

Title of manuscript: Bridal Dentistry

Dr. Rohit Shah¹, Dr. Ligi Elsa John², Dr. Dipika Mitra³, Dr. Silvia Rodrigues,⁴ Dr. Harshad Vijayakar⁵, Chirag Jain⁶, Surbhi Dharne⁷

¹(Reader, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

² (Post graduate student, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

³(Professor, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

⁴(Reader, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

⁵(Professor and head, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

⁶(Intern, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

⁷(Intern, Department of Periodontology, TPCT's Terna Dental College & hospital, India)

Department of periodontology
TPCT's Terna dental college and hospital
Sector-22, Nerul, Navi Mumbai-400706

Email ID's:

rohishshah17@gmail.com- 9699860609

lijij210@gmail.com -9920458858

drdipikamitra@gmail.com - 9820180406

silvia.rdrgrs@gmail.com - 7709315422

drharshadvijayakar@gmail.com-9820128432

jainchiragsuresh96@gmail.com- 8879434884

dharne.surbhi@gmail.com- 9619967541

Subject area: Review article.

Corresponding author details:

Dr Rohit

Reader,

Dept of Periodontology

TPCT's Terna dental college and hospital

Sector-22, Nerul, Navi Mumbai-400706

Bridal Dentistry

Bridal dentistry or marriage dentistry is a very new branch of aesthetic dentistry which can revitalize your smile and make it look dazzling and bright in your wedding. This is similar to smile designing except for the fact that it will be done in a short period of time.

It offers a host of dental services for both brides and grooms that you may need for your special day.

Wedding day is one of the most important and memorable days of your life. The need to smile is never more than on your wedding day, and chances are that you are never photographed more than on this day.

Every bride wants to cherish and remember their wedding day, from their dress, hair, makeup and jewellery, every detail is important for achieving beautiful photographs not forgetting a confident and radiant smile.

There are plenty of pre-wedding functions also, so your teeth should be bright, healthy and picture ready for memories that last a lifetime for you and your family.

An increasing number of patients are looking for cosmetic dental treatment to boost their smile for their wedding , whether with a professional teeth whitening treatment or more extensive cosmetic dental treatment needs..

An even more beautiful smile is totally achievable, no matter what your timeline, once you put in a little planning. Just like booking your wedding venue in advance of your wedding day, it is recommended to schedule a dental exam as early as possible to define, implement and complete the treatment you may need in advance your big day.

The bride-to-be should attend the dentist for an initial consultation and examination. This first meeting with your dentist will help determine concerns, goals, expectations and wedding day timeline.

A list of all the issues with the teeth that are concerning should be made and should be discussed. The dentist needs to take in photos or images of smiles that illustrate what patients find attractive, this helps to understand exactly what patient wants or doesn't want. To help make the best decision, it can also be useful to see before and after photos of actual patients that the dentist has treated, keeping in mind the condition of the teeth, shape of the face, personality and preferences.

At this consultation x-rays(if required), photographs of patients teeth and dental impressions may be taken. 3D imaging can show the potential impact of dental procedures and helps to plan the treatment.

Dental health is of high importance as always and a routine as well as cosmetic assessment should be carried out. To avoid the risk of a cavity or wisdom tooth giving pain at the time of the wedding. Customized treatment options should be offered, in keeping with your particular budget and time frame. Many factors can impact the optimal outcome, including how straight the teeth are, the gum condition and whether there are existing crowns or fillings.

The first couple of dental visits include first appointment consultation, registering bride/groom smiles with photographs and models, analysing their smile and accordingly making a treatment plan, planning dates for the treatment and finally giving a smile that suits them best.

Bridal dentistry services such as:

- 1.Dental Spa
- 2.Tooth Tattoo
- 3.Teeth Whitening
- 4.Laser Cosmetic Gum Treatment
- 5.Full Mouth Rehabilitation by Zirconia crowns
- 6.Dental Implants
- 7.Teeth Jewellery
- 8.Laser Bleaching
- 9.Diastema closure
- 10.Veneers
- 11.Invisalign Braces
- 12.Smile Designing

Teeth cleaning and polishing (Scaling)

The best way of ensuring a radiant smile is by maintaining the dental health. Oral hygiene should be assessed and advised as necessary.

A professional cleaning or scaling and prophylaxis should be done in a dental practice before the wedding to help remove stains and tartar build-up that might detract from the smile. A thorough and gentle cleaning also keeps gums healthy and brings a freshness to the mouth.

