

A PERFECT SMILE

Ageless beauty comes from your mouth.
Did you know that having a beautiful mouth makes you look youthful? People who think they look old, can instantly look younger with good tooth and mouth care. Here is exactly how to get a beautiful mouth!



For its 6-page feature on dentistry, Vogue Japan interviewed Dr. Stanton Young and other world-class expert dentists on the impact of dental health on how we look and feel, and available treatments.

Chapter.3

A DESIGNER SMILE

For many in Japan, the purpose of going to the dentist is probably just to get cavities treated. You might be thinking that the straight, clean-looking white teeth are just for those in entertainment industry like models and actresses, but that is not true

anymore. Since having a beautiful smile with beautiful teeth not only enhances your looks but also has an anti-aging effect, “designing a smile” is something even regular women do in NY—the center of global trends. So, how do you “design a smile,” exactly?

Dr. Stanton Young, the dentist at NoHo Dental, popular among models, explains, “If you already have straight, healthy-looking teeth, whitening makes a huge difference to your smile. However, among those who have problems of erosion, gap, and severe stain, porcelain veneers treatment is a popular choice. This method of shaving the surface of your teeth and putting ceramic on top allows you to fix crooked teeth and have white teeth within a short period. Also, if you show too much of your gum when you smile, you could have it trimmed with a laser to make your teeth look longer. And if you have uneven size teeth, you could get the edge of your teeth shaved and reshaped with the veneer treatment.

For gaps between teeth and chipped teeth, there is a method called bonding, which improves the shape of your teeth with a resin material. Since there are a variety of methods available now, everyone comes in with a specific result in mind. Dental problems can be fixed more easily than skin issues, and you could get a more natural, youthful look than having a plastic surgery where changes are obvious. Compared to the West coast, home to Hollywood, New Yorkers prefer something natural. They prefer a makeover that enhances their natural teeth. “Gap teeth would have been considered a flaw in the past, but some models these days don’t fix their gap teeth and instead use them as their unique selling point. “It’s not considered beautiful to have fake-looking teeth that are obviously enhanced,” says Dr. Young. It seems like the dental trend currently is to make your teeth look naturally healthy.

VOGUE JAPAN

6

June
2014
No. 178
¥ 700

All about shiny
accessories
214

Great, Affordable
Clothes

New Basics From
Japanese Brands

NY•London
Milan•Paris

OOTDs
Report

30 pages

New Paris
Collection
Legend 2014AW

Glitter, Beads, Metallics
Shine This Summer

Shine Through
Meditation

Kyoto Revives
Tradition

Hotel Stay Ideas

Youth From Your Smile

Kate Moss's Sister
Lottie Makes Debut

Health & Beauty
The Intelligent Approach

REAL SHINE

Real Fashion

VOGUE JAPAN 2014
Photo: Patrick Demarchelier
© 2014 Condé Nast Japan. All rights reserved.

Chapter.3

A DESIGNER SMILE

Who do you want to look like? Design your teeth accordingly.

Get the look of your favorite icon by making small adjustments to the size and shape of your teeth. "Teeth designing" is now popular in NY. All about dental trends from New York!

Text: Miko Uno



upper front teeth and a bigger mouth than usual with fuller lips, all of which give her a sexy look as a mature woman. **3.** Sandra, with her natural-looking, white teeth and firm gums, looks young for her age of 49 year old. **4.** Anne has big rectangular teeth which look perfect on her and enhance her look as a famous actress. **5.** Jennifer has a perfect "smile line" where her upper front teeth line up beautifully on her lower lip. Her teeth are not too big or too small, giving her a clean, elegant look. **6.** Sienna has two upper front teeth that are longer than the others, which gives her a sexy look with a little bit of spice. Bonding is recommended for those who want to make their teeth slightly longer like hers.

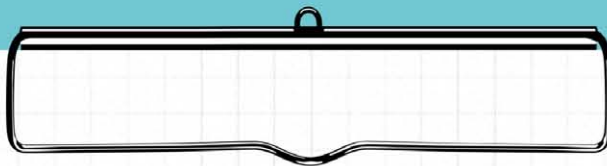
While having white, healthy-looking teeth is important for Americans, the Japanese don't take it as seriously. For many, the purpose of going to the dentist is probably just to get their cavities treated. You might be thinking that the straight, clean-looking white teeth are just for those in the entertainment industry like models and actresses, but that is not true anymore. Since having a beautiful smile with beautiful teeth not only enhances your looks but also has an **anti-aging effect**, "designing a smile" is something even regular women do in New York, the center of global trends. So, how do you "design a smile," exactly? Dr. Stanton Young, the dentist at NoHo Dental, popular among models, explains, "If you already have straight, healthy-looking teeth, whitening makes a huge difference to your smile. However, among those who have problems of erosion, gap, and severe stain, **porcelain veneers treatment** is a popular choice. This method of shaving the surface of your teeth and putting ceramic on top allows you to fix crooked teeth and have white teeth within a short period. Also, if you show too much of your gum when you smile, you could

