

## Dr. Bob S. Perkins

Malibu and Simi Valley, California

### ASK DR. PERKINS

#### WHAT ATTRACTED YOU TO COSMETIC DENTISTRY?

The smile is a window to the soul. That's as good as it gets.

#### WHAT INFORMATION DO YOU WANT TO IMPART TO EVERY PATIENT WHO COMES TO YOUR OFFICE?

Empowerment! I want each patient to feel in control at all times. I have the steering wheel but they are the navigator. In the end, the final gift of empowerment is making each patient feel like their smile accurately reflects the beauty and joy that is within them.

#### WHAT FACTORS HELP SET YOUR OFFICE APART?

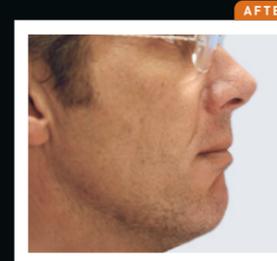
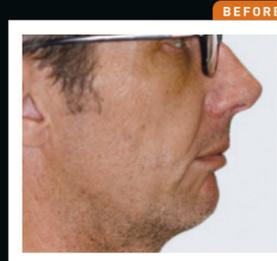
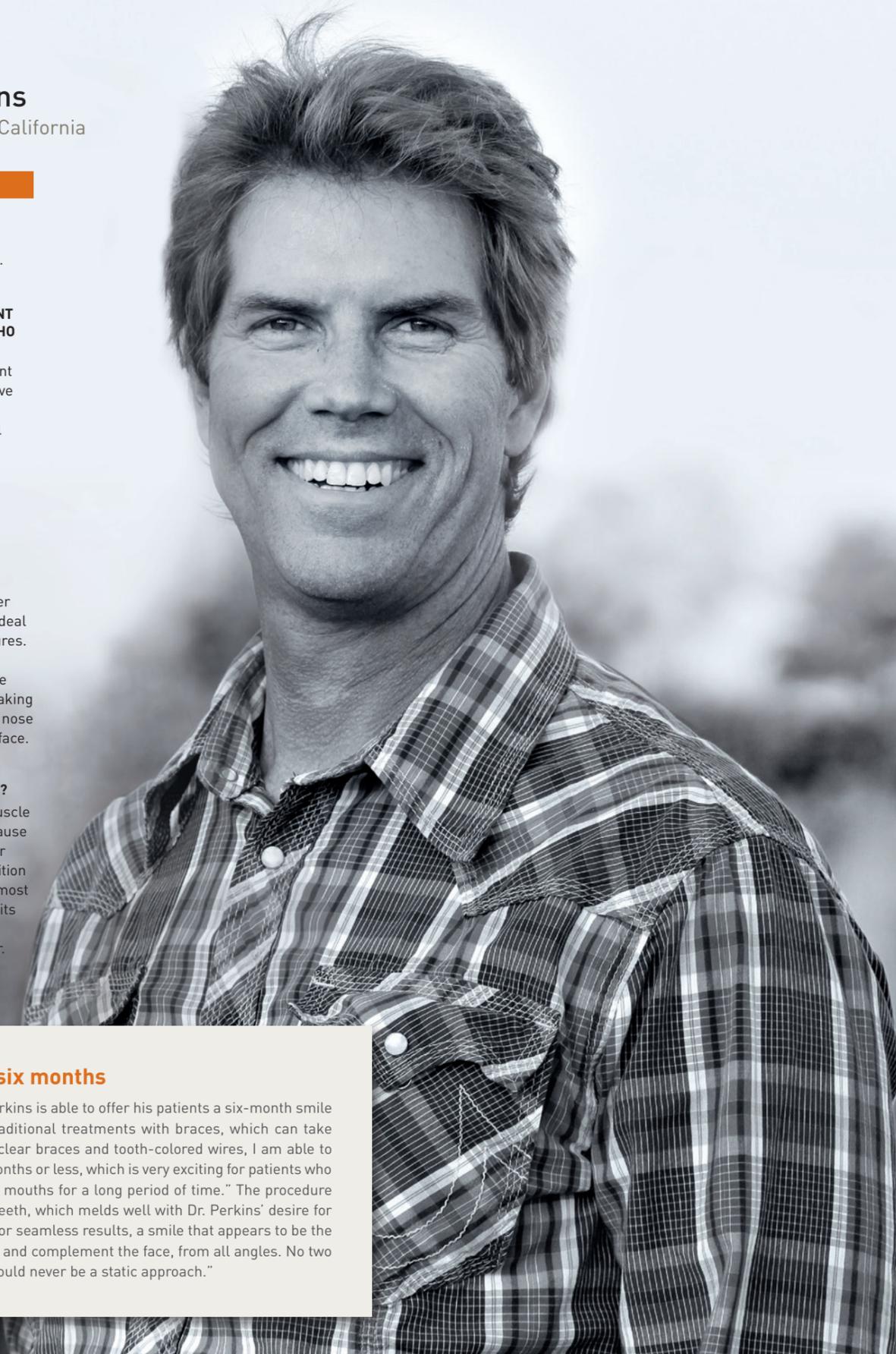
I feel like it is imperative that we look at the whole face. With proper training, a dentist can do a great deal to affect your defining facial features. For example, in instances where the lower jaw is set back, it can be comfortably brought forward—making the chin more prominent and the nose appear more in balance with the face.