Teeth Whitening (Bleaching)

People always want a brighter and whiter smile, so teeth whitening is a very popular and sought after treatment before weddings. There are a number of safe, simple and cost effective whitening options that can produce dramatic results.

The dentist needs to select the best teeth whitening option whether it's in-clinic chairside whitening with laser or take-home whitening kits. Laser whitening is often the choice for people who don't like the idea of wearing the bespoke trays used in home whitening.

Healthy teeth that have become yellow with age, or are stained from coffee, red wine or smoking, usually respond well to whitening. The darker your teeth, the more help they need.

An usual recommendation is to not leave it just before the wedding but start it approximately 3 months before, followed by a top-up treatment about 1 week before the occasion.

People with oral habits like smoking, drinking too much tea and coffee and other chewable products causing staining, should be offered complete teeth whitening solution with latest bleaching kits, customized bleaching trays and laser light teeth whitening. Age is not a concern and anyone can be a patient for the same. Re treatment may be required only in cases which do not alter their oral habits. Additional prophylaxis treatment options should be provided for tobacco addicted and smoking patients.

Cosmetic Bonding and Dental Contouring

Smile enhancement does not always require a lot of time. Techniques such as reshaping and bonding, with teeth whitening can take place in just a few dental visits and produce very attractive results.

Bonding can improve the appearance of teeth that are chipped, broken or have spaces between them. With bonding, tooth-coloured composite filling materials are applied, or bonded, to the tooth surface to fill small spaces, close gaps and to correct minor developmental defects in the shape and appearance of a tooth . Dental contouring involves gentle smoothing, which subtly reshapes teeth, removes uneven edges and corrects minor crowding.

It is a non-invasive and a highly recommended conservative procedure that is planned during your initial consultation.

If the patient has a decayed tooth, fractured tooth, diastema that is gap between the teeth or attrition due to oral habits of aging, then the solution is cosmetic bonded dentistry with a variety of shades which can match the tooth colour upto 99%. The polishing of these restorations can be done using electronic motors and polishing cups to give a smooth and natural looking replacement. All these materials are light cured and come to function immediately after the procedure.

Veneers

Veneers are another popular choice for brides and grooms that are unhappy with the appearance of their smile.

Dental veneers (sometimes called dental porcelain laminates) are wafer-thin, custom-made shells of tooth-coloured materials designed to cover the front surface of teeth to improve the appearance. These shells are bonded to the front of the teeth changing their colour, shape, size, or length correcting size discrepancies and angulations, to give the smile you've always wanted!

Dental veneers can also be made from resin composite materials. Porcelain veneers resist stains better than resin veneers and better mimic the light reflecting properties of natural teeth.

For people who are not happy with their teeth shape, alignment and smile line the perfect solution is veneers . These are ceramic prostheses which are cemented over the natural teeth to provide a desired alignment, function and aesthetics. Every case is customized according to the requirement. The mal aligned teeth are photographed and a diagnostic impression is made and the required reshaping and restorative procedure is done on the diagnostic model. The changes required are then discussed with the patient and the best part is that the final result can be seen before on the model and can be discussed with the team accordingly making the chances of complications and

re-work very sleek. In cases of sensitivity the veneer placement is accompanied with RCT to avoid future problems and longevity of the treatment provided.

Crowns

If veneers aren't appropriate for a patient, crowns maybe required. Porcelain or zirconia crowns can provide results that can last from 10 to 20 years. A crown is tooth-shaped "cap" placed over a tooth. Crowns can restore a tooth's shape, size and strength while also improving its appearance. Dental implants can be used to replace missing teeth. These are also restored with porcelain/zirconia crowns.

Crowns typically require more time to complete than veneers, so it is important to see the dentist as soon as possible to ensure enough time to plan and complete your treatment before the special day.

Orthodontics

Many patients dismiss orthodontics before their wedding as they think it will take a year or more to get a good outcome. However, it's possible to achieve fantastic orthodontic results in as little as six months with adult braces and clear aligners.

Aligners straighten the teeth using a series of clear removable trays (they look like very thin mouthguards) so there is no need to worry about seeing brackets on your teeth during your pre-wedding festivities. Braces are now also more aesthetically pleasing, they can be clear, ceramic or even invisible.

While technology has changed the way braces look, they still don't work overnight. There is a need to start as early as possible for a perfectly straight smile by the wedding day and any retainers required can be fitted in time so that the patient can get used to them before their big day.

