

BODY IMAGE

A REASON TO SMILE

For many, a dazzling smile has become the ultimate fashion accessory. To enhance the smile with a minimally invasive approach, Wilshire-based Dr. Gregory Kaplan, DDS, developed the smile by design method. (SBDM), a technique mastered and performed in dentists' offices across the country. The system uses a combination of photographs, x-rays, and models of the patient's teeth to analyze 27 parameters of his or her smile. "This allows us to evaluate such things as whether the curvature of the smile matches the curvature of the lips or whether the smile is straight and the teeth are centered," says Kaplan. Next, he designs a smile for the patient based on his findings. "We can choose the right technique, anything from Invisalign and veneers to direct bonding, to give the patient their desired goals," he says. "The process can take the smile from a 5 to a 10 while maintaining the integrity and health of the teeth. The rest is up to the patient."

Bleaching can also be a quick fix for pearly whites. All bleaching methods, though, are not the same. Gregory Kaplan, DDS, of Wilshire Center Dental Group, warns that over-the-counter teeth-brightening methods don't have the strength of bleaching agents found in dental offices. "Supervised teeth whitening by a dentist will ensure you get the lightest possible teeth without the danger of damaging your gums or the enamel of your teeth," he says.

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