

## **It's True – Your Teeth Can Give Away Your Age**

### **A 'Smile Makeover' Can Make You Look Younger!**

Dr Amjad Malik at Woodford House Dental Practice is one of an elite group of cosmetic dentists in the UK using highly skilled ceramists, lasers and NASA technology (from which dentistry has borrowed bonding techniques) to create beautiful smiles.

He is a member of both the American Association of Cosmetic Dentistry and the British Academy of Cosmetic Dentistry and has trained with Dr Larry Rosenthal - known as the smile maker to the stars - to achieve Masters Level in Smile Design.

Many of Dr Malik's patients have had their smiles restored using the aforementioned techniques and the results are truly amazing. Anne Kelly is one such patient. Here she describes her makeover experience:

### **Anne Kelly "I Hated My Smile"**

Before



Many people who appear on television makeover programmes have one thing in common – a lack of confidence. These same feelings prompted Anne Kelly to have a "smile makeover."

Anne was a busy sales director for a pharmaceutical company, travelling all over the country. Her job involved a lot of public speaking and socialising and, even though she was naturally a vivacious person, she was always conscious of her smile. "Smiling embarrassed me," said Anne. Complications in her personal life, a divorce, and concerns about her professional career prompted Anne to take the decision of a lifetime and have a smile makeover.

## **A Birthday Celebration She Would Never Forget**

At the first appointment, digital photographs were taken, teeth prepared, and gums were re-shaped using a dental laser, changing Anne's smile forever. After many years of not smiling, Anne could not believe how good her "trial smile" looked. She said at the time: "If my new permanent teeth look as good as these –I can't wait!"

That same evening she went out with her family to celebrate her birthday. Up until that point, Anne had always avoided having her photograph taken but she could not stop smiling that night and every picture features a delighted Anne showing off her new look. Her family were of course thrilled with the new Anne – who was already laughing, happy and confident.

## **A Custom Crafted Smile**

After



Two weeks later porcelain laminates (thin wafers of porcelain), hand crafted by a master ceramist, were bonded to Anne's upper ten teeth. "I can't believe it's me," she said as she hugged Dr Malik. Anne had no pain or sensitivity following her treatment and was able to go straight to her business meeting. The porcelain laminates gave her a whiter, broader smile, improving the tooth shape and colour of her teeth and helping to take away the shadowy corners of her smile. They also gave her better support for her lips and eliminated some very fine lines around the mouth.

## **A Life-Changing Experience**



As you get older, the lower third of your face begins to shrink and teeth become yellow. Anne wanted to improve the appearance of her skin and lips because she was concerned that her face

"was dropping" and lines and folds had begun to appear. Dr Malik suggested Restylane - a dermal filler that is non-animal based and would help her to achieve the result she was looking for.

After a thorough examination and discussion with Anne, Restylane was painlessly injected into her lips and the lines around the mouth. "It felt odd," said Anne, "but it looked great."

She noticed the improvement straight away, particularly when she used lipstick as her lips looked so much better than before and not at all artificial. Botox was used in Anne's forehead as her muscles there had been used to frowning and this treatment helped them to 'relax', resulting in a smooth appearance. Again, it was very quick to administer and completely painless.

Shortly after Anne had her upper ten teeth laminated with porcelain veneers, she decided to have her lower teeth done as well. "All this has changed my life; I am a much happier person both personally and professionally. I enjoy my life and feel confident in every thing I do," she concluded.

Anne left her job as a sales director and set up her own company – the changes in her appearance gave her the confidence to make the changes in her life. Her new approach to life is that there is nothing she cannot do.

*The benefits of Cosmetic Dentistry:*

- In the past few years, cosmetic dentistry has seen great advances in technology, with more natural looking ceramics, use of computers and imaging programs.
- Administering painless injections is a skill mastered by Cosmetic Dentists - the use of Botox and Restylane (collagen fillers) is a far more comfortable experience.
- Aesthetic dentistry no longer looks fake; the porcelains are more translucent and the bonds stronger – with far superior techniques and materials than ever before. This type of dentistry can actually strengthen teeth that have begun to fracture and wear – adding life to your teeth as well as making them look better.

**Enhance your smile, contact us for a free imaging consultation.**

**Woodford House Dental Practice  
Telephone: 020 8504 2704**