Tooth Jewellery/Dental Studs:

Add a spark to your personality with a teeth jewellery that helps flash a million dollar smile! The procedure of fixing the diamond is very simple and usually takes only 10 to 15 minutes. Choose from various fun designs, colors, crystals, diamonds and gold. The jewellery can be easily removed without any damage to the tooth and also can be fixed again at a later stage. Validity of

the stud varies from 6 months to years.



Tooth Tattoo:

Bored with the body art? Get a tattoo on your teeth –a cool emerging trend that is all the rage these days! The tooth tattoo is as vibrant as well as permanent as any other tattoo. They are part of the ceramic process, robust and durable, but just in case, most of these tattoos can easily be removed in five minutes in the dentist's office with just a little polishing with a rubber wheel.

**Dental Spa:**

Dental Treatment has come a long way with the introduction of Dental Spas where patients become patients and get specialised services that make them look and feel better. Patients can expect, cleaning, pampering and polishing with one of the best polishing cream and get whiter, shiner teeth within 15 mins.

Laser Bleaching:

Laser bleaching is taking dentistry to the next level and is highly popular way to whiten the teeth. If the patient is looking to correct their dull smile within no time, laser bleaching is a good option as the whole procedure takes only about one hour.

Laser Cosmetic gum treatment:

The patient can get their uneven gum lines repaired/corrected and a smile that they can be proud of given to them. Those excessive gum tissues, can be reshaped, or the black spots or patches on the gums removed with the gingival depigmentation service.

Lip repositioning:

Excessive gingival display during smiling (Gummy Smile) has been a case of esthetic embarrassment for many patients . The optimal smile line appearance should reveal the least amount of gingiva possible. Gingiva visible in the smile line should have balanced, even contours that are in harmony with the upper lip. It is for this reason that many people with a gummy smile or excessive gingival display feel their smile to be unattractive, often times feeling reluctant to smile at all.

For a gummy smile the dentist will examine the mouth, teeth and gums to determine the extent of the excessive gingival display and any possible causes. This examination may involve conventional and/or digital impressions of your teeth and gums. X-ray imaging may also be used so that the tooth roots and jaw bone can be carefully examined.

The dentist may refer to a specialist, like a periodontist, orthodontist or an oral surgeon. Depending on the nature of your specific clinical condition, treatment could include one or more of the following:

- Same-day laser treatments (in minor cases).
- Surgical lip repositioning.
- Orthodontics (braces) to move the teeth into more suitable positions.
- Surgical Sculpting of the gingival tissues and bone to create healthier and more attractive looking gum contours (crown lengthening surgery)
- Maxillofacial surgery to reposition the bone.

A beautiful smile can have numerous positive impacts on an individual's self-confidence, self-esteem and personal relationships. In cultures across the globe, a dazzling smile is a sign of health, status and vitality. Currently, a growing concern for beauty and physical appearance has motivated the clinician to evaluate the essentials of patient's smile and consider the dynamic relationship between the dentition, gingivae, and lips while smiling, with greater demands regarding esthetic

dentistry. Management of gingival and skeletal deformities is the most challenging and of esthetic concern to the patient in day-to-day life. With the advent of modern cosmetic dentistry, new materials, and techniques, it is possible to achieve the desired esthetic outcome. A beautiful smile comprises three components, i.e., lip, teeth, and gingiva, all of which should be in harmony with each other. In most patients, the lower edge of the upper lip assumes a “gum-wing” profile, which limits the amount of gingiva that is exposed when a person smiles. Patients who have a high lip line expose a broad zone of gingival tissue and may often express concern about their “gummy smile.”

The various causes of gummy smile include vertical maxillary excess, anterior dentoalveolar extrusion, altered passive eruption, short or hyperactive upper lip, or combinations thereof. **Lip repositioning** is a simple **surgical** procedure to treat 'gummy smile'. The procedure restricts the muscle pull of the elevator **lip** muscles thereby reducing the gingival display while smiling. The objective of lip repositioning is to limit the retraction of elevator smile muscles. Lip repositioning results in shallow vestibule restricting the muscle pull thereby limiting the gingival display during smiling.

Treatment consisted of the removal of two strips of mucosa, bilaterally to the maxillary labial frenum and coronal repositioning of the new mucosal margin. Therefore, the above mentioned procedure is safe with minimal side effects and without any known postoperative complications.

