

WHAT'S IN PRACTICE

DREAM MAKEOVER ESSEX

**dream
makeover**
Essex
powered by **PHILIPS**

Cosmetic dentist Ash Parmar reports on the dental treatment provided for each of the three winners of his makeover competition

Dream Makeover Essex was a concept that I created, and I am pleased to say that as a team we are well on the way to completing the treatments for our three lucky winners. They have all successfully had their laser eye correction, lens exchange or lens implants treatment by Mr Pillai and his team from Advanced Vision Care (www.advancedvisioncare.co.uk). Mr Pillai is one of the leading laser eye specialists in the UK, and the three winners are so grateful to have 20/20 vision and can now throw away their glasses and/or contact lenses forever!



Ashish B Parmar (Ash) is a private dentist and has a unique state-of-the-art cosmetic and implants practice in Chigwell, Essex called Smile Design By Ash (www.smiledesignbyash.co.uk). Ash is a national and international lecturer and was one of the main dentists on the three series of Extreme Makeover UK, and has treated five of the TV celebrities from The Only Way Is Essex. Ash also runs a training academy for dentists (www.theacademybyash.co.uk).

ELEASHA

Eleasha saw our hygienist first and had couple of one-hour visits to achieve optimum periodontal health. She needed some composite fillings on posterior teeth, which were done with Kalore (GC) (Figure 1: Preoperative view). Thereafter, I did some cosmetic contouring of the edges of the lower anterior teeth to enhance the smile line and the appearance (Figure 2). Eleasha then whitened her teeth with custom-made whitening trays and Philips Zoom Day White gels. This was followed up two weeks later with chairside whitening using the new Philips Zoom chairside whitening system (Figure 3). I have to confess, this is the whitest I have ever seen teeth go (OM1 on the Vita 3D master shade guide), and the patient reported no sensitivity!

Detailed diagnostic records were then taken including a silicone upper impression, new lower alginate, bites in centric occlusion, a Denar facebow record and a stick bite record. The technician was also sent a photocopy of my 30-page detailed dental assessment records and all of the preoperative photographs. Another important thing that I always do for smile design cases is to do a detailed mock up with conventional white filling material (eg B1 colour) (Figure 4). This is mainly to establish the incisal edge position, the centre line and the amount to widen the buccal corridors. A full series of digital photographs, a new upper impression and also accurate digital caliper measurements to 0.01mm of the 10 mocked-up teeth were recorded. These are all valuable pieces of information for the dental technician to make accurate aesthetic and functional wax ups (Figure 5: Temps in situ).

The four-hour preparation appointment went really well. I used the minimal preparation techniques taught by Dr Galip Gürel in doing the veneer preparations. Eleasha really cried a lot when she saw her beautiful trial smile for the first time (Figures 6 and 7: Before and after views). This amazing emotional reaction is really what gives me the buzz in cosmetic dentistry!

