

Your Body

WEARING WHITE AFTER LABOR DAY IS IN FASHION



Ramin Tabib and Elisa Mello

White shoes after Labor Day? Never. Fashion-and my mother dictates that the white accessories hit the closet when September begins. The White Party's a memory, you're packing up the beach house and heading back to the city. Sad but true and despite the continuing heat, summer's over.

But like that sexy white classic sports car or precious heirloom strand of pearls, some white hot fashion accessories never go out of season. These days you can add a beautiful smile to that evergreen list of whites. But if you struggle to keep up with the Joneses - even if they are mega stars and multi-millionaires - and their teeth whitening regimen, there's a new trend in cosmetic dentistry that's guaranteed to have you beaming in no time flat.

Porcelain veneers are the latest rage among the smile-makeover crowd. Not only is this a permanent whitening, but you can fix a crooked tooth, fill in gaps between teeth that always annoyed you or even reshape teeth that don't match the others. Best of all, it's safe and long-lasting, good for an average of 15 years.

Bleaching has never been for everyone, and aging in particular wears away the enamel on teeth and causes discoloration, but the technology of porcelain veneers has finally caught up with the quest for the perfect smile.

The key to porcelain veneers is something cosmetic dentists call

"biomimetics." Biomimetics assures that the new porcelain on your teeth will mimic your natural enamel and bond completely, yet it doesn't stain. The look and feel is completely natural.

White teeth are the new must-have fashion accessory. After all, a bright smile is a mirror image of one's self-confidence, so it pays to make it look good. You don't have to be a CEO, a model or an actress for people to notice your teeth. When you've gone to all the trouble to keep your face wrinkle-free and dewy, wanting a kissable, sexy smile makes sense.

The celebrity smile everyone wants is now within reach. Looking to Hollywood for possibilities, there's a myriad of smiles - from quirky, with-character to you-can't-get-more-perfect.

Julia Roberts' is the epitome of the perfect smile that's not too perfect. It matches her personality and adds a unique fillip to her presence. You can't ignore her smile. And remember, all teeth are different. Some are slightly crooked, some are even-steven. With porcelain veneers you can choose whether you want to straighten your teeth as part of the process or let them be as part of your uniqueness. Whitening through veneers can give just the right touch to let your personality shine.

For a perfect smile that really is picture perfect, check out Jessica Simpson. The first thing you notice is that you focus right on her

beautiful brown eyes rather than her mouth. If you already have perfect teeth, whitening can put the finishing touch on a sexy smile and draw attention elsewhere.

A smile makeover can have a dramatic impact that goes far beyond the initial gleam.

Lynda, at age 23, found her modeling career wasn't going in quite the direction she'd initially hoped. At photo shoots she projected a sultry moue but often found herself covering her mouth when she wanted to laugh. She made the decision to have a smile makeover after seeing an article in a women's magazine. Within two months she landed two permanent modeling assignments with local car companies in Connecticut and has since discovered a whole new side to her personality. "I'm not afraid to laugh anymore," she says. "I'm happier."

Jon is a busy executive running his graphics design company. He was born missing two front teeth, leaving some gaps, giving him what he felt was an unpolished and unprofessional look. We recommended braces to move them in the correct position first and then placing veneers. Jon explained to us the hectic pace he kept and that time was an issue for him. He wanted to know about an alternative to braces. After further analysis we were able to come up with a plan that would not compromise esthetics and function-without doing braces. We call this "instant orthodontics"- the straightening of teeth in a few visits as opposed to a few years. A smile makeover with veneers and a bridge in a couple of visits gave Jon the smile he always wanted within the confines of his busy schedule.

Rosa had reached a point in her life when she needed to "deal with" her teeth. She ground her teeth at night and even though she'd had some piecemeal work done on her teeth over the course of her life, she wanted a fresh start. Because of the grinding her teeth had worn away, especially the lower teeth. "It was an investment in my own self-esteem," she says from her home in Manhattan. "It was time to once and for all get my teeth done right." Porcelain veneers whitened her teeth, and she chose to have her teeth straightened and lengthened, to make up for the damage the grinding had done. "I never have to worry anymore," she says. "I've never been a shy person, but now I can pay more attention to the people around me. I listen better because I'm not thinking about my smile."

A new smile can enhance lifestyle in a way that goes well beyond a mere fashion trend. Whether it's taking a modeling career to the next level, meeting the love of your life or blossoming on the social scene, the self-confidence that comes with being able to smile and laugh with your whole heart is magic.

Elisa Mello, D.D.S., is the co-founder, with her husband, Dr. Ramin Tabib, D.D.S., of NYC Smile Design, located at 8 East 84th in Manhattan. Newsweek hailed the team as "two of Manhattan's most respected and accomplished cosmetic dentists." Dr. Mello can be reached by calling 212-452-3344 or www.nycsmiledesign.com

