



Rowena Wallace is a well known Aussie actor who has been a part of our lives for nearly forty years. Most recently she appeared on the series *Celebrity Overhaul*.

Twenty years ago she was a household name, winning a Gold Logie for her performance as 'Pat the Rat' in the series *Sons and Daughters*. But in 2005 it was her brave body battle on *Celebrity Overhaul* that endeared her to the audience all over again. Her self-esteem dramatically improved and she has been feeling much more positive, but her overhaul isn't over yet. Rowena has decided she wants to remake her smile.

Rowena is attending the TV Week Logie Awards and feels it will be fantastic to walk up the carpet with a great big glinting smile that dazzles everyone. So, now the one-time TV doctor is playing the role of patient, and the first stop is a visit to cosmetic and restorative dentist Dr Angelo Lazaris. A quick check-up reveals Rowena's overhaul isn't going to be as simple as first thought. To get her teeth back into top condition she will need her crowns, bridge and fillings replaced.

Rowena's smile overhaul starts with Britesmile in-chair teeth whitening. The peroxide-based gel is activated by blue light to bleach any stains and discolouration. The process takes just one hour, and the result is instant.

Rowena has new porcelain crowns fitted, giving her smile a more natural lustre. Next Dr Lazaris replaces her old fillings, however one tooth is so damaged that it requires a porcelain on-lay which will be made on-site using the latest dental technology. A block of porcelain is inserted into the milling machine and shaped to match the image created on the computer. Ten minutes later the partial crown is completed and Rowena's damaged tooth is repaired. Her mouth makeover is complete.

Rowena is pleased with her smile, but those smile lines are another story. So, now she's asking Dr Margo Campion to smooth out the effects of time. First up, Botox injections. Botox is purified botulinum toxin which is administered by intramuscular injections to weaken muscles in the face and lessen the lines associated with facial expressions. It was first used medically to control eye spasms and facial tics, but quickly spread to the cosmetic industry. Botox works by paralysing the muscles of the face that pull on the skin to produce lines, so the skin is able to flatten out. Rowena squints so Dr Campion can identify her frown lines and crows feet, and Botox is then injected into those areas. Each treatment can last up to six months but fades naturally over time.

Next, it's on to Restylane, a natural sugar gel which acts as a filler, plumping up lips and smile lines for up to 12 months. Restylane is a biodegradable gel based on hyaluronic acid, and has replaced collagen as the dermal filler of choice. Anaesthetic injections are given before the Restylane is injected into Rowena's lips. It gives an almost instant result, so Dr Campion can see straight away what she is achieving. It will take a few days for swelling to go down, but Rowena can already see a difference.

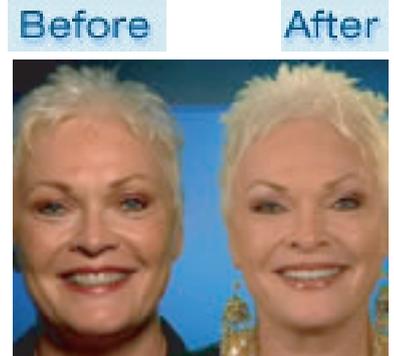
Her treatments now complete, Rowena hits the town for some shopping, and Carla Zampatti is on hand to find the perfect outfit for Logies night.

Rowena certainly has good reason to smile. Her teeth are now ten shades whiter, and her crowns, bridge and fillings have been replaced. The Restylane has plumped up her lips and smile lines, while the Botox injections have softened her frown lines and crows feet.

Her makeover now complete, Rowena is ready to step out at the TV Week Logie Awards, and she delights her industry colleagues with her new look.

Cost — Rowena's dental makeover, including new crowns, fillings and whitening, cost \$17,950, while the Botox and Restylane treatments cost \$1650.

Recovery time - 12 hours for Botox, 24 hours for Restylane. The dental treatments took about two weeks in total.



With teeth ten shades lighter, Rowena is now happy to smile.



