

**KEITH**

I am really proud of Keith. He first presented with very poor oral hygiene and gum health (Figure 1). He used to smoke up to 20 cigarettes a day. I started his treatment by advising that he stopped smoking – which he did. He then saw my hygienist for five one-hour visits to stabilise his periodontal health. The upper lateral incisors were extracted and two-unit transitional Luxatemp Star (DMG) bridges were made (using a putty index, fabricated from wax ups done beforehand). Keith then did home and chairside teeth whitening with the Philips Zoom system (Figure 2). Again, he had no symptoms and achieved a fantastic result! His treatment was completed by making two two-unit cantilever all-porcelain bridges about two months after the extractions. The patient saw my amazing ceramist technician Rob Storrar from Amdecc Dental Laboratory

(www.amdecc.com) for a detailed shade mapping appointment. This was a complex shade to match due to a variety of colours and tints present within the natural incisors. Keith was delighted with his final result and feels a lot more confident with his smile. He raves on about his Diamond Clean and Airfloss brushes (Philips), and is also using Ultradex (Periproducts) mouthwash regularly. Keith has seen my

periodontist for care and advice as well, and understands the importance of meticulous home care and regular professional maintenance every three months, at least.



**CAROLINE**

Caroline is a lovely lady who was already looking after her mouth fairly well. She was unhappy with the smile line and also the colour of her teeth (Figures 1 and 2).

She had a thorough dental assessment, hygienist visits, composite fillings, two required posterior porcelain crowns,

Philips Zoom home whitening for the upper and lower teeth, cosmetic contouring and four porcelain veneers for the upper incisor teeth. I plan to complete the cosmetic improvement by doing two small composite additions to the mesial aspects of the upper canines to improve the shape of the canines, as

well as make the embrasures smaller (Figure 3).

The foundation shade of the prepared teeth was recorded using the Natural Die shade guide (Ivoclar) (Figure 4). Caroline was after a natural end result and we selected the 1M1 shade from the Vita 3D master shade guide.



**FINISHING TOUCHES**

All three patients have had facial aesthetic and beauty treatments from our facial aesthetics expert Frances Furlong of Perfect Skin (www.perfect-skin.co.uk). The treatments have ranged from Restylane and

Perlane dermal fillers, to muscle relaxing injections and dermal rollers. Eleasha and Caroline now have fuller, sexier looking lips to complement their beautiful smiles, as well as younger looking skin.

Next month *PPD* will cover the reveal night for all the contestants' new looks

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