

Solutions for Dental Esthetics

T h e N a t u r a l L o o k



Toyohiko Hidaka



Foreword

A beautiful person, an attractive face – these certainly are and have been things of great appeal and interest since the historical beginnings of civilization in the Eastern world as well as in the Western world. But what is beauty? The concept of beauty can vary from one part of the world and from one period of history to another. Although the Japanese perception of beauty had been completely different from that of other societies for ages, it has changed significantly over the course of time. As Hiroto Murasawa indicated in his book "The Cultural History of the Face", the teeth used to be a minor factor in the perception of beauty in Japan compared to the contour of the face or the shape of the eyes and the nose. Before the opening of Japan to the rest of the world (Meiji Renovation), blackening of the teeth was a custom practised by married women of the educated class. The purpose was to make the teeth as inconspicuous as possible. In contrast, clear pupils and white teeth were very important factors in the Chinese concept of beauty.

After the Second World War and, in particular, in the last ten years, the Japanese ideals of beauty transformed radically, and the mouth has become a focus of esthetic attention. The Japanese were often disparaged because of their "unattractive" mouths. This created an invisible barrier when the internationalization of Japan began. The Japanese had a reserved nature that was written on their faces whereas they encountered a Western culture that was much more expressive. Japan assimilated without regard to the potential consequences. Former U.S. Secretary of State Henry Kissinger is rumored to have said that Japanese politicians' mouths stink. This unpleasant and embarrassing statement is a case in point.

Cosmetic modification of appearance is relatively easy to achieve by dyeing the hair, applying creative makeup, or piercing the nose or the ears. The result is that everyone looks alike. However, it is not so simple to change the physical shape of the jaw or teeth. A dentist with a fine sense of esthetics combined with a high level of professional competence must be found for this task. At this point, it is legitimate to ask whether the current state of dentistry in Japan is adequate for proper esthetic restoration of the mouth and teeth of the Japanese people. In dental practice in this country, it was not long ago that shiny metal on the front teeth, gingivitis and nicotine stains were not considered to be problematic. Therefore, a rapid change is not to be expected.

Furthermore, with a treatment approach that aims for average results, many problems remain. Reconstructive treatment of dental and facial malformations has reached a respectable level due to close collaboration between orthopedic and surgical specialists. It is now an established and reliable concept. However, since this treatment approach only achieves

average results, it does not necessarily produce an esthetically acceptable result for each individual patient. Therefore, we must ask again: "What exactly constitutes beauty?" Precisely this legitimate question could be a useful starting point for esthetic dentistry.

Dr. Hidaka is a conscientious dentist who defines the beauty of the Japanese based on professional experience and on state-of-the-art technologies such as those used in implantology, prosthetics and periodontology, but also and especially based on harmony between the shape of the face and the personality and perceptions of the individual patient. With this photographic atlas, he attempts to cultivate a sense of esthetics through pictures that speak their own language without many words. There is no simple rule of thumb for producing beauty. Dr. Hidaka has intentionally avoided this impression. Instead, his book demonstrates a more differentiated and sensitive approach derived from the collective sum of his esthetic knowledge. To the reader, I recommend that you allow yourself to be inspired to create the esthetic dentistry of the future.

Kanichi Seto

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Foreword

A book of hitherto unknown free and groundbreaking design has been published! Its descriptive format provides a flexible response to that which the individual reader would like to see and explore. The informative content of the book, which conveys rules for the integration of esthetic elements in daily practice, is outstanding for two reasons: Firstly, because it is based on scientific studies and investigations, it provides a basis for the scientific evaluation of dental esthetics. Secondly, it analyzes the characteristics of natural teeth according to age. Toyohiko Hidaka has compiled a tremendous amount of photographic material for this purpose. Hence, the book is extremely useful for producing age-specific esthetic restorations for the individual patient.

To my knowledge, this is the first such book that collates scientifically based esthetic data and documents difficult-to-obtain information about the characteristics of natural teeth across all age ranges.

The effort that Dr. Hidaka has invested in this book in addition to the many tasks in his busy professional schedule has certainly come to full fruition.

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Preface

The goal of any dental treatment is to maintain the function and health of the teeth and gums. The functional and healthy stomatognathic system of the human body is natural and beautiful. Esthetic dentistry is not a special area of dental medicine, but rather is a conception of dentistry that attempts to find uncompromising solutions to problems down to the last details. Concepts of beauty change with time; moreover, they are culture-dependent and subject to subjective perceptions. Hence, the esthetic dentist must always attempt to create the realization of beauty according to the wishes of the individual patient. This book was written with the intent of providing patients and dentists, with different conceptions and wishes, various points of reference along the way towards a common goal.

Perfect symmetry does not exist in nature. The beauty created by nature is perfect imperfection. Symmetry and balance are, however, very important factors in facial esthetics because many patients who wish to have an ideal facial appearance consider these characteristics to be essential. As esthetic dentists, we have an obligation to create oral and dental restorations that meet the expectations of the patient and which are perceived by the patient as pleasant.

Toyohiko Hidaka

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