

PAY IT FORWARD



by David A. Schaefer, DMD
Louisville, KY
www.smileslofouisville.com

INTRODUCTION

Zenda Stakelbeck decided to celebrate the 30th anniversary of her beauty salon in a very meaningful way: She provided each of her salon's team members with \$1,000 to enrich someone else's life, thus initiating the "Pay It Forward" program.

Stylist Cristi Forrest contacted Teresa Kinberger, an attorney who works closely with women and families in difficult situations. Together they identified "Melissa," who had previously been in an abusive relationship but who was making a positive change in her life and was determined to succeed (Fig 1). Cristi decided she would help lift Melissa's spirit on the "inside" by contributing to positive change on the "outside."

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The plan involved helping prepare Melissa for upcoming job interviews by enhancing her wardrobe with professional outfits, providing hairstyling services, and applying cosmetics to draw attention to Melissa's pretty facial features. However, Cristi immediately became aware that Melissa's self-esteem and willingness to smile were dramatically affected by the absence of any upper teeth and damage to several remaining lower teeth (Fig 2).

Cristi contacted our office to find out what could be done for Melissa's smile. Melissa's history of domestic violence brought the AACD's Give Back A Smile™ (GBAS) program into the picture, and a plan to restore her smile was put into motion.



Figure 1: Preoperative full-facial view. Note the patient's closed-mouth smile.



Figure 2: Preoperative retracted view revealing the patient's edentulous maxillary arch and severely compromised mandibular dentition.

TREATMENT PLAN

After Melissa underwent a thorough examination, our office began establishing a comprehensive treatment plan by consulting with implant manufacturers, specialists, and dental laboratories. Recognizing the opportunity to make such a positive impact on someone else's life generated a "can-do" attitude with each phone call. As a result, an overall treatment plan was finalized that included the following:

- preliminary complete maxillary denture
- extraction of hopeless teeth (##23-26, #30)
- periodontal surgery at time of extractions (##21, 22, 27, 28, and 29)
- endodontic treatment for ##22, 27
- four maxillary implants with an implant overdenture

- fixed partial denture at ##(20 x 21 x 22 x 27 x 28 x 29 x (30). Note that ##20 and 30 were cantilevered pontics, with true abutments at ##21, 22, 27, 28, and 29.
- mandibular nighttime biteguard.

THE RESULT

As with many complex multidisciplinary cases, the planning phase required input from all parties involved. These included the implant manufacturer (Nobel Biocare; Yorba Linda, CA), oral surgeon, endodontists, dental laboratories, restorative dentist, and the patient. While putting our plan into action, additional teeth (i.e., ##21, 28, and 29) required endodontic therapy due to extensive decay. With perseverance, determination, and extra effort from all involved, a healthy and esthetic

result was achieved and a life was changed for the better (Fig 3).

THE REWARDS

Zenda Stakelbeck's "Pay It Forward" program and the AACD's GBAS program were a perfect match that used resources, contacts, and creativity to help those in need. Melissa continued to make more positive changes in addition to her smile (Fig 4). She lost 33 pounds, found a better job, started a meaningful relationship, and became more involved with her family and community.

As dentists, we know that improving a smile results in far more than giving teeth the proper color, texture, and contours. Cristi Forrest's idea enhanced Melissa's appearance on the outside and, more importantly, created a happier person on the inside (Fig 5).



Figure 3: Postoperative retracted view of the patient's maxillary implant overdenture and mandibular fixed bridges.



Figure 4: Postoperative view.

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Figure 5: Alternate postoperative full-facial view of the patient showing her natural smile.