

THE ROLE OF COSMETIC DENTISTRY IN RESTORING A YOUTHFUL APPEARANCE IN SAUDI POPULATION: AN OVERVIEW

Dr. Duaa Ali Al-Ghanim*, Dr. Ghadeer Mahdi Al-Salat, Dr. Razan Sameer Al-Shaikh

Al-Farabi College, Department of Dentistry, Riyadh, Saudi Arabia.

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*Corresponding Author

Dr. Duaa Ali Al-Ghanim

Al-Farabi College,

Department of Dentistry,

Riyadh, Saudi Arabia.

ABSTRACT

Mouth is a vital organ to express aesthetics in very diverse and distinctive ways. Size and form of the lips, mouth corners, and smile all play significant roles in aesthetics. A smile is a delighted, generous, or charmed facial appearance, characteristically with the corners of the mouth turned up and the front teeth exposed. This paper is a literature review of the research on the role of cosmetic dentistry in restoring youthful appearance among young Saudi adults. By using the PubMed database, a free search engine primarily accessing the MEDLINE database of references and abstracts on the life sciences and biomedical topics. Nevertheless cosmetic dentistry is not a standard field inside the

dental career, it takes years of wide-ranging education and teaching to be able to execute the many cosmetic dental processes now accessible to the uppermost principles. The number of females who undergo cosmetic dental surgery in Saudi Arabia has increased dramatically over the last few years. However, increasing awareness of cosmetic dentistry is wreaking havoc on men and women in ways that far exceed the bounds of monthly income, educational status or age. In conclusion, the studies reported in the literature showed that Cosmetic Dentistry has great prospective to alter population's insight, receipt, approval and use of dental facilities to improve beauty

KEYWORDS: Cosmetic Dentistry, Aesthetics, Saudi Adults, youthful appearance.

INTRODUCTION

Good looks is desired all around the Globe that may be perceived in both in natural and in a synthetic world. Beauty can be stated in diverse ways such as virtuous-beauty and physical-

beauty. Considerably, people be likely to show physical-beauty inversely global. Individuals may precise their physical-beauty by their clothing. Others may show physical-beauty by the form of their physiques. Increasingly, people have been expressing their physical-beauty by the way they look. Specifically, the face is one of the most important ways to show the physical-beauty.^[1]

Many surgical procedures, cosmetic treatments, and make-up are used to express the physical-beauty of the face. One of the main ways to express this type of beauty is the appearance of the mouth. Mouth is a vital organ to express aesthetics in very diverse and distinctive ways. Size and form of the lips, mouth corners, and smile all play significant roles in aesthetics. A smile is a delighted, generous, or charmed facial appearance, characteristically with the corners of the mouth turned up and the front teeth exposed.^[2]

This fashion to an intensified alertness of esthetics has confronted dentistry to appear at dental esthetics in a new structured and efficient way, so that the well-being of patients and their teeth is still the most significant basic objective. But some current dentitions merely cannot be reestablished to a more attractive appearance without the help of some different dental disciplines. Currently, all dental specialist must have a detailed understanding of the roles of these several disciplines in generating an esthetic renovation, with the most traditional and biologically sound inter-disciplinary management strategy probable.^[5]

Esthetics has developed a reputable term in dentistry. In the former times, the prominence of esthetics was reduced in favor of words such as function, structure, and biology. Nevertheless, if a management proposal does not initiate with a vibrant view of its esthetic influence on the patient, then the conclusion could be devastating.^[6,7] In current inter-disciplinary dental world, management development must initiate with well-defined esthetic aims. By commencing with esthetics, and taking into thought the impact on function, structure, and biology, the dental specialists can use the countless disciplines in dentistry to deliver the uppermost level of dental maintenance to each patient.^[8,9,10]

Cosmetic Dentistry has great potential to change population perception, acceptance, uptake and utilization of dental services to enhance beauty. With increasing fascination among young vibrant populations including annual large Muslim pilgrims and visitors, there is a significant role played by the cosmetic dentistry in restoring youthful appearance in Saudi Population.

AIM AND OBJECTIVE

To determine the role of cosmetic dentistry in restoring the youthful appearance in young adults among Saudi Population.

Studies on the Role of Cosmetic Dentistry In Restoring Youthful Appearance

Cosmetic Dentistry

Dentistry is no more just a case of filling and extracting teeth. Today several people turn to cosmetic dentistry, or 'aesthetic dentistry', as an approach of enhancing their appearance. They do this in the similar manner they may use cosmetic surgery or even a new hairdo. The treatments can be used to straighten out, lighten, redesign and mending teeth. Cosmetic treatments include veneers, crowns, bridges, tooth-colored fillings, implants and tooth whitening.

