

# The DIY Facelift

**Last issue, we interviewed Dr Nick Mohindra about his invention, the Oralift. Now, we see how the Oralift works from a patient's perspective**

## **The patient:**

### **Barbara Antonioni, 65**

I first went to see Dr Mohindra five years ago, having been very disappointed after another dentist charged me a huge consultation fee to tell me that there wasn't anything he could do for me, because of the poor state of my gums.

I was disheartened, but when I read an article about Dr Mohindra's anti-ageing device, I knew that he would be the person to speak to – and perhaps he could make me look younger at the same time!

Straightaway I felt that Dr Mohindra had my best interests at heart, and when he introduced me to the concept of the Oralift I was keen to hear more. I'm always aware that there are things that we can do to help ourselves, where ageing is concerned, and so when he talked about building the muscles of the face in the same way as we do the body I knew exactly where he was coming from.

Dr Mohindra felt that the Oralift would be a good way to prepare myself for the dental work I needed, as it would improve what he calls the 'free

way space' in my lower jaw. A side benefit of this is that it also changes the shape of the face to more of an oval, which is a much more youthful shape.

I noticed the effects of the Oralift very quickly – within a few days. The thing that is most noticeable about it is that it makes your eyes shine. No other anti-ageing treatment can do that. You can stretch the skin, you can plump up the skin, you can put fillers all over your face, and if it's well done, you can get a really good result but there's

nothing else that can give your eyes back that youthful sparkle.

Recently, I used the Oralift for the first time in a while – just for an hour a day over two days – and on the third day I looked in the mirror and thought 'I'm not looking too bad today, I must have had a good night's sleep'. And then I suddenly realised I hadn't slept well, I'd just been using the Oralift, and that's the effect it has.

Of course it doesn't just work on the eyes, it really does change the shape of your face



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signs of ageing...  
without knives or  
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and gets rid of that square-jawed look that affects so many of us in later life. It also works the muscles of the face, which actually feels really good – like you're doing something for yourself to help the ageing process, rather than relying on someone else to do the hard work for you!

I use the Oralift for about an hour a day, twice a day for two months, and then leave it until I feel the need again. I think the real beauty of it is that you look better, but you don't look like you've had anything 'done'.

I go back to see Dr Mohindra fairly regularly, as I'm still having treatment on my teeth and gums, and I trust him implicitly – he is so patient and kind, and he was just so right in diagnosing the Oralift for me.

### The practitioner: Dr Nick Mohindra



Barbara first came to see me five years ago. She had read an article about an appliance that I was using to improve and delay the signs of facial ageing.

I gathered that past experience had not inspired Barbara to have much faith in the dental profession, but she came to see me because of her curiosity about this appliance, not because she was looking to have her smile improved.

When I explained my Oralift treatment at the consultation,



## “ You look better, but not that you've had anything 'done' ”

Barbara readily grasped the concept behind it and believed it could work for her. She had already been an advocate of facial exercises and liked the idea that this appliance could do even more, as well as being simple to use, non-invasive and natural.

Barbara was very pleased with the result she achieved with Oralift, and I think over the period she was treated she developed a trust in the team here at Added Dimension Dentistry. The relationship between the patient and the dentist and his team is very important in dentistry, particularly where facial aesthetics are involved.

After a year or so, Barbara decided that she would like to have her smile improved, and over the next few months had extensive dental work carried out in a procedure I call The Dentalfacelift. We were all delighted with the result – Barbara already looked extremely youthful for her age and her new smile and the overall improvement to her face resulted in her looking much younger than her years.

Both the treatments Barbara has had, although done in the mouth have a profound effect on the face. All the facial features seem to be affected, not just

the lower face as people tend to expect.

The benefits that Oralift patients report include improvement to their complexion, closing of pores, increased lip fullness, eyes looking wider and livelier and improved jaw line.

I encourage all my Oralift patients to come once a year for a review and to have their photographs taken and these photographs suggest that the treatment is anti-ageing. Although like many patients who have Oralift facial rejuvenation, Barbara would not consider treatments such as Botox and fillers, many patients do combine Oralift with these treatments, and tell me that they need them less often.

Patients tell me that when they see friends or family whom they have not seen for a while, they get complimented on how well they look, although no one is quite sure why or how. At Added Dimension Dentistry, we call this the “Oralift effect”.

Barbara has continued to use Oralift and I am certain she will use it for the rest of her life. She shares my passion about a treatment that can achieve these benefits, naturally. I hope I am still here in another ten years to see her pictures!

**CS&AG**