

the art of cosmetic dentistry

Sydney cosmetic dentist **Dr Sarkis Nalbandian** explains his field is as much about art as it is about dentistry and science. Lise Petersen reports.

Cosmetic surgery is not just about teeth,' says Sydney cosmetic dentist Dr Sarkis Nalbandian. 'It is about how patients feel about their facial appearance and the dynamics of tooth and lip display.'

Dr Nalbandian explains that the mouth is a moving part of the face and an important part of facial expression. 'We must look at cosmetic dentistry in the form of a picture where the lips are the frame, the gums are the matting and the teeth are the picture – and this picture is dynamically moving. Cosmetic dentistry is therefore as much about art as it is about dentistry and science,' he says.

No matter why people choose to have cosmetic

dentistry, he explains patients need to be well informed about their treatment options, which is why in their original consultation all aspects of their treatment should be fully discussed.

In his consultations Dr Nalbandian stresses the importance of tooth conservation (minimal tooth intervention) to improve aesthetics and maintain the integrity of the teeth. He also explains to patients that dental materials have come a long way and his clinic can offer patients smile design using either composite or porcelain veneer technology.

'In our practice we offer a one-visit smile makeover

using composite veneers which usually require no local anaesthesia and after one visit patients have an improved smile and facial appearance,' he says. 'In situations where patients have considerable restorations where tooth integrity has been compromised then porcelain-type

reconstructions, that is veneers and crowns, inlays or onlays, are indicated.'

'One of the most important considerations in cosmetic dentistry is the dentist's experience, training and postgraduate qualifications,' he adds. **acsm**



BEFORE



AFTER one visit, smile lift and gum lift by Dr Nalbandian. Composite veneers to 10 teeth.



BEFORE



AFTER one visit, composite veneers and fibre-reinforced bridge work to nine upper teeth by Dr Nalbandian. No injections, no drilling



BEFORE



AFTER six upper porcelain veneers by Dr Nalbandian.