

# Summer beauty



## NYC Smile Design

Cosmetic dentists Ramin Tabib and Elisa Mello declare that it's appropriate to wear white at any time of the year - as long as it's a dazzling-white smile. This husband-and-wife team, founders of NYC Smile Design, has been hailed by Newsweek as "two of Manhattan's most respected and accomplished cosmetic dentists."

Drs. Tabib and Mello, who specialize in porcelain veneers, view a smile as more than just the sum of its teeth. "To me, the position of the gums is just as important as the veneers themselves," says Dr. Tabib. "The gum is what drapes the teeth. If it doesn't drape the teeth properly, the line from one tooth to the next remains uneven. Once veneers are placed, the asymmetrical gum line will appear more pronounced."

To create a pleasing gum line and a radiant smile, Drs. Tabib and Mello will, when necessary, correct the asymmetrical gum line and straighten the teeth. NYC Smile Design can also perform bleaching procedures for instant whitening; however, for more permanent results, Drs. Tabib and Mello recommend Porcelain veneers.

"Porcelain has functional characteristics similar to those of the tooth's own natural enamel surface," says Dr. Tabib. "Sometimes it's not just for aesthetic reasons that we replace with porcelain. We replace for functional reasons-- because someone lost a chunk of enamel from erosion, bulimia, or another acidic event." Whether your goal is functional, aesthetic, or both, porcelain veneers are appropriate: veneers don't stain, are incredibly easy to maintain, and will give you the smile, and the confidence, you've always hoped for.

"I like to think that what makes our work unique is that we believe in looking at the whole smile and the whole person. The changes that we make will really enhance that person's look and express the warmth of his or her personality, but in an entirely natural way," says Dr. Tabib.

## Three ways to real summer beauty

Summer is an important time to look your best, but is it too late to benefit from cosmetic procedures to enhance your body this season?

Not at all, according to our cosmetic specialists, but you'll want to prioritize. First, consider your smile. Second, research procedures. Third, find the right specialist and ask questions.

Looking great starts with a stunning, face-framing smile: Nothing shows off a healthy tan better. Whether it's a short-term bleaching procedure or non-staining, long-lasting porcelain veneers, a smile makeover can go a long way in enhancing your look.

As for the rest of your body, last year nearly 11 million cosmetic surgery procedures were performed in the United States, according to the American Society of Plastic Surgeons (ASPS), up 7 percent from 2005. Yet with so many options available, how do you know what's right for you? Our experts advise you to do your research, get to know the various procedures, and look at the pictures.

Summer is when many people use their time off for surgery such as face-lifts, breast augmentation, and rhinoplasty. Yet there are also many noninvasive procedures, like Botox, Restylane, and microdermabrasion, that require no downtime.

While hitting the Internet to research procedures is natural, it's even more important to find the right specialist. If he or she puts you at ease, is knowledgeable and properly trained, and allows you the time you need to present your goals, you're in good hands.

Your cosmetic surgeon or dentist should answer all of your questions, offer alternatives, and present his or her qualifications, experience, costs, and payment policies.

He or she should give you the information you desire, but ultimately leave the final decision up to you. With that kind of guidance you'll be able to achieve a look that will last a lifetime of summers.

**For more information visit  
[www.nycsmiledesign.com](http://www.nycsmiledesign.com)**