

FIRST IMPRESSIONS: WHAT PEOPLE NOTICE FIRST IS YOUR SMILE.

Readers were surveyed about First Impressions and what they notice first about a person. The Top 3 answers were: eyes, body language and the #1 answer... SMILES. We spoke with a Cosmetic Dental Expert, Dr. Jerry Simon about smiles and he shares with us an informative article he wrote.

THE SCIENCE BEHIND HOW WE CREATE A “WINNING” SMILE

By Dr. Jerry Simon, D.D.S.
Dental Expert and Founder of Dental Care of Stamford

We all know that we should not judge a book by its cover and beauty is only skin deep; but we also know that first impressions matter and feeling our best helps boost our self-confidence.

A polled-reader shared:

“I notice a person’s overall oral health: their gums, their smile and teeth; because a good oral health may be an indicator of better overall health.”

Having an attractive smile is more than just for appearances; a straighter smile does help improve your overall health. So let’s start with getting the smile straight and the science behind it all. As they say...

“a great smile is the accessory that goes with everything”.

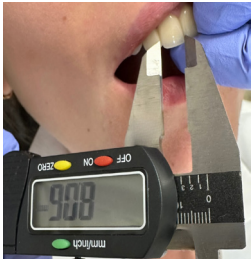
How do we go from OK to FABULOUS?

STEP ONE is to know that there is a science behind beauty that has been known for literally hundreds of years and has been studied in art, in poetry, and in music. It is called the GOLDEN PROPORTION. Which means that the sizes and shapes of things such as height to width and one thing compared to something else makes a huge difference in how our brains perceive them. So let’s see how that applies to achieving a great smile.



So if nature did not cooperate, how do you get that great smile?

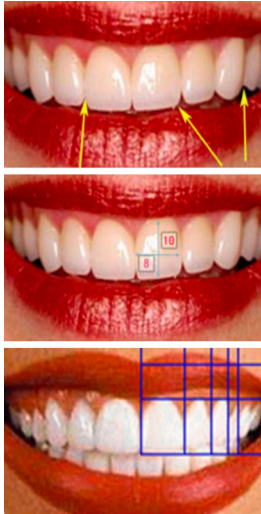
We start with an analysis of where the smile is versus the GOLDEN PROPORTION using a scientific caliper to make measurements. (img. 1) Author Stephen Covey whose book, “The 7 Habits of Highly Successful People,” sold over 20 million copies starts Chapter 2 with “Begin with the end in mind”. You have to know where you are and where you want to go.



img. 1 Scientific Caliper

The Golden Proportion

So we start with photographs of the patient’s smile from the front and the side then measure so we know where we are starting and where we want to go. In the golden proportion diagram (img. 2) you can see that there are mathematical relationships between the sizes of the front teeth. The height to the width of the two front teeth should be 80%. The proportions of the three front teeth to each other, when viewed from the front, should be 1.6 to 1 to .6. Once we have these measurements, we create a plan and then we have options to create that perfect smile.



img 2. Golden Proportion

What are the options for creating that perfect smile?

1.) Adult Clear Braces: If the teeth have spaces or are crooked, but nice in shape and color we will present the option of cosmetic adult orthodontics to close the spaces and/or rotate crooked teeth.

2.) Dental Veneers: If the teeth have old discolored fillings, chips and cracks, or dark and mismatched in color then custom porcelain veneers might be the way to go.

3.) A Custom Smile: Your teeth may need a combination or a simple fix. Whatever we present, we understand that a great smile is one that meets the requirements of GOLDEN PROPORTION.

So once we know where you want to go, we can make it happen! Let’s look at three actual patients of mine to see how we applied this in our treatment.

NOOR (img. 3) was unhappy with her smile, but did not want braces or veneers. She did not need them whitened or straighten. She just did not like that they were very long and as a kid she had been teased as having bunny teeth. So after doing measurements we found that we could have a dramatic positive effect just by shortening the two front teeth to establish the perfect ratio of height to width. To show her what we could do by just shortening the two front teeth we used a black erasable marker to make it look like one of her front teeth was shorter and she loved it so we reshaped both her front teeth by just the right amount and Voila... fabulous result that she was thrilled with!



DAREK (img. 4): had two missing front teeth and a complete misalignment with his upper and lower jaws. He was told he needed complicated jaw surgery and caps on his teeth to fix it so he did nothing for many years. After our analysis, we determined that he’d only need about 10 months of cosmetic orthodontics and one dental implant with a two tooth fixed bridge to replace the missing tooth. No jaw surgery or tooth capping was needed at all. And again, a fabulous result that improved his appearance dramatically.



img. 4 Darek

SAHUDY (img. 5), Sahudy wanted a “perfect golden proportion smile”. Perfect shape, perfect proportion,

and perfect color. So first we did cosmetic orthodontics with clear braces to close the spaces and position the teeth and then we did porcelain veneers on her upper teeth to create the GOLDEN PROPORTION ratios and color. You can see the outstanding results that can be achieved with proper planning, in this case using clear braces to move the teeth first so the new veneers would be in prefect alignment and proportion.



img. 5 Sahudy

Begin with the end in mind first.

Then once you know what you want, you can see how Cosmetic Dentistry is both art and science, not just drilling teeth and gluing veneers on. Some cases like Noor’s are elegant in their simplicity and others are way more complicated. If you want to improve your smile, make sure you get it done properly by experts who are trained in the science of making beautiful smiles.

Dr. Jerry Simon: Founder of Dental Care Stamford & world-renowned Cosmetic Dental Expert has been giving hundreds of patients beautiful, healthy smiles for over 40 years!



Want to improve your smile, but not sure where to start? Start with a Complimentary Smile Consultation. Get your questions answered:

- drjerrysimon@dentalcarestamford.com
- DentalCareStamford.com
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DID YOU NOTICE SHE IS MISSING AN EYEBROW?

94% said the very first thing they notice about people is their smile

MAKE A GREAT FIRST IMPRESSION WITH A BEAUTIFUL, HEALTHY SMILE!

FREE CONSULTATIONS
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