

# cosmetic

## dentistry \_ beauty & science

2<sup>2012</sup>

### | technique

Clinical digital dental photography

### | special\_orthodontics

Short-term orthodontics: An overview

### | comment

25 Clinical Tips



# 2012. It's no time to be fitting your patients with 1960's lab work.

MaxiDent is the brand new lab created to meet the needs of today's NHS and independent dentists and their patients.

Try it for yourself.

You'll get 50% off the cost of the first standard crown unit, MaxiFlex flexible dentures or unbreakable ZiRock crown you order from us.

Or, if you'll give us an extended try out, we'll give you 25% off your entire bill in the first month in which you order 10 or more jobs from us.

There's lots more information overleaf, as well as inside the front cover flap.

Or take a look at our website.

It's totally free to open your account.

ALL FABRICATION BY OUR LAB COMPLIANT WITH



020 3235 1830 [maxi-dent.co.uk](http://maxi-dent.co.uk)

764 FINCHLEY ROAD, LONDON NW11 7TH

 **MaxiDent**  
LABORATORIES  
TODAY'S LAB FOR TODAY'S DENTIST

IT IS YOUR RESPONSIBILITY TO MAKE ALL DECISIONS REGARDING TREATMENT IN THE BEST INTEREST OF YOUR PATIENT. AFTER VIEWING THE INFORMATION PRESENTED HEREIN, YOU MUST MAKE YOUR OWN DECISIONS ABOUT SPECIFIC TREATMENT, EXERCISE PERSONAL JUDGEMENT REGARDING THE NEED FOR FURTHER CLINICAL TESTING OR EDUCATION, AND RELY ON YOUR OWN CLINICAL EXPERTISE BEFORE TRYING TO IMPLEMENT NEW PROCEDURES. 25% OFFER EXPIRES 31/12/2012. A PRACTICE MAY TAKE ADVANTAGE OF ONE OF THE FOUR OFFERS ONLY.

# Dear Reader,



Neel Kothari

\_Dear Readers,

Welcome to the second edition of *Cosmetic Dentistry*! In this issue we will be looking at some of the latest concepts of cosmetic dentistry, case reports as well as some of the politics surrounding cosmetic dentistry.

What exactly is cosmetic dentistry? The web based oracle that is Wikipedia defines it as '...any dental work that improves the appearance (though not necessarily the function) of a person's teeth, gums and/or bite.' This all sounds good but with the latest advances in materials, techniques, technology and patients expectations perhaps this definition is starting to be a little bit out of date as the boundaries between aesthetics and function become increasingly blurred.

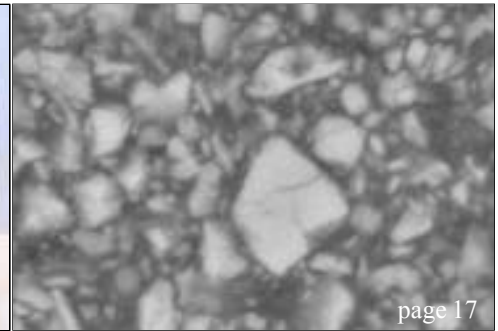
The World Health Organisation defined Health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, so in the context of cosmetic dentistry how important is function? Ok now I've gone a step too far, but as people attitudes and social norms change the practice of dentistry has had to evolve with it and here at cosmetic dentistry we are aiming at moving with the times to help you provide your patients with successful, predictable dentistry, whether it is functional, cosmetic or hopefully a bit of both.

As always I welcome your feedback,

Until next time,

Neel Kothari

Editorial Advisory Board Member - *Cosmetic Dentistry*



## | editorial

- 03 **Dear Reader**  
\_Neel Kothari

## | meetings

- 06 **A conference** with no wrinkles  
\_Nilesh R Parmar

## | technique

- 08 **Clinical digital** dental photography  
\_Amit Patel
- 16 **Minimally invasive cosmetic dentistry: when less is more**  
\_Adrian U J Yap

## | special

- 22 **Short term orthodontics:** An overview  
\_Biju Krishnan
- 29 **The Inman Aligner...Fact or Fiction?**  
\_Dominique Kanaan

## | comment

- 34 **25 Clinical Tips for general practice**  
\_Ashish B Parmar

## | user report

- 40 **Minimal invasive laser surgical crown lengthening**  
\_Thorsten Kuypers
- 44 **diary BACD**
- 47 **\_ Manufacturers' news**

## | about the publisher

- 49 **\_ Guidelines for submission**
- 50 **\_ Imprint**





Proud Sponsors of  
**Aesthetic  
Dentistry  
Awards 2013**  
22nd March 2013

# EVERYBODY DESERVES A BEAUTIFUL SMILE

Discover **MeToo**, a totally new range of Professional whitening products, both comprehensive and wide-ranging to cover all your patients requirements.

