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# Expert panel

Meet our team of specialist contributors!



## Huong Nguyen Style

Huong is a professional image consultant, personal stylist and founder of Inspired Image. She puts her expertise into action in our total makeover feature on *page 98*.



## Caroline Heward Wellbeing

Caroline Heward is the founder of Vitality Total Wellbeing, which offers stress management and employee wellbeing help for companies across the UK. She explains why suppressing emotions can cause dietary problems on *page 117*.



## Wendy Lewis Face

Author of *Plastic Makes Perfect* (Orion), out next month, cosmetic surgery consultant Wendy Lewis shares her anti-ageing secrets on *page 146*.



## Dr Anoop Maini Smile

Dr Anoop Maini has a special interest in advanced cosmetic and implant dentistry, having studied extensively in the USA and the UK. Read his expert opinion about gum grafting on *page 85*.



## Dr Bea Brookes Face

Dr Bea Brookes is a doctor at Viridian Medical, and a fellow of the Royal College of Surgeons. Bea lends her expertise into how best tackle those crow's feet on *page 37*.



## Dr Dai Davies Body

Plastic surgeon and acclaimed author Dr Dai Davies certainly knows a thing or two about breast surgery. Check out his advice on *page 55*.



## Dr Marilyn Glenville Wellbeing

Nutritional therapist and psychologist, Dr Marilyn Glenville, is the author of the international best-seller *New Natural Alternatives to HRT*, and *Healthy Eating for the Menopause*. Check out her advice in our menopause feature on *page 122*.

**A special thanks to:**

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*Poor gum asymmetry affects the harmony of a smile*”

## BY GUM



*Gum grafting can dramatically alter your smile and make your face look younger, writes **Dr Anoop Maini***

When the gums start receding as we get older, the teeth can appear longer, and unsightly root surfaces can become visible. This can dramatically alter the smile, creating an aged look. Poor gum asymmetry affects the harmony of a smile and can become the visual focus of an otherwise attractive face. Fortunately, there are ways in which cosmetic dentistry can change all this, through gum grafting and contouring.

### \* What is gum grafting?

Gum grafting is used to cover the receding gums, and tissue is transplanted from the palate of the mouth and then fixated to the area that needs to be addressed. The palate is then covered with an artificial collagen membrane to protect the site and allow for gum regrowth underneath.

### \* How long does this treatment take?

The procedure is usually done under local anaesthetic and takes one to three hours to perform, depending upon the amount of tissue

to graft. The patient tends to experience minimal discomfort afterwards which usually resolves itself after a few days and is managed with normal over-the-counter analgesics. The gums take about six weeks to fully heal. It then takes three months for the gums to mature completely. The result can last many years, provided the causative factors of the initial recession are addressed.

### \* What is gum contouring?

Gum contouring is the technique in which the gum around front teeth is reshaped to provide a balanced framework for the teeth. It is usually undertaken where there is excessive gum tissue display – the so-called ‘gummy smile’ effect. The gums margins can be raised across all the teeth affected using a technique called a ‘gum lift’.

Gum contouring is usually undertaken with local anaesthetic. Where the degree of recontouring is minimal, this can be undertaken using a laser. When the gum has to be lifted by a significant amount, it is usually necessary to recontour the

underlying bone to support the newly positioned gum. Soft tissue gum lasering is relatively quick, taking about half an hour, and the results are immediate with minimal discomfort. The gums usually take 2-3 weeks to heal completely. The healing time with bone recontouring is usually six weeks, with little discomfort.

### \* How can I maintain good gums?

It’s important to see a dentist and hygienist regularly to avoid the onset of gum disease. Appropriate home care, as prescribed by your hygienist, on correct brushing is important, as a bad technique can lead to recession. Vitamin C is a vitamin which boosts the immune system and helps keep the gums healthy.

**Dr Anoop Maini is a cosmetic dentist with Aqua Dental Spa, a London-based clinic which combines cosmetic dentistry with facial aesthetic treatments. For more information visit [www.leadingmiles.com](http://www.leadingmiles.com) or call 020 7935 5332.**

Photo: iStock