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cosmetic dentistry _ beauty & science

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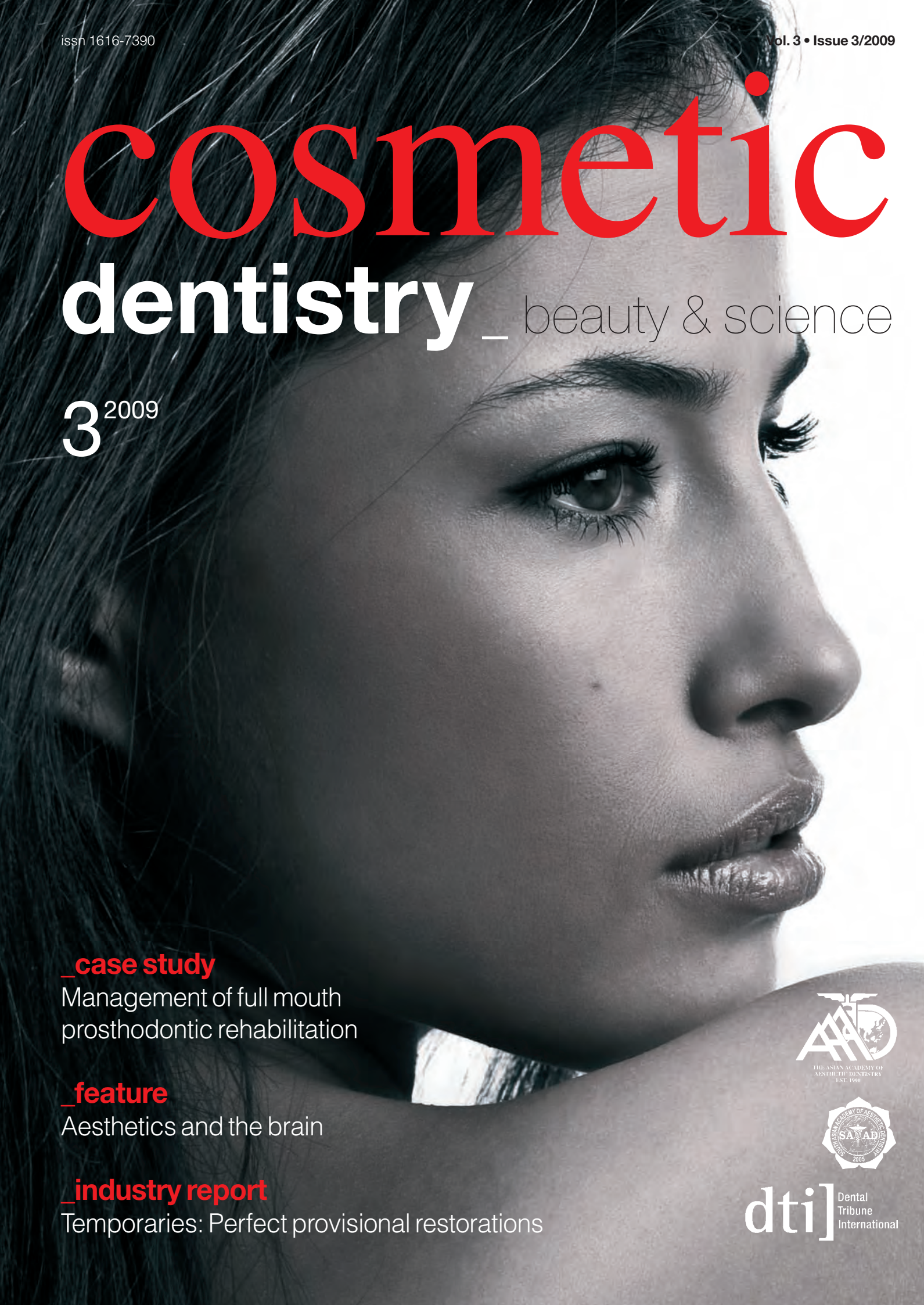

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_feature

Aesthetics and the brain

_industry report

Temporaries: Perfect provisional restorations

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Dear Reader,

Dr Sushil Koirala
Editor-in-Chief

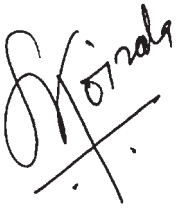
_**Since the beginning of the year** cosmetic **dentistry** has shown a strong presence at various international seminars, conferences, trade shows, and scientific meetings. The amount of positive feedback we have received thus far has encouraged us immensely and given more responsibility to our team in aiming to meet the expectations of our professional colleagues around the world. With the electronic edition of cosmetic **dentistry** now available at www.dental-tribune.com, our readers across the globe now have 24/7 access to information on the latest developments in the field.

