex restorative and aesthetic dentistry.

She has carried out her training with some of the best dentists in Europe and America, lecturing internationally on cosmetic and restorative dentistry & patient management and is a senior instructor at the Aesthetic Advantage Consortium where she instructs other dentists in the procedures and techniques involved in smile lifts, and she is an active member of the British and American academies of cosmetic dentistry.

This wealth of experience means Dr Suri is able to give very individual assessments of each case put before her. Some 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. ▶

“I couldn't believe how glamorous I looked and what a difference my new teeth made to my overall appearance.”



Dr Komal Suri

Dr Suri is able to offer combinations of procedures to produce the best possible result, for the least intrusion. The results are always beautiful and often life-changing.

"It's a very exciting time to be in dentistry," says Dr Suri. "There are so many options available to people to improve their teeth, not only for appearance sake but for functional reasons as well."

"If you have bad or crooked or missing teeth then your mouth and jaw is not able to function to its best ability and this can cause many other problems, not least migraines, and severe gum disorders."

"We have the best materials available to us and some brilliant lab technicians, both here and in the States where I have all my veneers made."

"To restore someone's smile is so satisfying that if I won the lottery tomorrow I would carry on doing this job."



Makeover photos by Oxana Allen www.oxana.co.uk

Katherine's Story

I have always disliked my teeth which, due to over-crowding in childhood, have always been crooked and difficult to clean in between. As a result when I reached my forties I lost a few to tooth decay and the remaining ones just needed a freshening up.

A combination of porcelain veneers, a small bridge to fill in an unsightly gap and whitening of the remaining teeth was recommended. All my silver fillings could be replaced by gleaming white ones and a couple of teeth which were sticking up higher than their neighbours could be reshaped. Dr Suri pointed out that my teeth were actually lopsided and off-centre which was causing them to wear down and this would, eventually, affect my facial muscles and show in ageing lines around my mouth.

She soon put me at ease and promised that most of the work could be done in one four-hour session. She took lots of "before pictures" of me and a few days later I received some digitally enhanced pictures showing what my new smile would look like. I knew my teeth would look great as I'd already seen the portfolio of incredible makeovers she had done.

Following the consultation, my first proper appointment was probably the worst for me. I had to have four impressions to make moulds – two for Dr Suri's lab in America and two for her (a further impression was taken to make a mould for the tooth whitening

gel). I have a very keen gagging reflex and it wasn't fun.

The following week I was back to have my teeth whitened. Although some would be covered in veneers, the ones on show needed to be lightened to match. This procedure took about 40 minutes. One week later I returned to have my teeth and gums cleaned by the hygienist (Dr Suri can't carry out smile lifts and restorative treatments unless gums are healthy).

Then came the preparation when my teeth had to be shaped to allow space for the veneers to fit on top. I was a little worried about this and had a few nightmares leading up to this day when I dreamed about my teeth being little stumps and veneers dropping off when I laughed or coughed!

Of course in reality veneers are fixed to the teeth and you can eat or drink whatever you want. They are not going to budge. They will also never stain, which means I will have a lovely white smile forever. The procedure wasn't pleasant, but it was painless. The worst part was the injections to numb the mouth, but even that is never as bad as we expect.

As well as prepping my teeth for the veneers, Dr Suri replaced two old crowns with porcelain ones. The old ones had unsightly black lines around the edge near the gum, caused by the gums receding.

I had to live with temporary veneers for two weeks while a permanent set was being made in LA. I hated the temps as they were all joined together like a gum shield and while they looked lovely, they felt very odd. I also had to be careful what I ate or they could stain.

I was delighted to get rid of the temps and have my new veneers fitted. It was uncomfortable to have the temps removed, but never painful. The new veneers were fitted one by one and they looked amazing and felt completely natural.

It took me a few weeks to get totally used to the new shapes in my mouth because my bite had changed, but I was eating normally straight away. The best thing is my teeth look completely real and anyone meeting me for the first time would just think I have lovely straight, white teeth.

Dr Suri sends all her smile makeover patients to have fabulous glamour shots taken by professional photographer Oxana Allen when their treatment is complete. I couldn't believe how glamorous I looked and what a difference my new teeth made to my overall appearance.

I definitely smile more at people these days as I want them to see my beautiful teeth. I wish I'd been able to have them done years ago.



Dental photographs by Dr Komal Suri



For a free consultation with Dr Suri call Smile Design on 01296 624163, or for more information click onto www.smiledesigndental.co.uk