

## Challenges of Orofacial Harmonization

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Times are changing and new technologies in dentistry are advancing at a rapid pace. Orofacial Harmonization is no exception. Are we ready to move forward? What are the challenges now and in the future? We believe that we can adapt, evolve, and focus on our areas of expertise, otherwise we could easily be left behind.

Orofacial Harmonization is a specialty that brings together areas of dentistry (e.g. aesthetics, surgery, etc.) to promote the aesthetic and functional balance of the face. This specialty involves various techniques such as Botox injections, facial fillers and skin treatment with the aim of improving facial harmony.

However, the use of new technologies is more complex to implement in daily clinical practice, and some professionals find it difficult to assimilate new treatment techniques because they require intensive research and a moderately long learning curve. We know that those who feel they have had a short period of training and lack the experience to know how to apply certain techniques correctly will find them difficult to apply. For us, miracle solutions are false! Our challenge in leading the field of orofacial coordination is to research, research, research, train, train, train and update, update, update, as happens in all areas of dentistry.

The growing interest in these procedures raises questions about the line between the search for harmony and the potential for disproportionate results. As experts in the field, we know that orofacial adjustments, when performed correctly, can not only significantly improve aesthetics, but also improve the functionality of the treated area, positively impacting on the individual's self-esteem and quality of life.

Above all, our greatest professional challenges are to overcome obstacles, adapt to new technologies, learn from our mistakes,

and remain humble because we are always learning (even when we teach) and because collaboration between the different specialties of dentistry is highly heterogeneous.

The growing demand for these procedures and the desire for immediate results can lead to over-intervention, resulting in a disproportionate and false appearance. The key to avoiding uneven results is individualized treatment.

Each face has its own characteristics that must be respected. A detailed assessment and individualized treatment plan are important. Redundancy occurs when procedures are standardized, and individual characteristics are ignored.

We always stress the importance of accurate diagnosis by a qualified and experienced professional. Professionals must not only have a thorough knowledge of the techniques available, but also a thorough knowledge of facial anatomy, physiology, the patient's psychology, and the aesthetic principles of the face.

In addition, it is important to educate the patient about the procedure and the expected results. By setting realistic expectations and openly discussing the program's potential and limitations, you can avoid frustration and exaggeration.

In summary, orofacial adjustments play an important role in modern dentistry and can benefit many patients. But their responsible approach requires careful balance and dedication to the individuality of your patients.

When the quest for perfection goes beyond the limits of nature and functionality, we enter a realm of disharmony that can do more harm than good. Therefore, the key to true harmony lies in moderation, personalized treatment and the choice of qualified and ethical professionals.

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