It is encouraging to note that various aesthetic events are now hosted in Asia. Additionally, general dental associations are demonstrating increasing eagerness to invite speakers on aesthetic topics to their scientific meetings. As the demand for aesthetic procedures amongst our patients increases, so too does the demand for quality aesthetic dentistry lectures, training and accreditation programmes. Unfortunately, many Asian countries are still lagging behind owing to the lack of such activities at a national level. Because of financial and time constraints, participation in international aesthetic dentistry activities is not viable for many of our Asian colleagues. I suggest that a possible solution to this for our Asian dental professional associations, societies, academies and various educational centres is to utilise the advanced information technology available in the knowledge and skills dissemination process.

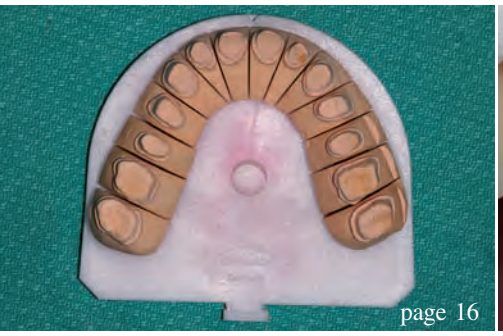
It is my pleasure to announce here that the South Asian Academy of Aesthetic Dentistry will launch its online aesthetic dentistry accreditation (fellowship) programme at www.dentistrysouthasia.com on November 2009. We believe that this effort is a milestone in the development of voluntary professional accreditation systems in South Asia. In addition, the Asia Pacific Dental Federation is planning to launch a two-year fellowship programme in aesthetic dentistry. The concept paper and syllabus for this programme were presented at the ICCDE board meeting during APDC Hong Kong 2009.

As always, I hope you will enjoy this new edition of cosmetic **dentistry**, in which we present a combination of clinical cases, expert opinion pieces and product information. I look forward to receiving your valuable feedback. Please feel welcome to share your clinical expertise and experiences with us.

Sincerely,



Dr Sushil Koirala
Editor-in-Chief
President Vedic Institute of Smile Aesthetics (VISA)
Kathmandu, Nepal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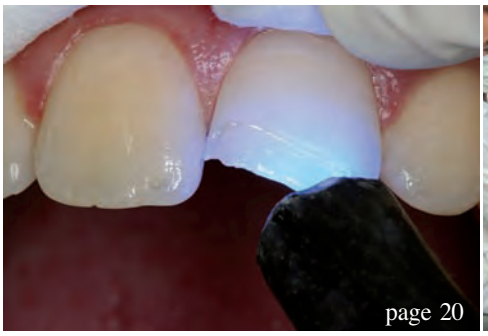
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Welcome to our international colleagues

Dr Suhit R. Adhikari

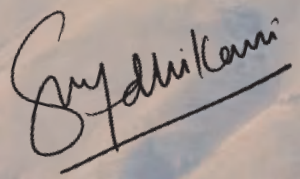
_The South Asian Academy of Aesthetic Dentistry (SAAAD) was founded in 2005 as the first web-based, regional professional academy in South Asia. The academy is dedicated to advancing the art and science of aesthetic dentistry and to promoting high standards of ethical conduct and responsible patient care, by institutionalising a standard continuing professional development programme through the provision of relevant accreditation (fellowship) processes. In order to fulfil its mission, the academy conducts regional aesthetics meetings and skills-oriented aesthetic training programmes and aims to organise its biennial scientific conference on a rotation basis amongst its member countries.

It is my pleasure to announce here that Nepal, the home country of the SAAAD initiator, is hosting the first SAAAD biennial scientific conference from 28 to 29 November 2009. The conference theme is *Minimally Invasive Cosmetic Dentistry: A Holistic Approach*. The conference is organised in collaboration with the Asian Academy of Aesthetic Dentistry, the Nepalese Academy of Cosmetic and Aesthetic Dentistry (NACAD), the Sri Lankan Academy of Aesthetic and Cosmetic Dentistry, the Bangladesh Academy of Aesthetic Dentistry and the Esthetic Academy of Bangalore, India.