RESTORATIVE DENTISTRY- FULL MOUTH REHABILITATION:

Full mouth rehab is a combination of treatments and can be done from a completely edentulous case to a case who has all the teeth but is facing abrasion, geriatric concerns & attrition. This is a customized set of treatment plan designed and configured according to the major and minor complaints of the patient and includes treatment for all the teeth which includes fillings, Root Canals, Scaling, Implants, aligners, crown lengthening, temporaries & permanent crowns & bridges. This plan is specially created for every patient individually.

PERIOESTHETICS:

Ensuring clinical success begins with a careful discussion of treatment planning, comprehensively covering all variables in simple to complex cases. Procedures including the crown lengthening surgery and mucogingival therapy and tooth restoration are essential treatment regimens requiring multifaceted expertise. The interplay of periodontics and restorative dentistry is present at many fronts including the response of the gingival tissue to the restorative preparations. Dental restorations and periodontal health are inseparably interrelated. The adaptation of the margins, the contours of the restoration, the proximal relationships and the surface smoothness have a critical biological impact on the gingiva and the supporting periodontal tissues. The different surgical procedures used for crown lengthening are gingivectomy/gingivoplasty, apically positioned flap with or without osseous resection and orthodontic extrusion. Crown lengthening of severely mutilated teeth is commonly performed to increase the clinical crown height for adequate restoration of the teeth.

TEETH LAMINATES

Many cases are seen, diagnosed with multiple diastemas that is gaps between the teeth which are either natural since teeth eruption or are a result of aging. The patient is not happy with their smile and the lip contour and some even avoid laughing due to social embarrassment. The answer to all these issues is tooth laminates which are paper thin ceramic laminations which are attached to your natural teeth and are translucent and cover the undesired gaps and attrition prone areas. Laminates are highly aesthetic and match to your natural teeth up to 99%. These laminated are cemented only on the facial surface of the teeth and able to perform full biting functions and do not stain as well. A diagnostic model is used to study the case and mock laminate work so the final results can be shown beforehand and the results customized according to requirement and desires. The final result is so lively and beautiful that this treatment option is highly appreciated and is a prime treatment plan for a majority of bridal smile designing cases.

Straighten your Teeth

BRACES & ALIGNERS

For malocclusion and crowding problems many patients refuse to undergo orthodontic treatment due to metal braces and metal wires which are very uncomfortable for anyone. However Clear path invisible aligners for the orthodontic treatments are now available which are very easy to wear, can be removed and worn for the required time according to your comfort. The results are quick and highly better and comforting then the metal wire and braces. Usually 20 sets are used over a period of ten months to get the desired results and are delivered to the patient in one go that means no repeated appointments are needed for a new set or tightening of the aligners. Following the 10 months the condition is analysed and added sets are sometimes used to get the desired results.



Treatment Aftercare

Patients should be given aftercare instructions based on the procedures performed. In general, it is important to follow a good home oral health care routine, including brushing, flossing, and mouthwash to maintain the results of bridal makeovers.

Additionally, patients should continue to visit their dentist twice a year, or as recommended, for their regular dental check-up and cleaning. Proactive dental care will help the patient's smile remain healthy, strong, and beautiful.

So, with a little pre-planning patients can smile proudly on their wedding day.

Summary:

Bridal Dentistry: offers a range of cosmetic and general dentistry treatments to get that picture perfect smile on the wedding day. Get a brighter, whiter and radiating smile for the special day within an hour to few days and flash the best smile to get captured!

On the wedding day, it's guaranteed that the patient will be smiling all the time, and will be surrounded by friends and loved ones, many of whom they may not have seen for years. People will be taking photographs of the bride and groom, and of course, their official photographer will be there to capture every single moment of their big day.

Trust bridal dentistry -Making your wedding day truly special.

Bridal Dentistry- Protocol

Cosmetic dentists incorporate a variety of dental technologies to show patients the changes that they can expect to see in their smile. For example, during their oral health evaluation for veneers and crowns, the cosmetic dentist may create a wax model mockup of temporary teeth to accurately communicate the requirements of the procedure to the dental lab technician. Temporaries and wax mockups also offer a preview of the expected outcome to ensure that patients are comfortable with the proposed treatment plan.

Other methods available for patients to preview their smile makeover include the following:

Dental Imaging Software: Imaging technologies offer a preview of the results beforehand. The dentist may use imaging technology to communicate the specifications for the procedure to the dental lab technician or any other dental professionals involved in the treatment plan. However, a digital image only gives an idea of what patient might look like when the treatment is complete; it may not fully match the final results.

Before and After Photos: Before and after photos of other patients who have had smile makeovers offer examples of the results patient may expect to see. The photos may also give an idea of the quality of work performed by the cosmetic dentist.