Cosmetic dentistry is concerned with the appearance of teeth and the improvement of an individual's smile. In this arena, the stress is on the skill of dentistry, not just the science. On the apparent, making white teeth, or even complete new teeth in broad-spectrum, may not seem to be that intricate. Yet cosmetic dentistry needs a noble eye, a detailed understanding of dental anatomy, and a mastery of dental tools. Elsewhere that, the dentist need to be able to connect his or her idea to a laboratory specialist — a significant performer in the understanding of any smile transformation. Nevertheless cosmetic dentistry is not a standard field inside the dental career, it takes years of wide-ranging education and teaching to be able to execute the many cosmetic dental processes now accessible to the uppermost principles.

Teeth Whitening

Tooth whitening (tooth bleaching), is also the restoration of a natural tooth shade or whitening the natural shade. Retaining of the original, natural tooth-shade is likely by merely eradicating superficial tints affected by extrinsic aspects such as tea, coffee and tobacco. The accumulation of calculus and plaque can also effect the discoloration of teeth. This retaining of the natural tooth-shade is achieved by cleaning of teeth by a dental expert (generally termed "scaling and polishing"), or at home by several oral hygiene methods. Calculus and plaque are challenging to eradicate without a professional cleaning.



Figure No: 1 Teeth before and after Teeth Whitening.

Composite Bonding

Composite bonding is a cosmetic procedure in which a type of dental material – in this type, composite resin – is shaped and molded on your teeth to offer the look of straight, white smile. It can be cast-off as a cosmetic solution to cracked teeth, gapped teeth and discoloration in both teeth and fillings. Composite resin bonding is not for every person. If your smile is crooked as the consequence of an over-bite or under-bite, this treatment would not aid to correct it.



Figure No: 2 Teeth before and after the treatment with composite bonding.

Porcelain and Composite Veneers

Today's composite resources can deliver a life like, good-looking appearance that preserves tooth structure and can last for an extended time. With composite veneers, resin is applied in sheets to the tooth and sculpted right in your mouth to attain the preferred esthetic. Composite veneers are used in circumstances in which there is chippings or staining of natural teeth. They are also cast-off where there are slight miss-alignments of teeth to provide teeth the appearance of more aligned teeth. The supreme benefit of composite veneers is their reversibility; they can be detached and changed as needed. Composite veneer treatment is an art.



Figure No: 4 Teeth before and after treatment with Veneers.

Porcelain Crowns

Porcelain is a kind of ceramic made by firing and piling and ceramic speak of porcelain only. Pure-porcelain is the solitary crown which gives the desired transparent appearance to the tooth. The main drawback in expending all porcelain-crowns for retaining the front tooth is that the knowledge essential to place them is very thought-provoking but still are located there for their aesthetic demand. They are transparent in color and commonly, their shade is prejudiced by the tooth underneath them.



Figure No: 5 Porcelain Crowns.

Porcelain Bridgework

A bridge not only fills the gap formed by a lost tooth, but it also stops movement of residual teeth. Bridges can be used to substitute one or more misplaced teeth. Slightly damaging adhesive procedures can occasionally replace a single tooth by bonding to healthy neighboring teeth. Conservative fixed bridgework can be built to replace one or more lost teeth via fixed crowns on the neighboring teeth, associate the additional in between them. All the lab made repairs are built to the peak standard in combination with extremely skilled specialists with whom the work is done very closely.

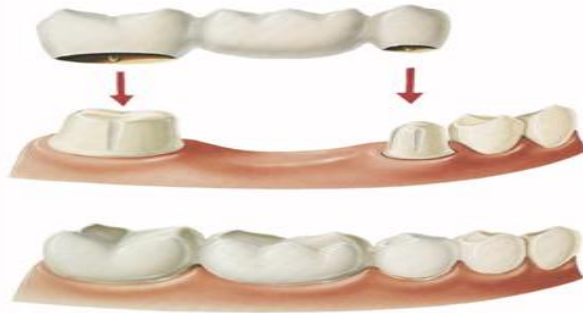


Figure No: 7 Porcelain Bridgework.

Dental Implants

Dental implants are metal supports or frames that are surgically placed into the jaw-bone underneath your gums. Once in place, they let the dentist to mount replacement teeth onto them. Bridges mounted to implants would not slip or shift in the mouth — an exclusively important benefit when chewing and talking. This safe fit helps the dentures and bridges as well as distinct crowns placed over implants feel more natural than conventional bridges or dentures. An advantage of implants is that no neighboring teeth need to be arranged or ground down to hold your new replacement tooth/teeth in place.



Figure No: 9 Dentals Implants.

Inlays and onlays

Dental inlays and onlays are restorations used to restore rear teeth with mild to moderate falloff or broken and cracked teeth that are not adequately impaired to need a crown. Ideal applicants for inlay or onlay work characteristically have too much harm or waning in the tooth structure to be magnificently cured using a filling, but have adequate healthy tooth lasting to elude the need for a crown. This permits the dentist to protect more of the patient's unique tooth structure.