It will be the first meeting of its kind in South Asia, with many renowned regional and international aesthetic dentists meeting in one place to share their knowledge and skills in order to promote the art and science of aesthetic dentistry. We believe that the conference theme demonstrates our interest in quality, health and ethical issues of aesthetic dentistry in Asia. We look forward to bringing positive changes though our mutual collaboration.

On behalf of the organising committee and the host country, I would like to cordially invite you all to participate in the forthcoming SAAAD conference in Kathmandu to foster great relationships as professionals and friends and to enjoy the hospitality, natural beauty and cultural richness of Nepal. To sign up for the SAAAD Nepal conference, please visit www.saaad.org. I hope to see you in Kathmandu!

Namaste,



Dr Suhit R. Adhikari
SAAAD 2009 Conference Organizing Chairman
SAAAD Secretary General
NACAD President

Immediate dentures: Are you missing out?

Author_ Dr Craig Callen, USA

_All of the courses advertised today tout the productivity of porcelain facings, orthodontics, automated root canal and implants. While any of these treatments can be rewarding and profitable, the often-overlooked area of treatment that is highly rewarding and profitable is that of removable prosthetics. Yes, I said it, dentures! Many of us became burnt out on making dentures in dental school and never recovered, but times have changed. Not only is there a huge untapped market for high-quality dentures as the population ages, but it can also be one of the most rewarding and profi-table procedures you provide for your patients per hour.

Fig. 1_After, full face.

Fig. 1

In addition, with the materials available to you today, this can be a relatively easy treatment. A lot of what we know about cosmetic dentistry came from prosthodontics. Full denture treatment used to be the ultimate in cosmetic dentistry before periodontal care changed the way dentists practice.

Prosthodontists were really the first dentists to study things such as facial proportions as related to tooth size and shape.

_How to get denture patients

Our office offers a *Free Aesthetic Denture Consult*. This allows patients to meet us and see what we can do for them in a non-threatening environment. If a patient calls in requesting fees, they are offered the option of the free consult. The patient is scheduled for a 10-minute time block with a doctor in the consultation room. He or she fills out a short form that pertains strictly to dentures. Then the patient is given a printout that describes his or her denture options and procedures. We also show the patient pictures of our cases and how natural they look.

We just had two large discount denture centres move into our area (and they tend to be more bait-and-switch than discount centres). We not only had to compete, but also differentiate our office by showing that we provide high quality, aesthetic dentures, not cheap ones.

Most of our dentures are set with Dentsply's Portrait IPN denture teeth, which look amazingly natural. We run a small advertisement in the local paper promoting aesthetically pleasing dentures. In addition, we belong to www.denturewearers.com, which is a great online informational site for denture patients

Fig. 2

Fig. 3

Fig. 4

and will help drive them toward your own Web site and office looking for solutions (Fig. 2).

_Technique appointment No. 1

Randy is a typical patient who came in for a free consultation for immediate maxillary and mandibular dentures. He had been told a long time ago that he had severe periodontal disease and that his teeth could not be saved. A busy contractor, he put off treatment for years. We were able to appoint him for a complete examination and X-ray films, which verified his story.

Financial arrangements were made and we set-up an appointment for impressions, shade and bite (Fig. 3). At the next appointment, we took about an hour to get nice impressions with the Accudent dual alginate system with stock trays.

If Randy had been edentulous, we would have used Accudent's anatomically corrected denture trays. This utilises a light and heavy body alginate mixed in an alginator. The light body sets slower and is applied in a large syringe. Because Randy still had teeth to establish vertical and tooth position, we then took a bite with Discus Dental's Vanilla Mousse, but you can, of course, use your material of choice. If there are many missing teeth, you may also use Discus Dental's Impression Putty for a bite .

The shade was chosen using the Dentsply Portrait Shade Guide. As most people want to bleach their teeth, we see more and more patients choosing lighter coloured teeth. We take several clinical and portrait photos for our records and the lab's use in setting the case.

If the patient wants to change his or her smile, we use *The Smile Style Guide*, written by Dr Lorin Berland and Dr David L. Taub to pick a new smile (www.Digident.com; +1 800 741 7966). It is a great tool that contains a multitude of different smiles progressing from square, pointed, round and flat as well as various length combinations that we include with detailed notes for the lab about exactly what we and the patient want.

Fig. 2_A screen shot of www.denturewearers.com.
Fig. 3_Accudent immediate denture impression.
Fig. 4_Before, close-up.