



All smiles

There's nothing more beautiful than a perfect smile on your wedding day. Dr Gareth Ho shares advice on how to get yourself ready for the camera.

Q Why do brides and grooms visit you before their big day?

A We get a lot of engaged couples coming in and what I aim to do for them is to get their treatment to a stage where their smile looks good for the wedding. I correct the things I can change in a short period of time first. Afterwards, we address other issues that may be important to the future of their teeth but aren't as important to the look of their smile. Or if they are having braces I can take their braces off for the wedding and then afterwards they can come back and have them put back on to continue the treatment. It's all about taking the big day into account and planning the treatment around the wedding time schedule.

Q How important is it to have a great smile on your wedding day?

A Have you seen wedding photos without smiles? If you are not smiling, or are doing a forced smile without teeth you look unhappy. Or on the other hand when you look at a photo of someone with bad teeth that's all you focus on - not their face, or their hair or what they are wearing. I'm not saying having great teeth and a nice smile is the most important thing on your wedding day but bad teeth definitely do distract you - the aim is to have them blend in to the bigger picture.

Q What are the treatment options for correcting crooked teeth?

A There are plenty of options. If teeth are not too crooked or the bite isn't too bad, clear aligners might be a good option. These are popular as you can just pop them out for the wedding day and even bleach your teeth in the lead up to the wedding. Another possibility is crystal clear braces which are hardly visible in the mouth. What treatment we opt for depends on the patient

and what's going to move their teeth in the shortest time.

Q What sets your practice apart from other orthodontic clinics?

A Our treatment is very specialised - we only work with adults. Our surgery has also been designed to eliminate the anxiety many people feel about going to the dentist. We have decorative displays of original artworks and Swarovski crystals, a TV and free internet connection for patients who want to check their emails or watch TV while they wait. This is all about helping patients to feel completely relaxed.

Q Tell us about the smile training service you provide for patients...

A People think that having their teeth straight will automatically make their smile look really good. But there are lots of visual tricks you can use to make your smile and face look better without even doing anything to your teeth. My special interest is studying women's magazines - analysing photos and figuring out what makes them look good. I also do portrait photography as a hobby so I'm able to combine all this knowledge in my smile training. In a photo you can move your jaw and position your head to hide flaws and make your face look more symmetrical. I practice all of this with my patients - we test different poses by taking photos and examining the way their smile looks in the photos because it's not the same as looking at yourself in a mirror. Strictly speaking this should be the domain of the photographer but while they may be experts at taking photos, most are not experts at posing people. It's your responsibility to look good on your wedding day - that's the reality. My role is to teach patients how to take a good photo when they smile - and at the end of the treatment give them something to smile about.



The Australian Centre for Adult Orthodontics and Orthopaedics

Dr Gareth Ho Specialist Orthodontist

B.D.S.(H.K.) M.D.SC.Ortho.(Syd)
M.D.SC.(Melb) F.R.A.C.D.S.
MRACDS(Ortho.) MRACDS(Paed.)
Suite 38, L3, 650 George Street
Sydney 2000
T 02 9261 2121
W www.acao.com.au