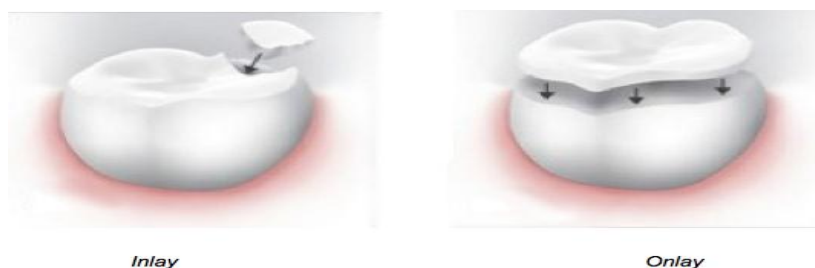


Figure No: 11 Inlays and Onlays.

Tooth Colored Filling

Tooth colored fillings, also called white fillings, are dental fillings that repair and mimic the natural look of tooth structure. In addition to restoring teeth that have cracked or decayed, tooth colored fillings may also be used cosmetically to alter the size, color and shape of teeth. This quality is mainly useful in finishing gaps between teeth; repairing chipped teeth and make teeth seem to be more straight or even.



Figure No: 13 Teeth before and after treatment with Tooth Colored Filling.

Clear orthodontic aligners

Clear orthodontic aligners can straighten a dental patient's teeth deprived of the wires and brackets of outdated braces. The aligners contain of a sequence of clear, changeable trays that fit over the teeth to straighten out them. Each tray must be damaged by the patient for a stated quantity of time typically around 20 hours a day for two weeks—before the patient can advancement to the next tray. In most circumstances, the aligners can straighten teeth in anywhere from six to 18 months.



Figure No: 13 Clear Orthodontic Aligners.

Cosmetic gum surgery

Cosmetic gum surgery, also known as aesthetic crown enlargement, can be a transformative skill for people who think that their gums rest too low or too high on their teeth. Cosmetic gum surgery, or periodontal surgery, can correct almost any malformation or gingival problem. Most people have their gums redesigned to improve the look of their smile. However, some people undergo gum-contouring operation as part of other essential periodontal procedures, such as crown enlargement, pocket lessening, and reformative procedures.



Figure No: 14 Before and after treatment with Cosmetic Gum Surgery.

Tooth Contouring and Reshaping

Sometimes little defects in teeth can attract more than their fair share of attention. The eye often seems drawn to the tiny chip in a front tooth; the slight divergence in tooth size among adjacent teeth; the extra-pointy canine. If you find yourself staring at these understated yet distracting features in your own smile, it's treated often with a minimally invasive, relatively cheap procedure known as tooth contouring (re-shaping).



Figure No 15: Before and After treatment with Tooth Contouring and Reshaping.

DISCUSSION

Several researches have been directed worldwide and locally to assess the aesthetic necessities of the individual. Research conducted in Riyadh among 238 Saudi men between the ages of 16 and 77 determined that quarter of the members required the necessity of tooth replacement, less than half stated that tooth-loss undesirably exaggerated their appearance.

This study determined that personal needs for aesthetic were extremely flexible.^[11] An additional study reported many patients visited the orthodontic department for the treatment of different type of mal-occlusion that sway the aesthetic viewpoint of individual. Study conducted in Jeddah reported that orthodontic treatment require pretentious self-consciousness, pressure, awkwardness, petulance, and life gratification among 366 young adult.^[12]

Saudis spend huge amount of money buying teeth whitening products and getting clinical procedures done just to achieve the right and suitable shade of teeth. According to a study conducted by the International Society of Aesthetic Plastic Surgeons (ISAPS), Saudi Arabia ranks 22nd among the top 25 countries with the highest rates of cosmetic procedures in the world.^[13] The dentists says that cosmetic dental surgery has become a trend in Saudi Arabia nowadays because it has become socially acceptable to go under the knife for aesthetic reasons and that people have assigned greater importance to the notions of beauty.^[14]

The number of females who undergo cosmetic dental surgery in Saudi Arabia has increased dramatically over the last few years.^[15] This demonstrates that cosmetic dental surgery is becoming a new trend related to beauty ideas, especially for women and to some extent for men. However, increasing awareness of cosmetic dentistry is wreaking havoc on men and women in ways that far exceed the bounds of monthly income, educational status or age.^[16]

CONCLUSION

In conclusion, the studies reported in the literature showed that Cosmetic Dentistry has great prospective to alter population's insight, receipt, approval and use of **dental facilities to improve beauty**. With cumulative attraction among young vivacious populations containing yearly large Muslim pilgrims and visitors, there is a major role played by the cosmetic dentistry in reestablishing youthful appearance in Saudi Population.

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