

Book Review

Solutions for Dental Esthetics: The Natural Look



By Toyohiko Hidaka.
Quintessence Publishing
Co., Inc., Chicago, IL,
2008; ISBN 978-1-85097-
176-4 (155 pages; 345
illustrations, mostly
color; price \$148.00)

Lately, the focus on dental esthetics has greatly increased, raising patient expectations. Numerous texts that present abstract theories and terminology about the concepts of esthetics and the factors involved in shaping it are available. This beautiful text by Dr. Toyohiko Hidaka conveys visual and tangible images of esthetic fundamentals. The author strives to present dental esthetics as being an integral part of nature. With images that summarize esthetic concepts, which may seem at times inexplicable and vague, *Solutions for Dental Esthetics: The Natural Look* serves as a complement to any text on esthetic dentistry.

This visual photographic transfer of knowledge is portrayed in ten chapters covering the basic concepts of esthetics and linking them to multiple dental disciplines. Chapter 1 covers the fundamentals of esthetics, in terms of principles and analysis, transferring complex data and terminology in simple, explicit illustrations.

Chapter 2 presents images of anterior tooth anatomy, defining their relation to their attachment apparatus. The author then illustrates the relation of biologic variants, in terms of gingival thickness and alveolar bone height, to the expected gingival recession. Ideal subgingival margin location is then suggested, considering these criteria. Chapter 3 provides a guide to cervical crown contours, associating them to the patient's gingival contours. This is then followed by guidelines for esthetic subgingival margin placement. Chapter 4 describes the

ovate pontic architecture. Techniques for preparing its recipient site are presented following extraction or by contouring the site.

In Chapter 5, the author provides a planned treatment guide to optimal vertical implant depth placement to provide long-term gingival margin levels matching those of adjacent natural teeth, while taking into account expected soft- and hard-tissue loss during healing. Chapter 6 illustrates how esthetic treatment may be accomplished through symmetry and harmony. Images are presented highlighting how minimal variations in tooth width, color, position, and axial direction help enhance esthetics. In Chapter 7, color coordinates are presented as photos, illustrating the significance of visible differences perceived by controlled changes in chroma, hue, value, surface texture, and lighting conditions.

The author presents some natural teeth characteristics, such as translucency and fluorescence, in Chapter 8. He then presents illustrations of restored teeth highlighting how materials with optical properties different from natural teeth may overshadow what may initially seem a successful restorative treatment. However, at times, the brief statements accompanying the photos do not use current scientific terminology. The chart presented on page 79 should be reconsidered.

Chapter 9 presents clinically challenging cases using various restorative disciplines. The prognosis of some treatment presented is somewhat questionable due to compromised initial conditions. On the other hand, the implant work presented is rather remarkable, both esthetically and mechanically.

The author ends the book with breathtaking images of sound teeth through all ages. Details of color, shape, and surface characteristic developments are presented for both genders through all seasons of life. The 345 illustrations presented in these ten chapters are of exceptional quality. The author's images should accompany any esthetics textbook to simplify the transfer of these complex, interrelated data.

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