

BÖLÜM 9

GÜLÜMSEME ESTETİĞİ

Nihal KAYA¹

Elif Dilara ŞEKER²

GİRİŞ

Farklı kültürler arası yapılan çalışmalara göre gülümsemenin tüm kültürlerde insana özgü evrensel bir ifade olduğu rapor edilmiştir.¹ Yüz ve gülümseme hakkındaki birçok estetik kavram, bilimsel yöntemlerden ziyade yazarların kişisel görüşlerine dayanmaktaydı.² Bu durum güzelliği nitelendirmenin ve nicelleştirmenin zorluğunu sorgulayan estetik ve güzel sanatlar arasındaki yakın ilişki ile açıklanabilir. Bununla birlikte, diş hekimliğinde güzellik algısının ölçülebilir olması gerekliliği teşhis ve tedavi planlamasına rehberlik edebilecek bilimsel veriler sağlamak açısından oldukça önemlidir.³ Geleneksel ortodontik tedavide estetik genellikle profili iyileştirme ile ilişkilendirilmekteydi. Bu kapsamda hem Angle sınıflaması hem de sefalometrik analizler, estetik bir görünüm için frontal görünümünden ziyade profile dikkat çekmiştir.⁴ Modern ortodontik tedaviyle estetik anlayışı Angle'in sert doku paradigmasından, yumuşak doku paradigmasına kaymaya başlamıştır.⁵ Günümüzde ortodontik tedavi için hasta sadece profilden değil, vertikal ve transversal olarak uzayın 3 yönünde statik-dinamik olarak ve ek olarak da zaman açısından değerlendirilmektedir. Ortodontist sadece dento-iskeletsel büyüme ve gelişmeyi değil, ayrıca yumuşak doku büyümesi, maturasyon ve yaşlanmayı da göz önüne almalıdır.⁶ Günümüzde amaçlanan hedef mümkün olan en iyi estetik sonuç ve fonksiyonel ilişkiyi ele almaktır.⁷

ESTETİK ALGISI

Yunancada "algı" kelimesinden türetilen estetik 'güzelliği' ele almaktadır. Güzellik objektif ve subjektif güzellik olarak ikiye ayrılmaktadır.⁸ Objektif güzellik nesnenin tartışmasız övgüye değer özelliklere sahip olduğunu tanımlarken subjektif güzellik ise onu düşünen kişinin zevkleri ile ilişkilidir. Ortodonti ile ilgi-

¹ Diş Hekimi, Bezmialem Vakıf Üniversitesi Sağlık Bilimleri Enstitüsü Ortodonti Anabilim Dalı, dt.nihalsimsek@gmail.com.

² Dr. Öğretim Üyesi, Bezmialem Vakıf Üniversitesi Diş Hekimliği Fakültesi Ortodonti Anabilim Dalı, elseker@bezmialem.edu.tr/dilaraarsln@hotmail.com

SONUÇ

İdeal gülümsemeye ulaşabilmek için birçok faktör etkili olmaktadır. Bu faktörleri ana başlıkları ile özetlemek gerekirse şu şekilde sıralayabiliriz;

- Antero-superior olarak dişlerin belirli matematiksel oranları takip etmesi
- Dişler arasında sıkı kontaklar ve paralel kökler oluşturarak; diastema ve karanlık üçgenlerin bırakılmaması
- Alt dudak kurvaturüyle uyumlu konveks ve simetrik gülümseme arki
- Dental orta hattın yüz orta hattı ile uyumlu olması
- İnsizal embraşür ve konnektör alanı oluşturarak çekici gülümseme
- Dudak ve kas tonusunun simetrik ve birbiriyle uyumlu olması
- Minimal bukkal koridor görünümü ile karakterize edebiliriz.

Anahtar Kelimeler: Gülümseme, estetik, ortodonti

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