

HOLLYWOOD SMILE PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice)



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Information For Patients

This booklet provides information to help you decide whether to undergo a Hollywood Smile or Smile Makeover. It explains how treatment is planned and performed, the potential benefits and risks, and what to expect before, during and after care.

You may wish to discuss this information with a partner, family member or carer before making your decision. You will be asked to sign consent forms prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, it may be helpful to write them down so that you can discuss them with your dentist or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified dental professional.

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What is a Hollywood Smile / Smile Makeover?

A Hollywood Smile, also known as a Smile Makeover, is a comprehensive cosmetic dental treatment designed to improve the appearance of the teeth and smile.

Rather than a single procedure, it involves a personalised combination of treatments tailored to individual needs. These may include veneers, crowns, whitening, gum contouring or other aesthetic procedures.

The aim is to create a balanced, natural-looking smile that complements facial features while maintaining oral health and function.

Why Consider This Procedure?

You may consider a Smile Makeover if you experience:

- Discoloured or stained teeth
- Chipped, worn or uneven teeth
- Gaps between teeth
- Irregular shape or size of teeth
- Minor misalignment
- Desire for significant aesthetic improvement

Suitability depends on tooth condition, gum health and individual expectations.

Preparing for Treatment

Before treatment you may be advised to:

- Undergo dental examination and imaging if required
- Disclose all medical conditions, medications and allergies
- Complete preliminary treatments such as hygiene therapy
- Address active decay or gum disease
- Maintain good oral hygiene
- Discuss aesthetic goals and expectations

Your dentist will develop a personalised treatment plan based on clinical findings.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, dental records, photographs and imaging are reviewed.

Travel Arrangements

Airport pickup and accommodation may be arranged through the treating clinic.

Pre-Treatment Appointment

You will attend a consultation for examination, smile design planning and consent.

Treatment Phase

Procedures are performed in a dental clinic environment, often over one or more visits.

Follow-Up

Adjustments or reviews may be required after treatment.

Return Travel

Patients are usually advised to remain abroad for a short period to allow for early follow-up before travelling home.

The Treatment Process

A Smile Makeover is typically performed in stages.

Treatment may include:

- Tooth preparation for veneers or crowns
- Impressions or digital scans
- Fabrication of restorations
- Placement of temporary restorations if required
- Bonding or fitting of final restorations
- Additional procedures such as whitening or gum contouring

The exact sequence depends on individual clinical needs.

After the Procedure

After treatment you may experience:

- Mild sensitivity to temperature
- Minor discomfort
- Gum tenderness
- Adjustment to the new bite
- Temporary speech changes

These effects are usually temporary.

Recovery and Expected Results

Early Phase

Most patients resume normal daily activities shortly after treatment.

Adjustment Period

It may take several days or weeks to adapt to the new restorations.

Long-Term Outcome

Results aim to provide improved aesthetics while maintaining function.

Longevity depends on oral hygiene, lifestyle and regular dental care.

Aftercare Instructions

You may be advised to:

- Maintain excellent oral hygiene
- Avoid biting very hard objects
- Limit foods that may stain restorations
- Attend regular dental check-ups
- Use a night guard if recommended

Following aftercare instructions supports durability and oral health.

Potential Benefits

A Smile Makeover may:

- Improve the appearance of the smile
- Enhance tooth colour and symmetry
- Correct minor aesthetic concerns
- Increase confidence in appearance
- Provide a more harmonious facial expression

Results vary between individuals.

Risks and Complications

All dental procedures carry some degree of risk.

Possible complications may include:

- Tooth sensitivity
- Damage to underlying tooth structure
- Gum irritation
- Fracture or loosening of restorations
- Need for replacement over time
- Unsatisfactory aesthetic outcome

Your dentist will discuss risks relevant to your specific treatment.

Procedure-Specific Considerations

Individualised Planning

Treatment plans vary significantly between patients.

Irreversibility

Some procedures involve permanent alteration of tooth structure.

Maintenance

Long-term care is essential to preserve results.

Alternative Treatments

Less invasive options may be available depending on the case.

When to Seek Medical Advice

Seek dental attention if you experience:

- Persistent pain or sensitivity
- Damage or loosening of restorations
- Gum swelling or bleeding
- Signs of infection
- Difficulty biting

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for a Smile Makeover?
- What procedures are recommended?
- What results are realistic?
- How long will treatment take
- How long will the results last?
- What maintenance will be required?
- What costs are involved?

Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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