**MeToo** provides you with fast, effective and gentle strategies of treatment for chairside as well as for take-home whitening to give your patients the smile they deserve.



The patented *NeoDam* gel changes colour whilst curing



Chairside  
Whitening Kit

me  
too<sup>TM</sup>  
Teeth Whitening

## Take-home Whitening

To enhance the whitening results, patients can treat themselves at home, at their chosen time using *MeToo Day* or *MeToo Night* (as per their dentist's recommendation).

*MeToo Calm* is also available for the relief of any teeth sensitivity issues.



MeToo Deluxe



MeToo  
Compact

Powerful whitening lamps, complete whitening kits, innovative disposable retractors with integrated suction system, new colour-changing gingival dam – everything is clearly presented and easy-to-use to make your work simple and your patients happy.

**ACTEON**  
UNITED KINGDOM

For further information:

**01480 477307**

info@acteongroup.co.uk | sales@acteongroup.co.uk | www.acteongroup.com

We to create

# IAAFA “A conference with no wrinkles”

**Author\_** Dr Nilesh R Parmar



**\_This year, I was lucky enough** to be invited to the annual International Academy of Advanced Facial Aesthetics' yearly conference. This consisted of a two-day conference and parallel sessions for those involved with facial rejuvenation and dentistry. The brainchild of the charismatic Professor Bob Khanna, the conference started in 2007 and aims to bring together all the clinicians from dental, medical and nursing backgrounds, to learn the latest concepts and techniques from world leading specialists.

IAAFA is a non-profit organisation, which has gone from strength-to-strength each year, and the culmination of the event is a glamorous IAAFA charity ball at the Radisson Blu hotel. All

proceeds from this go to charity, which this year included NSPCC, CLIC Sargent and the 'Make-A-Wish Foundation'. This year, approximately £15,700 was raised for the charities. The IAAFA ball is a fantastic event, and, each year, it is marked on every dental party animal's calendar (this party animal included!) The organising and planning which goes into creating such a fantastic event is a testament to the hard work of Prof Khanna and the other members of the IAAFA council.

What I noticed this year is that there were parallel sessions; and a welcome increase in the number of dental lectures. I enjoyed a fantastic talk on the six-month smile system by Dr Anoop Maini and experienced a masterclass in cosmetic den-



tistry by Dr James Russell and Ron Lynock. I also gained an insight into the world of facial aesthetics. Moving away from our usual area of the head and neck, I learnt a bit about lasers and liposuction by Dr Ravi Jain. Paul Tipton was on-hand to discuss occlusal vertical dimension and its role in facial aesthetics; whilst some insight into the business side of things was given by Chris Barrow in his own unique way.

As busy dentists, we are bombarded by courses and conferences, which are "must-see" and "revolutionary". With time being ever precious and the fees for these courses increasing (and usually quoted without VAT added – my personal bugbear!), dentists need to be a bit more selective. I can safely say that I actually LEARNED a lot from attending the two-day IAAFA conference, and made many new

friends and contacts in the industry.

The Charity Ball was the icing on the cake, and all those involved had a fantastic time, whilst raising money for a worthy cause. I will definitely be back next year!

For more information, please visit [www.iaafa.net](http://www.iaafa.net) or call 01344 891 235\_

#### \_author info

#### cosmetic



#### Dr Nilesh R Parmar

BDS (Lond) MSc (ProsthDent) MSc (ImpDent) Cert.Ortho was voted Best Young Dentist in the East of England in 2009 and runner up in 2010. He was short-listed at the Private Dentistry Awards in the category of Outstanding Individual

2011. Nilesh has a master's degrees in Prosthetic Dentistry from the Eastman Dental Institute and a master's degree in Clinical Implantology from King's College London. He is one of the few dentists in the UK to have a degree from all three London Dental Schools and has recently obtained his Certificate in Orthodontics from Warwick University. His main area of interest is in dental implants and CEREC CAD/CAM technology. Nilesh runs a successful five-surgery practice close to London and is a visiting implant dentist to two central London practices. Nilesh has a never-ending passion for his work and is famed for his attention to detail and his belief that every patient he sees should become a patient for life. He offers training and mentoring to dentists starting out in implant dentistry, more information can be found on his website [www.drnileshparmar.com](http://www.drnileshparmar.com). Twitter: @NileshRParmar





# Clinical Digital Dental Photography

Author\_Amit Patel



Fig. 1

**Fig. 1** \_ Canon EOS40D 105mm lens with Ring flash

**Fig. 1b** \_Nikon with dual flash lighting systems

\_In today's environment of patient's high expectations and increased litigation especially with regards to cosmetic dentistry, good record keeping is essential. Clinical photography is a very important tool in general practice in documenting patient's treatment especially high aesthetic and cosmetic cases<sup>1</sup>.

