

Dr. Redaelli, Dr. Costa would you present yourself for the readers of Dental world newspaper?

Dr. Costa is a Dentist who works in Lugagnano (Verona) from many years and he has combined Dentistry and Aesthetic medicine since 10 years.

I'm working in Milan in the field of Aesthetic Medicine and Vascular Surgery since 1980.

We both have founded Medical Aesthetic which is a Society involved in the training of Doctors and Dentists in the field of Aesthetic Medicine.

We have organized also the Master in the treatment of Oral and Perioral tissues at the Padova University. This Master is the first in Europe made only for Dentists.

What is Aesthetic medicine?

Aesthetic Medicine is a new field of Medicine that regards "well being" and the maintenance and restoration of the aesthetics of the face but also of many body districts.

Dentists are involved in the beauty of the inferior third of the face and particularly for completing their work in the mouth after odontoiatric restorations. As I say always, they put the frame to their work!

Dr. Redaelli and Dr. Costa, what is the reason for your visit in Sofia now?

In Italy, we make a lot of courses and Dr. Galina Dolapkieva was many years ago one of these doctors. For this very reason, she trusted in us and invited us to share with Bulgarian Dentists our philosophy and our manner to perform these techniques that we teach in Italy. She knew also Medical Depot, a Bulgarian Company interested in Medical Doctors and Dentists training. So we accepted to show to all these doctors what we know and believe in this field.

Dr. Dolapkieva and Medical Depot were very useful to make this congress and made a very good work, and the success of the course was high!

Can Dentistry be "non aesthetic"?? Absolutely no: dentistry was always over time the most aesthetic specialty in medicine!!! But the most part of dentists did not know this!

Is this your first time that you are coming to Bulgaria?

Yes, this is the first time, but I believe not the last!!

What are your first impressions from Bulgarian dentists?

My first impression is that they are very prepared. They know Anatomy very well, and they have understood that the field of Aesthetic medicine in the inferior third of the face is very important and they are the most involved specialists that have to know this.

They have a lot of interest and also are very impressed of all the possibilities that they could have in this field. I'm sure that they will begin to perform aesthetic odontostomatology.

What about the legal right- who can practice Aesthetic medicine in Italy and European Union? Dentists?

The law says that dentists are those specialists that take care in aesthetics of teeth, endoral bones, and oral and perioral soft tissues.

They have only to start to take care in this field that could be part of their knowledge.

Which is the right doctor that takes care of oral and perioral tissue changes after dentistry?

After very big and difficult works in the mouth? Surely the same Doctor, the Dentist himself!

And which is the best doctor who can know a bruxism treatment or a Gummy smile? An aesthetic Doctor? No, all will agree with me that the right doctor is a Dentist!

Are dentists in Italy interested in this field of the medicine?

Very much! I and Dr Costa had a lot of Doctors who followed our courses. We taught to about 1000 dentists in Italy, with very good results! Learning the right technique and the manner to avoid side effects is the winning strategy to become a good and complete Odontoiatric aesthetic Doctor.

What are the new trends in Aesthetic medicine?

The natural look! We have to restore right volumes and to reduce wrinkling in a natural way, using natural and safe materials. Also the restoring of a good skin is very important...lasers, new peeling, many new fillers also with Lidocaine for enhancing patient's comfort.

Which procedures from Aesthetic medicine are most asked for from the patients?

Botulinum Toxin and fillers procedures are the most asked treatments and have become in time very safe if learned and experimented with good trainers and good courses. Also Platelet rich Plasma procedures and all revitalizations are very growing fields, with very good outcome and a real absence of important side effects.