

Laser Gummy Smile Repair... It's easier than you think!

By Dr. Charles Botbol BSC, DDS



When you smile, does your grin appear too "gummy"? Many people complain of smiles that look less than attractive because they show too much gum tissue, otherwise known as a "gummy smile". This can make

the teeth look smaller and the gums prominent. To correct this problem, we use a laser to gently remove excess tissue. This instantly creates a more natural, attractive smile. The laser is extremely precise and the entire procedure only takes a few minutes. Most cosmetic dental patients who undergo this laser procedure report little to no discomfort.

Lori's Smile Makeover Journey

After being very self-conscious about her teeth and smile Lori finally decided to see what cosmetic dentistry could do for her.

A beautiful young woman, Lori would often avoid smiling in photos. She became very aware that her less-than-great smile was affecting her socially. Lori was also in the business world and in sales. She was acutely aware that she didn't look her best in public because of the issues with her smile. When she came to our dental office, she posed several questions. Do I need orthodontics? Gum surgery? Bleaching? Crowns? What would it take to give me the smile of my dreams?

After carefully listening to Lori's concerns, we

completed smile analysis of all the features of her smile. Of course, she was right. She did have a gummy smile. Not only was her smile "gummy", but it was also uneven. Also, her teeth were small, rounded, dull in color and unevenly worn. Lori said that for the time being, she would be happy with "showing less pink" and "whiter teeth".

We agreed that the best place to start would be with whitening. Lori had Zoom 2 whitening done in just over 1 hour !!

Lori was very pleased with the results as it was a huge improvement, but just not enough to give her a dazzling smile!

A few months passed and Lori returned to discuss any other options available to her to make smile even more attractive. Lori was looking for a "Hollywood Smile" ! So, using a dental gum laser, we decided to do a "gum lift" and reshape her gums. Unlike traditional gum surgery with a scalpel, the procedure was very comfortable and healing was quick. We explained that the ideal way to take her smile to the next level would be with porcelain veneers. We could make her teeth all even, whiter in color, better shaped by placing porcelain veneers on her front teeth. After seeing numerous before and after photos of other patients that we had treated with porcelain veneers, Lori was excited about getting a sensational new smile and was anxious to start treatment immediately.

See Lori's completed smile makeover with gum lift and porcelain veneers. Lori was absolutely ecstatic with the results achieved for her. She now has the smile of her dreams!

Lynn's Laser Revolution





Lynn was very frustrated with her unattractive smile. She looked great except for that congenitally missing right lateral incisor. The canine moved forward into its spot followed by the first bicuspid. A "peg" lateral was on her left side. Add to that uneven gums and old discolored bonding. Her teeth were simply too short and discolored, and the appearance of her gums didn't help.

In one area, her gums were swollen, infected and appeared red instead of the normal healthy pink color. She asked us, "Is there anything you can do to give me better looking teeth and gums?"

Actually Lynn's problems were pretty simple to solve. We cleaned her teeth and taught her how to keep her gums healthy. Then we reshaped her gums with the dental laser, removing her excess gums which made her teeth look a little longer. Her smile looked much better, but the teeth were still too short and discolored for her. Could we do anything else to really give her a great smile? Lynn was looking for a beautiful "Natural Smile"!

The answer to her concerns was to place



porcelain veneers on her upper front teeth. She could choose the color, shape and length of the teeth that she thought she look the best. Below is a photo of Lynn with her new smile created with Laser gummy smile correction and porcelain veneers.

She just loves the Laser !!

This lovely patient's smile was transformed with laser gummy smile correction and 5 porcelain veneers and a 3-unit all porcelain bridge. She now has an enviable smile!

Dr. Charles Botbol has been creating both beau-



tiful and healthy smiles for his patients from as far back as 1996. He is a highly sought after Toronto area dentist who has trained at some of the world's most prestigious continuing education centers for dentistry. No stranger to the media, Dr. Botbol has been featured on CTV'S Canada AM, CH Morning Live and 680 News, among other media outlets. He has also acted as a national spokesperson for Johnson & Johnson and Listerine products. Dr. Botbol was also asked to sponsor 2 of the finalists of the "Miss Universe Canada Pageant" and recently completed a smile

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Q & A with Dr. Fred Weksberg

Dr. Fred Weksberg is recognized as a leader in the field of Cosmetic Dermatology focusing his practice on Botox Cosmetic, Injectable Fillers, Fraxel, Thermage and Sclerotherapy. He is committed to excellent patient care and ongoing research and education. He teaches locally and abroad and is often quoted in the media. Please visit www.drweksberg.com or email your questions to askanexpert@revivemagazine.ca

Q: Is it possible to still have a "natural" and not overdone look if I try Botox for my frown lines between my eyes.

A: Botox has been revolutionary in helping to improve the frown lines on the face. Some physicians in an attempt to maximize frown reduction have used higher doses of Botox, causing that frozen or plastic look we have seen all too often. Although not at all harmful to the patient, it does produce an "overdone" look. This does gradually disappear.

This is completely avoidable by discussing this with your doctor, and adjusting the dosage of Botox that is best for you. Sometimes "less is more" and reducing the Botox dose allows for a more natural soft look.

Q: Does diet affect acne? What should I avoid to reduce pimples?

A: Don't eat that - you'll get acne! We've all heard it from parents, friends or even the

family doctor. But the fact is, even after extensive study, scientists have not found a connection between diet and acne. Not even chocolate, pizza, or french fries.

According to the American Academy of Dermatology, "A healthy diet is important for improving raw materials for healthy skin." It has also been shown that greasy or sugary foods do not cause acne.¹ Likewise, a study published in the Journal of the American Medical Association concurred, "Diet plays no role in acne treatment in most patients...even large amounts of certain foods have not clinically exacerbated acne."¹ Of course, that doesn't mean you should make a habit of eating foods high in sugar or fat. The skin is the body's largest organ, so what's good for the rest of you will be good for your skin, too.

¹ Woods La-Voie P, "The ABCs of skincare for kids," Better Nutrition, No. 9, Vol. 63, p. 32.



makeover for finalist Yasmin Moavenian and is currently treating 4th runner up Isabelle Grastin. CTV's "So You Think You Can Dance" finalist Natalli Reznik trusted her smile to Dr. Botbol and recently had 10 porcelain veneers placed by Dr. Botbol. Please visit www.StudioBdental.com to learn more about Dr. Charles Botbol.

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