



L.A. Visionary Smile Designers Push the Boundaries of Anti-Aging Dentistry



 *West Hills Smiles*

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When you walk through the doors of West Hills Smiles and see a well-stocked beverage station and vibrant aquarium, it's obvious that this is not your standard dentist office. This upscale and posh concierge dental office - complete with music playlists and movies in every room - has garnered serious word-of-mouth raves throughout the San Fernando Valley. Once you have the pleasure of meeting the dynamic and engaging duo of dentists Ben Reyhani and Pasha Hakimzadeh and learn about their expert craftsmanship, you'll know first-hand why these L.A.-based visionary smile designers are changing the principles of anti-aging dentistry.

We sat down with Drs. Pasha and Ben, who prefer the informal moniker, to learn more about the role of dental structure in aging and their office's innovative methods.

Q *Why do our smiles disappear as we age?*

A/ Our jaw position may shift and our teeth may shorten due to years of use and grinding. These changes affect the bite and the resting position of our face, making us look older. Similarly, the front teeth are shorter, and skin around the mouth may have less tautness and hang down over the smile. Even a few millimeters here can make a drastic difference in the appearance of the smile.

Q *How do you identify these changes?*

A/ We look at the face as a whole to determine what the best course of action is. Symmetry and harmony can't be undervalued here. The results have to be as well-executed (through skill) as though they are natural-looking (through an aesthetically-trained eye). And what is natural-looking for one patient might not be the same for the next person. It really takes a personalized examination to achieve the best results.

Q *What is Anti-Aging Dentistry?*

A/ Our anti-aging techniques smooth-out folds and wrinkles around the mouth and lips, acting like a dermal filler would from the inside out. Every approach will be different, keeping the unique facial structures of our patients in mind. But there are techniques that we turn to for the most common side effects of aging. Expanding the teeth adds fullness to the lips and smile, filling in the dark corners between teeth and at the edges of the smile. Deliberately building up the lips and side of the teeth can add necessary support to the lips and sides of the mouth, evening out the skin there. Gum reshaping may be necessary in some cases, as well, through our less-invasive laser treatments.

Q *Anything else you'd like to add, Dr. Pasha?*

A/ We love what we do here at West Hills Smiles. We like the fact that we can help people appear younger and happier while also making them healthier. For anybody considering coming into our office, we want you to know that your beautiful smile may just be hidden and we have the vision and capabilities to help bring it out.