Diagnosis: Rowena first came in for a consultation regarding her options for tooth whitening so she could freshen up her smile for the Logies. At our initial consultation, we discussed the various options available to her and it was finally decided that the Britesmile one hour in-office system would be the most suitable for her. After showing Rowena a digitised simulation of how her teeth could look, she was enthusiastic about proceeding.

A cursory exam is the first step to assess a patient's suitability for treatment and it was at this stage that I discovered that Rowena had undergone some extensive dental work in the past that would complicate the treatment and possibly compromise the final results. Rowena had crowns and veneers placed on her front teeth a number of years previously to disguise discolouration. She also had a bridge in place to replace a missing tooth on the upper right side. I also noted that a number of Rowena's teeth were restored with unsightly amalgam fillings that stained and discoloured them.

The problem encountered was that Rowena's crowns and veneers would not change colour with the whitening process and that if we were to undertake this procedure, her front teeth would remain dark. A decision had to be made to either abort the treatment, or to expand the scope of Rowena's dental make-over to include the replacement of these crowns and bridge.

This decision was made easier after closer scrutiny, including X-rays, that indicated that her crowns were failing because of poor fit at the interface between the crowns and the underlying teeth and that decay had affected them. There was now a clinical reason based on the Rowena's oral health that bolstered the argument for replacing her existing crowns and veneers. We decided to take advantage of this situation by including the replacement of all of Rowena's amalgam fillings with tooth-coloured alternatives to achieve the best possible aesthetic results.

At the next appointment, Rowena had her teeth scaled and cleaned to remove all surface build-up and staining. This was followed by the Britesmile in-chair tooth whitening procedure. A mask was applied to her gums and lips and the Britesmile whitening gel was applied to her teeth for four 20-minute increments. The gel is activated by a blue light that helps it achieve its maximum efficiency. In most cases three increments is sufficient to achieve a spectacular result, but as the base shade of Rowena's teeth was very dark, we extended the procedure to maximise the benefits. Even so, at the end of the whitening treatment, there was a noticeable improvement, but there was not a significant change instantly. In some cases, Rowena's included, we have noted that the teeth continue to whiten substantially over the next 24 hours following the whitening procedure. The next time we saw Rowena, her teeth had whitened spectacularly.

After whitening Rowena's natural teeth, the next phase of treatment involved the removal of her front crowns and veneers, and the bridge on the upper right side. The underlying teeth then had the decay removed and were repaired before being reshaped for the new porcelain crowns. We decided to include a porcelain veneer on Rowena's upper left canine tooth as it was excessively worn, in order to achieve symmetry and temporary acrylic crowns matching the new, whiter shade of Rowena's teeth were fitted for two weeks while the new crowns were being fabricated by our ceramist.

Unlike her old crowns which had a metal base, the new all-porcelain crowns we designed and fitted, are made entirely of porcelain so they mimic the appearance and texture of natural teeth perfectly.

Two weeks later, Rowena's crowns are ready to be fitted. The colour, surface texture and shape are all assessed for their harmony with Rowena's smile and facial features. Once I was happy with the appearance and fit of the new crowns, they were permanently bonded to the teeth and polished.

The final phase of treatment involved the systematic replacement of all of Rowena's old amalgam fillings with new composite fillings, which is a straightforward procedure that can effectively brighten up teeth that are often discoloured by the metal.

One of Rowena's molar teeth exhibited signs of fracture that precluded it from being restored in a conventional manner because there was simply not enough viable tooth structure left to prevent further fracture in the future. We decided to restore this tooth with a porcelain inlay made with the CEREC (chairside economical restoration with aesthetic ceramics) cad cam technology. This state of the art procedure utilises a laser optical impression of the damaged tooth to construct a 3D rendering on a computer that aids with the design of the final restoration. Once the design has been finalised, a milling unit fabricates the porcelain inlay out of a commercially pure ceramic block and it is bonded to the tooth on the same visit. Traditionally, this procedure would take several visits, but the use of the CEREC has now simplified this process dramatically.

Once all of Rowena's restorations were completed, polished and checked, we gave her the "all clear" to catch the plane to Melbourne for her big night.