



Nina's tips for fixing your smile

- "Don't underestimate the impact that having good teeth and a great smile has on your confidence. You won't realise how much of an effect it has on all areas of your life. Just think – if you hardly ever smile, how can you possibly feel happy?"
- Don't be scared of going to your dentist – there's no doubt they'll have seen far worse. It's best to face your problem and get it fixed. You'll feel much better afterwards."

Nina, before her dental treatment (below)



'I hated my teeth - now I'm working in cosmetic dentistry!'

Nina Tetra, 29, is a dental nurse, from Bristol

"I'd always hated my teeth; they were discoloured, crooked and pointed and I used to get bullied at school because of them. I

never smiled, always put my hand over my mouth when I spoke and lacked confidence in my appearance. People thought I was unfriendly because of this. It also affected my relationships with men. Guys would tell me I was pretty but my teeth let me down. I ended up in an abusive relationship. When I ended it, I decided to re-evaluate my life.

I'd always wanted to get my teeth fixed but assumed nothing could be done. Then I saw an advert for The London Centre for Cosmetic Dentistry in a magazine. They were offering free consultations and I realised that fixing my teeth could really boost my self-esteem.

I went for a consultation with Mervyn Druian in January 2001. He suggested I have cosmetic porcelain veneers to correct my teeth. The work would cost about £12,000. It was a lot of money but

I rationalised it was the same as what I'd spend on a new car and, thankfully, my parents offered to help me out.

I began having the work done the following week. It took a lot of courage to go but I knew it'd be worth it. The first thing Mervyn did was take impressions of my teeth, which took five and a half hours as he had to shave my teeth down. He then sent the impressions to the lab in New York so they could produce my veneers. I had the veneers fitted two weeks afterwards.

I remember looking in the mirror after they'd been fitted and bursting into tears because my teeth looked so amazing. Mervyn was so pleased with the result – and my reaction – that he asked me if I'd like to work at the practice and train in cosmetic dentistry. I accepted straight away. I started work there in March 2001 and I'm so happy. I'm outspoken and confident – a different person from that stern, quiet girl I was before. Having my teeth done changed my life." □