

# 12 steps to happiness

## CLINICAL TIPS

**Nishan Dixit** shares his process for ensuring maximum consistency when tackling smile design

**Dr Nishan Dixit BDS (Lond) LDS RCS (Eng)**  
President of the British Academy  
of Cosmetic Dentistry



People are motivated to improve the appearance of their smiles for various reasons. We often say that smiling is contagious, and it's something we could all do more of – particularly right now.

As such, smile design is an essential part of the modern dentist's armamentarium. When implemented effectively, it offers a predictable and minimally invasive way to give patients a smile to be proud of.

### Step-by-step

I typically follow 12 steps:

1. Assess the lip line and smile line
2. Position the incisal edge of the upper central incisors – it should be just above the lower lip in a full smile or it should fit with the lip when extrapolated from the cusp tips of the posterior teeth
3. Position the dental midline
4. Correct the central incisor proportions – the average height should be 11mm and the height-to-width proportion between 0.7mm-0.85mm
5. Use golden proportions to calculate other tooth widths (central-lateral-canine should be 1.6mm-1mm-0.6mm)

6. Align the long axis of the teeth and assess the buccal corridor
7. Idealise the gingival aesthetics – lateral incisors should not be higher than the line drawn between central and canine
8. Check heights of any contact points – they become shorter as you progress distally – and follow the 50-40-30 rule
9. Plan the embrasure form – the embrasures should be positioned apically and become more rounded from midline to the distal edge
10. Design the labial anatomy, including where to position the line angles
11. Decide on colour graduations and incisor translucency – consider the patient's age and desired appearance
12. Select overall colour of the case – again, in conjunction with their age and treatment goals.

### Best laid plans

The main challenge associated with smile design is applying the above to a patient's existing dentition, while being as minimally invasive as possible.

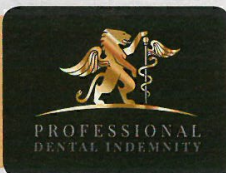
In some cases, tooth reduction is unavoidable, though orthodontic treatment to reposition the teeth and reduce the necessary preparation should always be considered where appropriate.

My advice would be to do a wax-up first, then temporaries and then the definitive porcelain restorations.

I also like to prepare the teeth through the temporaries using the Galip Gürel technique.

By following the steps above and engaging with the patient, outstanding results can be achieved. **D**

## 5 GREAT REASONS TO CONSIDER CHANGING YOUR DENTAL INDEMNITY

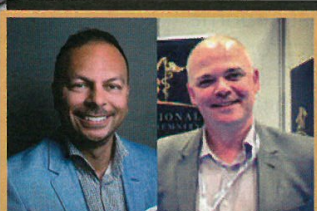


- Personal service, 24 hour help lines. Your best interest is in our hearts.
- Do you need a Claims made or Claims occurred product? We have both!
- Lloyd's of London underwriters and extensive legal teams.
- Long history of covering Dentists with a non settling culture.
- Cover for implants, Orthodontics, maxillo facial and facial aesthetics, all general and specialist practice.

Dental Indemnity has become a huge topic now and we are pleased to say we were one of the first players to introduce insurance based Indemnity to dentists. This has been validated by new players in the market but has led dentists to become more confused than ever understanding the difference between the mutuals/insurance based/claims made/claims occurred products and to what help is available and fundamentally will they get good advice and support when needed. With access to the best products for you and a history of looking after Dentist personally and professionally we are best placed to guide dentists to a product that isn't one size fits all but the best suits your needs. We are a great combination of dynamic approachable and accessible with the assuredness of Lloyd's of London approved underwriters and UK wide law firms.

For more information please see [www.professionaldentalindemnity.co.uk](http://www.professionaldentalindemnity.co.uk) speak to Gary Monaghan on telephone number: 07525 850679 or 02073154099

For more info  
Text CALL BACK to  
07525 850679



neel@ gary@  
professionaldentalindemnity.co.uk

### CLIENT TESTIMONIALS



**'A smile is happiness you'll find right under your nose'**  
Tom Wilson

