



Smile management: White esthetic, pink esthetic and facial attractiveness, a review of literature

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Abstract

A smile determines whether an individual is happy, pleasant, or laughing. A delicate or pleasant smile can boost the introductory impression in socializing, which consequently increases the approval of a person in the community. Therefore, it is considered a way of communication. Smile aesthetics can be described by many factors, including teeth surrounded by upper and lower lips, the sculpting of the tissue or gums, and the total of gaps and extra spaces. The formation of a perfect smile requires the interaction of many elements with different degrees of significance. Knowledge of the concepts that describe the equilibrium betwixt the dental care provider's knowledge related to aesthetic smile and the individual's perception is necessary. The major aim of this study was to describe various esthetics and methods that contribute to the formation of a perfect smile.

Keywords: Facial attractiveness; White esthetic; Pink esthetic; Proportion; Rhinoplasty

1. Introduction

Smile aesthetics can be described by many factors, including teeth surrounded by upper and lower lips, the sculpting of the tissue or gums, and the total of gaps and extra spaces. Notably, the symmetry and conformity of a great smile are ascertained by the magnitude of gingival exposure during smiling, the smile arch, the teeth proportion, the midline misalignment and alterations in dental axial inclination, space between the buccal surface, elevation and contours of the gingiva, diastema presence along with the teeth color [1-5]. Even though each and every factor might be analyzed individually, every element should act conjointly to develop a unification that creates the finishing aesthetic effect. Nowadays, people are more aware and critical about their smiles and seek dental treatment with different expectations [6-8]. Consequently, determining a specific dental treatment requires a good grasp of everything the general public calls suitable regarding smile features.

Forming a perfect smile requires the interaction of many elements with different degrees of significance. Knowledge of the concepts that describe the equilibrium betwixt the dental care provider's knowledge related to aesthetic smile and the individual's perception is necessary. Competencies can be considered as the capabilities required by dentists to be capable of undertaking dental practices. In addition, the smile usually describes an individual's facial delicacy and attractiveness and is a significant part of social relationships [9]. The key aim of this study was to describe various esthetics and methods that contribute to the formation of a perfect smile.

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2. Discussion

2.1. White esthetic

The importance of ratio in dental arch such as the Golden proportion

The dental arch morphology is a crucial topic in the dental management of dentofacial abnormalities. For many years, the morphology of the dental arch has been observed in need of describing proper objectives for the position of the tooth, esthetics, and extended stability. Asymmetry of the dental arch can be induced by several environmental and gene-related factors, with skeletal, functional, or dental consequences. Asymmetrical dental arch is a frequent observation in typical youngsters, and congenital disabilities, thumb-sucking, extractions, and teeth loss, along with other external conditions, can enhance the asymmetry of the dental arch. However, during the mixed dentition stage, external conditions might address more significant asymmetry because developmental alterations are quickened after the quite steady duration of the primary dentition [10-17].

Proportion or ratio has been considered a crucial issue for dentists and other dental professionals for some time. In 1973, a theory was published by Lombardi, which determined that facial and dental esthetics are at adequate delicacy when wideness of central incisors to lateral incisors and lateral incisors to canine teeth have a recurrent proportion while inspecting from the anterior. He utilized the term "Golden Proportion"; the golden proportion has great importance in the study of the dental arch [18-20].

2.2. Pink esthetic

The importance of gingiva on smile attractiveness

The gingiva's construction and the tooth's length are crucial to a delicate and pleasing smile. The mobility and firmness of Labium superius oris muscles, the vertical length of the lip, and the length of the clinical crown along with skeletal relationship, particularly vertical maxillary dental length, may result in a difference in the extent of gingival exposure while speaking or smiling in discrete individuals. Different disorders such as malpositioned teeth, tooth eruption, gingival recession, and Interdental gingival loss results in an unesthetic image.

In addition, a handful of investigations have been performed to determine the exposure of marginal gingiva. For example, Crispin et al. investigated more than 425 dental students and revealed that the top lateral incisor is the most frequently noticeable tooth. Marginal gingiva was noticeable in approximately 66% of students while smiling. However, during a forced smile, marginal gingiva was visible in approximately 84% of individuals. However, the major disadvantage of this investigation was that neither the existence of interproximal gingiva nor the impact of age and sex on the individuals was included.