#### WHY IS YOUR TMD APPROACH SUCCESSFUL AT RELIEVING PAIN?

TMD pain is directly related to muscle and joint dysfunction. This is because the muscles are chronically under tension. We bring the jaw to a position where the muscles and TMJ are most comfortable. When your jaw is in its most relaxed position, your TMJ symptoms will begin to disappear.

### A straighter smile in six months

Now with new innovations, Dr. Perkins is able to offer his patients a six-month smile makeover in lieu of the more traditional treatments with braces, which can take two years or more. "By utilizing clear braces and tooth-colored wires, I am able to typically straighten teeth in six months or less, which is very exciting for patients who don't want to have metal in their mouths for a long period of time." The procedure uses low force in the shifting of teeth, which melds well with Dr. Perkins' desire for patient comfort. "I always strive for seamless results, a smile that appears to be the work of nature. It should balance and complement the face, from all angles. No two smiles are the same, so there should never be a static approach."



### SHORT-TERM ORTHODONTICS

This is a recently finished case involving short-term orthodontics. "It took just over 10 months to complete, but most short-term orthodontic cases will take six months or less—sometimes as little as three months. This case was also performed without extracting teeth," says Dr. Perkins, who includes complimentary home whitening with all orthodontic cases.

### FACIAL BALANCE

This man presented with strong, chronic TMD pain and muscle soreness. We advanced his upper and lower jaw, opened his bite and straightened his teeth. The after photo was taken three months post treatment. Absolutely no surgery was performed. This is all orthopedic and orthodontic movement. Notice how his nose looks prominent in the first photo, but it looks balanced in the after image. Nothing was done to the nose, and, most importantly, the patient is now 100 percent pain free.

# "it's about creating facial harmony and balance"

THE ATTRACTIVENESS OF ONE'S SMILE DEPENDS IN PART ON THE BEAUTY OF ONE'S TEETH, BUT EQUALLY IMPORTANT IS WHERE THOSE TEETH ARE POSITIONED IN THE MOUTH. ARE THEY HIDDEN BACK IN THE FOURTH ROW, OR ARE THEY FRONT ROW CENTER? IS THE UPPER LIP GETTING PROPER SUPPORT FROM THE TEETH AND UPPER JAW? IT IS ABOUT CREATING FACIAL BALANCE AND HARMONY AS MUCH AS CREATING BEAUTIFUL TEETH. COME IN FOR A COMPLIMENTARY CONSULTATION AND YOU'LL BE AMAZED BY WHAT WE CAN DO FOR YOU.

### MEET THE EXPERT

## Dr. Bob S. Perkins

Cosmetic Dentist

#### SERVICES OFFERED

Smile Makeovers  
Dental Implants  
Orthodontics  
Full-Mouth Reconstruction  
Neuromuscular Dentistry  
Cosmetic Dentistry  
General Dentistry  
TMD/TMJ  
Sleep Dentistry (IV and Oral Sedation)  
In-Office and At-Home Whitening  
In-Office ZOOM!™ Teeth Whitening

#### ABOUT DR. PERKINS

#### WHAT IS THE MOST IMPORTANT DETERMINANT OF A GREAT SMILE?

As important as beautiful teeth, is the relationship between the upper and lower jaws. If those are aligned and developed properly, then you have the proper canvas to paint the picture.

#### WHAT DO YOU SEE AS THE FUTURE OF DENTISTRY?

A more enlightened approach for how important facial development is to proper form and function. Form does follow function.

#### WHY IS TMD PAIN SO COMMON AND DEBILITATING?

It is common because too often muscles in the jaw, neck and head are made to overwork in order to bring the teeth together. For example, if instead of walking, you had to do deep lunges in order to make forward progress, might your leg muscles become fatigued and sore within a short period of time? If we can get these muscles to relax, by bringing the upper and lower jaws into proper alignment with one another, then we bring about the end of chronic, debilitating pain.

**DOCTOR OF DENTAL SURGERY**  
University of Southern California

**LOCATIONS**  
Malibu, California  
Simi Valley, California

**CONTACTS**  
310.419.6900  
805.955.0181

 To learn more about the practice visit [smilesinmalibu.com](http://smilesinmalibu.com)