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COSMETIC PERIODONTAL PROCEDURES CAN IMPROVE YOUR SMILE
Gummy smiles and receding gums can be corrected with the help of a periodontist

A smile is one of the first things we notice about another person, and the appearance of your smile can greatly affect how you are perceived by others. For some people, the condition of their gums prevents them from showing off their smile to others. However, a simple surgical procedure from a dental professional specially trained in the treatment of the tissues surrounding the teeth can help build confidence and allow these individuals to smile with assurance.

"Procedures like tooth whitening and bonding are usually what come to mind when thinking of cosmetic procedures for the smile. What many people do not realize is that there are also procedures which can be performed on the gums to enhance the smiles of people who feel their teeth appear too long or too short," said Dr. Kuljeet Mehta BDS, FDS RCS (Eng), MClintDent, MRD (Perio) RCS (Ed), a local periodontist and member of the American Academy of Periodontology.

After dental school, periodontists receive three years of specialized training in the treatment of the gums and other supporting structures of the teeth. This expertise makes them uniquely qualified to perform procedures that enhance the appearance of the gums, and ultimately improve one's smile.

The answer for gums that are too long, or a "gummy smile," may be crown lengthening, which is the second most popular cosmetic periodontal procedure for patients under age 50, according to an online poll of periodontists. With crown lengthening, excess gum and bone tissue is recon toured to expose more of the natural tooth. This can be done to one tooth to even your gum line, or to several teeth to expose a natural, broad smile.

Conversely, some people feel their teeth appear too long. If your tooth root is exposed because your gums have receded, soft tissue grafts can cover exposed roots, reduce further gum recession and protect vulnerable roots from decay.

If you are interested in having the best smile you can, talk with a periodontist. Dr. Mehta can evaluate your current smile and provide a range of treatments available to help achieve the look you want.

For more information on preventing periodontal disease in older adults, visit
www.kmperio.co.uk