have it trimmed with a **laser** to make your teeth look longer. And if you have uneven length teeth, you could get their edges shaved and reshaped with the veneer treatment. For gaps between teeth and chipped teeth, there is a method called bonding, which improves the shape of your teeth with a resin material. Since there are a variety of methods available now, everyone comes in with a specific result in mind. Dr. Steven E. Roth at Smiles-NY, who looks after a number of famous actresses, says "The current trend is a natural smile like Jennifer Lawrence's where you can see all her upper front teeth, and the teeth and the corners of her mouth are in a straight line. I discuss with my patients what they have in mind and consider the conditions of their teeth. When it comes to whitening, we'll see beforehand how much whiter they want their teeth to be using a computer simulation. The important thing is to choose the natural tone that suits your skin tone. In terms of shapes, short, square-shaped teeth tend to make your mouth look boring. **Rounded, longer teeth** brighten up your mouth and give it a youthful look. Also, a combination of bigger teeth

and full lips gives you a famous actress like look. Your mouth would look different by **fixing distortion**." Dental problems can be fixed more easily than skin issues, and you could get a more natural, youthful look than having a plastic surgery where changes are obvious. "Women in New York, who care much about fashion, prefer custom-made mouthpiece Invisalign. It's easy to take them out and put them back on, and it can also be used with a whitening agent," says Dr. Roth. Compared to the West coast, home to Hollywood, New Yorkers prefer something natural. They prefer a **makeover that enhances their natural teeth**. "Gap teeth would have been a flaw in the past, but some models these days don't fix their gap teeth and instead use them as their unique selling point. "It's not considered beautiful to have fake-looking teeth that are obviously enhanced," says Dr. Young. It seems like the dental trend currently is to make your teeth look naturally healthy.

• We talked to...

Dr. Stanton E. Young (NoHo Dental)
www.nohodental.com/
Dr. Steven E. Roth (SmilesNY)
www.smilesny.com/



Q Does the mouthpiece method take a lot of time?

A There are methods like Invisalign and ClearLine that use transparent mouthpieces. The advantages of those are that they are almost invisible because of no wires, and you can actually take them off. However in many cases, it takes more time than the usual method using wires. Also, it is your responsibility to wear them. If you remove them a lot, it may take a very long time for them to work.

Q Can you straighten crowded teeth if there are no gaps?

A Many think of orthodontics in terms of fixing gaps between teeth, but even if there are no gaps, crowded teeth can still be straightened. In such cases, there are methods like pushing your teeth farther back, repositioning off-center teeth left or right, or shaving off a little bit to make some room. However, your teeth might eventually move back, so in some cases extraction yields a better result. Consult your dentist for details.

Q & A ABOUT ORTHODONTICS

Answers to 5 questions about orthodontics.

Adults are still interested in orthodontics. But many of you are probably not sure which method is best for you, since there are so many choices out there. Doctors answer your questions regarding cost, time, and appearance.

Q I want to have prettier teeth in three months!

A Even partial treatments of front teeth take around 12 months, so to get results in just three months is very difficult. If forced to align in a short period, your teeth might move back eventually. Hidden braces solve the appearance problem, although your tongue will feel them and they cost more. They make sense for the upper teeth only.

Q How can I minimize the costs?

A Orthodontics are expensive. But lately there are many types and price ranges to choose from. If you have a low budget, you might consider a combination of partial braces and a mouthpiece. However, cutting costs might result in a malocclusion, so I would recommend you consider many options and have their pros and cons listed.

Q I just want to fix one or two teeth!

A Now there are partial orthodontics treatments that focus only on the problem area. It is easier to start since it saves you time and money. However, partial treatments might leave you with a malocclusion. Unless you are severely cost- and time-constrained, full treatments would give you a more satisfying result.

Understand the Advantages and Disadvantages.

While adult orthodontics has become commonplace, some people are still hesitant to consider it, due to the high costs, the look of braces, and the requirement to wear them for an extended period. Dr. Hitoshi Koyata, an expert in adult orthodontics, points out that "the newer, the better" is not true. "Before, the wire method was predominantly used, but these days, invisible devices abound, like mouthpieces and partial

braces. However, the fact that they are invisible does not mean that they are stable, comfortable, quicker, or your teeth won't move back. Although hidden braces are stronger than mouthpieces, costs are higher and some people find them uncomfortable. Also, using mouthpieces takes more time if you don't wear them long enough. I would suggest you learn about the pros and cons and choose the right method that suits your lifestyle."

• We talked to...

Dr. Hitoshi Koyata, Aoyama Aesthetic Orthodontic Office Director and a pioneer of the hidden braces technique with over 4800 orthodontics cases.
SANWA Aoyama B1, 2-9-9 Shibuya, Tokyo. ☎03-3409-3849 www.aoyama.or.jp/

Check This Too Did you know? Things to consider with implants.

Implants enable you to replace lost teeth. But you tend to forget that they need proper maintenance in order to last a lifetime. Otherwise, you might get infections, and in

extreme cases they might fall out. Implants are permanent, so you should be sure to properly take care of them, and have regular check-ups with your dentist.