Age and sex can also alter smile esthetic, which is considered a crucial factor of personality and the overall satisfaction of oro-dental appearance. S Sepolia et al. reported that women show way more gingiva than men equally during natural and forced smiles. They also observed that individuals with low smile lines displayed a large number of variations during instinctive and forced smiles in both males and females. Too much gingival exposure is an essential esthetic issue for patients and dentists. Various dental surgical procedures are present to alter the gingival construction on the "smile line" [21-23]

2.3. Missing teeth

Using dental implants to rebuild the smile attractiveness

Tooth loss can greatly impact an individual's life quality while bone tissues are constantly regenerated via the organized activity of bone cells. Modern dental management has special preventive and remedial treatments to reduce the occurrence of loss of teeth. Various factors such as trauma, tooth decay, and periodontitis can result in tooth loss. Dental implants are considered helpful in the replacement of one or more teeth. Even though literature is present in support of dental implants, collapse due to various complexities and especially peri-implant disorder is not rare. Hence, a health care provider must execute a detailed evaluation that includes previous medical history, extra and intraoral investigations, and dental radiographs.

Dental implants play a crucial role in enhancing self-esteem that can cease if an individual has a space or gap emerging due to a missing tooth. This is highly veracious if someone misplaced a front tooth (anterior) or even premolars. Because all front teeth and especially premolars can be easily visible during smiling, making missing teeth more observable.

Implantation is a great technique to restore misplaced teeth with a suitable implant that smoothly mingles with the neighboring teeth to reimpose a delicate smile and enhance self-esteem in public gatherings, it is a delicate technique that needs to be done with care. [24-28].

2.4. Facial cosmetic surgeries

Facial proportion, rhinoplasty, the ratio between teeth and face

2.4.1. Facial proportion

Attractive faces usually have particular arrangements. Jefferson suggested that a comprehensive standard is present for the beauty of the face despite age, gender, ethnicity, or other factors called the Divine proportion.

Furthermore, Amoric also explained the presence of Divine Proportion in several existing phenomena, mathematical propositions, and manufactured architectural designs. Decker explained that Divine Proportion's ratio originates from the double helix of Deoxyribonucleic acid to Leonardo's representation of facial ratio or proportion.

Moreover, many concluded that because several human physique ratios are within golden proportion, this proportion is expressed to be highly pleasing virtually. Nevertheless, some concluded that attractive individuals do not need to display proportion in the divine ratio. Several researchers explained that the Divine Proportion provides a proper model for the standard sizes of teeth.

As stated by many authors, the values obtained ratios in attractive faces are equal to the Divine ratio or proportion. This standard, also known as the "Divine Proportion," utilized for assessing a face can be very helpful in dental surgical management to acquire maximum facial delicacy [29-31].

2.4.2. Rhinoplasty

Rhinoplasty, particularly preservation rhinoplasty, is considered a prevalent facial cosmetic surgery as the shape of the nose has a vital role in facial delicacy. Rhinoplasty delivers protected and efficacious outcomes in people with undesirable shapes of the nose. The rhinoplasty technique also improves self-esteem by creating a favorable balance in facial appearance.

The judgment related to the consequences of surgical rhinoplasty is complex. But several tools, such as patient satisfaction, lead to successful consequences in rhinoplasty. In addition, the significance of surgical rhinoplasty has been adequately enhanced with an enhanced change in delicacy. Therefore, rhinoplasty is considered an efficacious technique, but a few complexities, including patient satisfaction, remains [32, 33].

3. Conclusion

To achieve an attractive smile and facial harmony, as dentists, oral and maxillofacial surgeons, or plastic surgeons, we must not focus only on one part of the facial complex, but to look at it as a package. To rebuild the facial harmony, there is a need for a multidisciplinary approach and an organized teamwork.

Compliance with ethical standards

Disclosure of conflict of interest

There is no conflict of interest between the authors.

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