Dental Study Models: The dentist will take an impression of patients teeth and fill it with plaster to form an exact model of their teeth. The plaster can then be reshaped by trimming away excess areas or enlarging areas that require more volume. Dentists use study models to show every aspect

of the changes one can expect to see with their makeover. Dental lab technicians also use study models as guides for fabricating materials like crowns or veneers.

The dentist may work with a laboratory that incorporates digital technologies. In such instances the dentist may be able to use digital scans of their teeth, rather than traditional impressions, for use in making the models of your teeth and smile.

Dental Composite Bonding Mockup: Dental composite bonding may also serve as a mockup of a smile makeover. The dentist can temporarily bond composite resin material to the patients teeth so they can fully visualize the impact of the procedure before treatment begins. In the case of veneers, dental composite bonding allows patients to identify how comfortable they are with their look, feel and fit. Adjustments may be made until they are comfortable with the function and appearance of their new smile. Temporary mockups have no lasting impact on patients teeth once they are removed.

TYPES OF TREATMENTS AND THEIR DURATIONS:

1 WEEK – 1 MONTH

1. Boring Smile

Tooth jewellery is a fun trend that has picked up in India. The process involves sticking on patients tooth a flat gemstone of any shape and color that they choose. Contrary to the popular belief there's absolutely no drilling or damage to their teeth. And what they end up with is a sparkle in their smile!

2. Yellow/ brown/black color smile

Bleaching helps lighten teeth that have been stained, discolored or darkened which cannot be removed with a regular cleanup. Brides and grooms don't mind taking that extra step to make sure to flaunt the brightest smile on their big day. Whitening has a variety of options that range from a simple cleaning that can brighten teeth to an actual in-office procedure or home techniques that might create the bedazzled smile they need. One consultation visit maybe good enough to know what is right for them.

3. Big or Crooked Teeth

Some of the patients may have misshapen teeth that don't suit their face. If they have defects in size and shape giving them a less than perfect smile, a simple contouring procedure may be just

fine. If their teeth have mild flaws, they can be slightly contoured in a quick and painless process making their teeth look more aligned and symmetrical.

4. Chipped Teeth or Gaps in your teeth

Mild discrepancies like gaps, crooked or broken teeth can be corrected by tooth fillings that are bonded to an ideal shape, size and color onto patients teeth. Dental bonding fixes gaps, spaces that are in between front teeth to make the teeth look younger and more beautiful. Dentist will mock up the appearance of their patients teeth so they can preview the obtainable results.

1 MONTH – 6 MONTHS

1. Small Teeth

If patients are not happy with the size of their teeth and that has restricted them from smiling their heart out, then one way they could correct their smile is with veneers. Veneers are thin facings just like cosmetic lenses which cover the teeth 180 degrees on the front side to give a perfect shape size and color. They can be made in a variety of materials which can be customized without harming teeth and also last longer.

2. Gummy Smile

When the patients smiles and too much gum tissue is exposed it is called a gummy smile. Sometimes the teeth are also exposed even when patients are not smiling. The ratio between the lips, gum and teeth are not balanced. Fortunately, patients gummy smile can easily be corrected by a gummy smile correction with a simple laser procedure (crown lengthening surgery/Lip repositioning surgery). In 2-3months patients can get to adorn a smile they are happy with.

3. Pigmented/ Dark Gums

Even a slight darkening or blackening of the gums could make your patients highly self-conscious about their face, especially their smile. Just as skin color comes in a variety of shades, gums do too. The patient may want to express their confidence and style by redesigning their smile. If that's the case, consider gingival depigmentation surgery! A couple of months prior to the big day, gingival lightening can help achieve their dream smile.

6 MONTHS AND MORE

1. Jaw and Bite/Ortho Problems

Most people do not want to go through the trouble and discomfort of wearing the Metal Braces. A great technology that not many people know of is Invisible Aligners. Most people assume aligning or straightening teeth involves wearing ugly metal braces! A year before the wedding dentist can achieve corrections in teeth position with invisible removable braces called Invisalign.

2. Misaligned or Buck Teeth

If the bride or groom have visibly badly aligned teeth, do not worry, all they need to do is plan a little in advance. Recent advances are almost invisible, less painful and fast acting. One would hardly know that they are wearing aligners as they are clear, transparent and smooth without screws. With the Invisible Aligners in 4-12 months, one can correct issues such as overcrowding, gaps, overbites, underbites or crossbites.

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