

5th World Congress on
DENTISTRY AND MAXILLOFACIAL SURGERY
September 18-19, 2023 | Rome, Italy

Received Date: 06-30-2023 | Accepted Date: 07-03-2023 | Published Date: 10-20-2023

Dentofacial esthetic considerations in the modern Orthodontic treatment plan

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Statement of the Problem: It is evident that the integration of modern aesthetic concepts into orthodontic treatment plans has become increasingly important. Orthodontic treatment is no longer solely about functional improvements; it now extends to achieving optimal facial balance and harmony, taking into consideration dentofacial aesthetics. This shift towards comprehensive esthetic considerations marks an exciting evolution in orthodontic care. **Methodology & Theoretical Orientation:** The careful analysis of dentofacial esthetics at different levels is essential for a comprehensive diagnosis and successful treatment planning in orthodontics. The progression from macro to mini to micro esthetics allows orthodontists to consider a wide range of factors that contribute to the overall harmony and attractiveness of a patient's smile and facial appearance. **Macro Esthetics:** This involves the broader assessment of the face and overall facial proportions. It encompasses the frontal assessment and profile analysis. The frontal assessment looks at the balance and symmetry of facial features, evaluating factors such as the proportion of the upper and lower thirds of the face. The profile analysis deals with the relationships between the jaws, mandibular plane, and the position of the incisors, which all contribute to the overall profile and facial balance. On the other hand, mini esthetics analysis focuses on the smile itself, considering the smile framework and its various dimensions. The vertical tooth-lip relationship, smile type (how much teeth show during smiling), transverse dimensions of the smile, smile arc (alignment of the teeth in relation to the curvature of the lower lip), and midline alignment are all crucial factors. These elements collectively determine the visual impact of the smile. While micro esthetics, the assessment zooms in on the individual teeth and their relationships. This includes evaluating tooth proportions (length-to-width ratios), height-width relationships of the teeth, the shapes of connectors and embrasures (the spaces between teeth), gingival contours and heights (the gumline), and even tooth shade and color. These finer details contribute to the overall naturalness and attractiveness of the smile. Achieving harmony across these three levels of esthetics is pivotal in achieving an idealized esthetic outcome. A treatment plan that addresses each of these parameters ensures that the final result not only functions well but also enhance the patient's facial aesthetics. By carefully considering and addressing the various esthetic factors at play, orthodontists achieve multifaceted treatment outcomes that go beyond functional improvements alone. **Conclusions & Significance:** The integration of dentofacial esthetics into treatment planning adds a layer of complexity and sophistication to orthodontic care, acknowledging the impact of a pleasing smile and balanced facial appearance on a patient's overall well-being.

Recent publications

1. Rashid, Z.J.; Gul, S.S.; Shaikh, M.S.; Abdulkareem, A.A.; Zafar, M.S. Incidence of gingival black triangles following treatment with fixed orthodontic appliance: A systematic review. *Healthcare* 2022,10, 1373. <https://doi.org/10.3390/healthcare10081373>
2. Mohammed SA, Ali TM, Rashid ZJ. Evaluation of skeletal jaw relation by different cephalometric angles for a sample of Kurdish young adults in Sulaimani city-A Cephalometric study. *Sulaimani Dent J.* 2022;9(1):21-30
3. Rashid ZJ, Chawshli OF. Is bracket position determination from digital techniques accurate 100%? A comparative ex-vitro study. *European Journal of Molecular & Clinical Medicine.* 2021 Jan 10;7(01):2020.

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Biography

Zhwan Jamal Rashid Hama is an assistant professor at the University of Sulaimani/College of Dentistry in the Department of Pedodontics, orthodontics, and preventive dentistry. She was graduated with a BDS in dentistry in 2003 from the University of Sulaimani College of Dentistry. Following graduation, she completed dental vocational training from 2003–2005 at different dental teaching centers. she has been closely involved in treating patients over this period. she obtained her MSc and PhD degrees in orthodontics at the same college in 2007 and 2021, respectively. She is an assistant professor at Sulaimani University, where she has taught orthodontics at the college of dentistry since 2008, and She have been practicing in a private clinic since 2007. She taught all aspects of undergraduate and postgraduate orthodontics through the clinical supervision of students in the clinic, lectures, tutorials, clinical skill practice, and seminars from 2008 and 2021, respectively, to this day. Additionally, she taught occlusion to MSc orthodontics students. she has worked as an assistant to the head of the postgraduate study office since 2021, and as the clinical director of the fifth stage since 2019. Also, she is working as head of postgraduate clinics. Additionally, she has authored several publications in peer-reviewed journals, including original research, case reports, and systematic review. Moreover, she has authored a book for our 5th-year undergraduate students entitled Clinical Manual for Orthodontics.

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