Clinical photography and academic presentation have undergone a transformation over the past 10yrs<sup>2</sup>. In the past, clinical slide photography and carousel slide lecture presentations were the gold standard in both dentistry and medical fields.

Over the past decade the availability of digital photography, digital imaging systems and computer driven digital presentation programs has revolutionised teaching and lecturing. Before the arrival of digital photography it was expensive to purchase dedicated 35mm dental photographic equipment and accessories and it would be more likely to be bought by the dentist who is an amateur photographer<sup>3</sup>. Since the development of digital cameras the costs have been brought down quite considerably. This has made it more accessible for most dentists to use in their normal everyday practice.

The main advantages of digital versus film photography are instant image acquisition, reduced cost of film processing and a relatively easy learning curve. It is very difficult to out race technology as it is evolving daily at a rapid rate and you will always be behind. So don't plan on using your current digital equipment for the rest of your life it is always outdated within a couple of years. Over time as our own skills and knowledge improve with digital photography we will want to improve on our old images therefore as a pursuit of excellence reinvesting in technology is a part of the challenge.

One of the biggest advantages of digital photography is that the images are seen instantly and can be edited in many ways such as improving brightness and contrast, cropping, changing hue and saturation, adding text and symbols when using digital presentation programs.

## \_Types of Cameras

Digital SLR (Single Lens Reflex) cameras are high-end cameras that are designed for semi-professional to professionals (Fig 1). Recently most of the major camera brands have developed a range of affordable DSLR allowing ones potential to take clinical photography to develop over time as our knowledge and skills increase to achieve higher standards in our practice. DSLR have the advantages of interchangeable lenses including macro and telephoto, metered lenses, ports for accessory flashes such as a ring flash or a dual flash system. You also have the choice between manual focus and auto focus cameras. Although the modern camera can happily control a number of the key settings relating to the exposure and flash levels, these can normally be overridden.



Fig. 1b





Fig. 2



Fig. 3

Fig. 2\_Nikon Coolpix 4500

Fig. 3\_Nikon Coolpix 4500 with ring light

These types of cameras can be expensive and bulky to use for clinical photography. A good number of the point and shoot style of digital cameras are available at reasonable prices and take excellent clinical photographs even at a macro level. The author has been using a Nikon 4500 (Figs 2,3) since 2003, which allows macro images up to 2cms from the object and has attained good results (Figs 6-14). The advantages of the smaller point and shoot style cameras over the DSLRs is that they are less bulky lightweight compact no need for multiple lens changes and works well for most clinical cases.

#### Digital Camera Jargon:

Digital cameras capture images as elements, known as pixels. A megapixel is equal to one million pixels.

The more pixels, the higher the image resolution. Resolution relates primarily to print size and the amount of detail an image has when viewed on a computer monitor at 100 per cent magnification.

More megapixels give you the opportunity to print the images. Many amateur and professional digital photographers like to crop their photos, sometimes reducing them dramatically in size to focus in on the key element of the image. Obvi-

ously, the more pixels you have, the more you can crop while still leaving behind a useful image.

The author considers that six megapixels is sufficient for use in clinical digital photography. It gives one the ability to use the images for presentation to patients and for lectures using software such as Microsoft Office PowerPoint ([www.microsoft.com](http://www.microsoft.com)) or open source software that can be obtained from the internet such as OpenOffice ([www.openoffice.org](http://www.openoffice.org)) and to print reasonable size images (12x18 inches) for poster presentations.

The images are stored onto a hard medium such as compact flash cards (CF card) and secure digital cards (SD card). There are many file types RAW, JPEG and TIFF, they all serve different purposes. A RAW file is comparable to the latent image contained in an exposed but undeveloped piece of film. This means that the photographer is able to extract the maximum possible image quality, whether now or in the future. This format is mostly used in professional photography.

A JPEG file is a file which is compressed. Every time the JPEG file is saved the file will lose its quality. As a result you have a lower quality and smaller image files. For many applications the image quality is more than sufficient, the smaller files also make it easier to transfer online. A TIFF



Fig. 4



Fig. 5