



## Symmetry in Esthetic Dentistry



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Inspired by a recent lecture on symmetry in esthetic dentistry, I browsed the internet in search of sources related to that topic. The following statement was a good starting point for discussions:

“Symmetry is part of a Perfect Smile. What happens when we don’t have symmetry in our face? When one eye is more round, and one is longer? When our eyes, teeth, and/or lips are not parallel with the horizon?”

Today we are able to create symmetry with the help of surgical and dental technologies. But perfect symmetry cannot be found in nature! The result of these kinds of interventions is what we see in the media: an unnatural mask-like look with no emotions, and lacking any harmony.

*The European Journal of Esthetic Dentistry* wants to promote esthetics, where the search for perfection aims to copy nature with all its imperfections, making our patients look as individual as they are. Even twins do not match perfectly.

So when you take a look at your next patient, don’t start adjusting too many things because they are not in symmetry. Step back and look at them as an individual, with all imperfections making them unique. The word harmony describes much better what our treatment goal should be.

Also in this issue you will find many tips and tricks to enhance your knowledge and skills.

Enjoy reading!

Sincerely,  
*Alessandro Devigus*