

NICHOLS

ORTHODONTICS + AESTHETICS

The 10 Features of a Perfect Smile

Creating perfect smiles is about more than just straightening teeth

DR. TREVOR NICHOLS, DMD, MS

N I C H O L S O R T H O . C O M

About Dr. Trevor Nichols

Dr. Trevor Nichols, an Arizona native and board-certified orthodontist, is celebrated globally for his transformative work and attention to aesthetic details. Following his undergraduate studies as valedictorian at Arizona State University, he excelled at the Arizona School for Dentistry and Oral Health where he earned his Doctorate in Dental Medicine and served as class president. Dr. Nichols then completed a residency and specialty training in Orthodontics and Dentofacial Orthopedics while obtaining a Master's in Orthodontics with a groundbreaking thesis on TMD. Since 2018, his dynamic lectures on fixed orthodontics and clear aligners have influenced orthodontists worldwide while he has simultaneously treated thousands of his own patients. Ahead of opening his own practice in Gilbert, Arizona, Dr. Nichols has developed an innovative approach to objective, personalized orthodontic treatment with the creation of the **Nichols Smile Score**. He strongly believes his mission is about more than teeth—it's about the people. Beyond his impressive career, he cherishes his roles as a husband to Alyssa and father to their four boys. Rooted in faith and family, and with a strong passion for fitness, he inspires others with his philosophy that "the way you do anything is the way you do everything."



10 Features of the Perfect Nichols Smile

The art of a Nichols Smile consists of perfecting 10 key aesthetic features

Upper Tooth Position



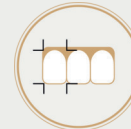
Midlines

Smile Arc



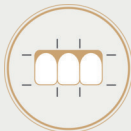
Occlusion

Smile Width



Tooth Shape
+Proportion

Alignment
+ Contacts



Gum Display
+ Shape

Facial Profile
+ Lip Volume



Tooth Color



*This book contains actual patient
cases treated by Dr. Nichols*





Facial Profile + Lip Volume

Focus

- Orthopedic correction of skeletal imbalances
- Full and straight profile with adequate skeletal support for soft tissues
- Adequate lip volume

Benefits

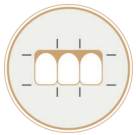
- Creation of a profile that maximizes beauty and harmony
- Airway is improved by skeletal imbalance correction
- Helps the patient look younger longer by maximizing tissue support

Upper
jaw
brought
forward



Lower
jaw
brought
forward





Alignment + Contacts

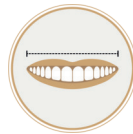
Focus

- Teeth are straight
- All spaces are closed

Benefits

- Confidence is improved as crooked teeth are aligned and spaces closed
- Improved oral hygiene
- Lower risk of gum disease and tooth loss





Smile Width

Focus

- Broad smile
- The smile flows from one corner of the mouth to the other
- The teeth fill the mouth

Benefits

- Provides better support for cheeks, preventing a sunken or aged look
- Contributes to a more attractive appearance





Smile Arc

Focus

- Bottom edges of upper teeth follow the lower lip line
- Top portions of the teeth follow the upper lip line
- Each tooth introduces the next from front to back

Benefits

- Creation of a more personalized and dynamic smile
- The smile shows off only beautiful teeth





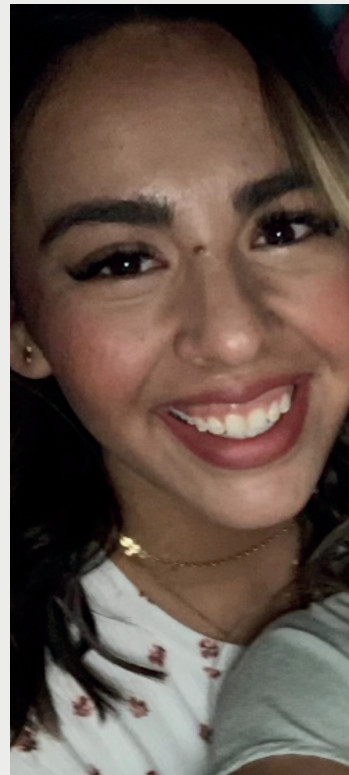
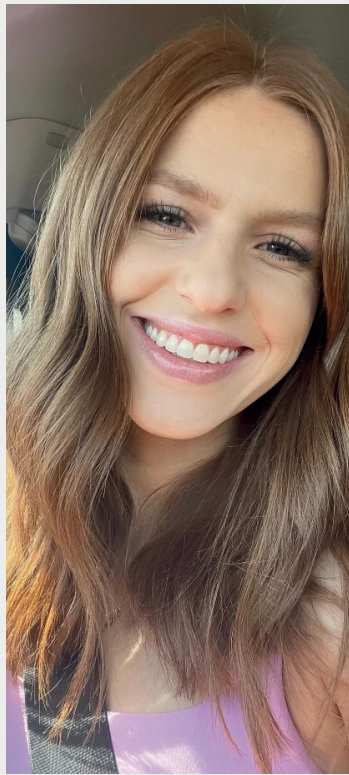
Upper Tooth Position

Focus

- 100% front tooth display with only 1-2 mm of gum show
- The angle of the teeth is ideal—they are not leaning backwards or too far forward

Benefits

- Smile is not distracted by too much gum tissue or flared teeth
- Smile is authentic and full of confidence
- No more Gummy Smiles





Midlines

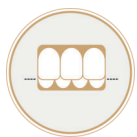
Focus

- Upper and lower midlines are centered on the face

Benefits

- The smile fits the face
- The smile is symmetrical to the face, emphasizing the smile





Occlusion

Focus

- Upper teeth overlap the lower teeth as they should
- Ideal overbite
- Teeth touch and support one another

Benefits

- Prevents excessive wear, chipping, or fractures of the teeth
- Allows for more efficient chewing
- Lowers risk of jaw pain



Tooth Shape + Proportion

Focus

- Teeth appear as natural veneers
- Heights and widths of teeth are ideal

Benefits

- Teeth appear symmetrical and youthful
- Teeth show like fine jewelry and reflect light magically





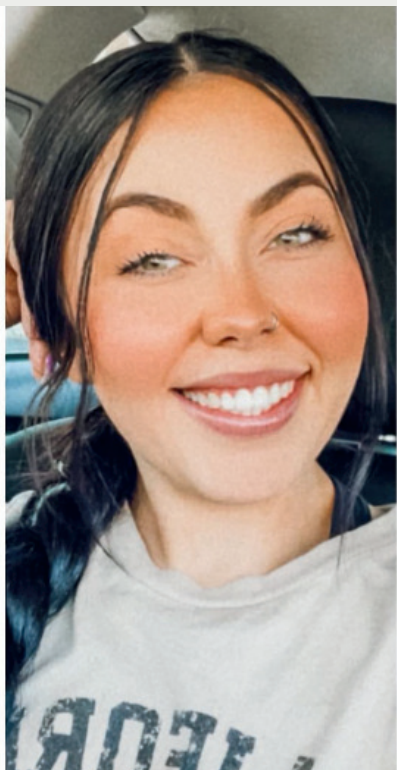
Gum Display + Shape

Focus

- Gum height and width are optimal
- Teeth appear the correct size

Benefits

- The excess and unhealthy tissue is removed
- Beautiful teeth are not hidden by extra gums





Tooth Color

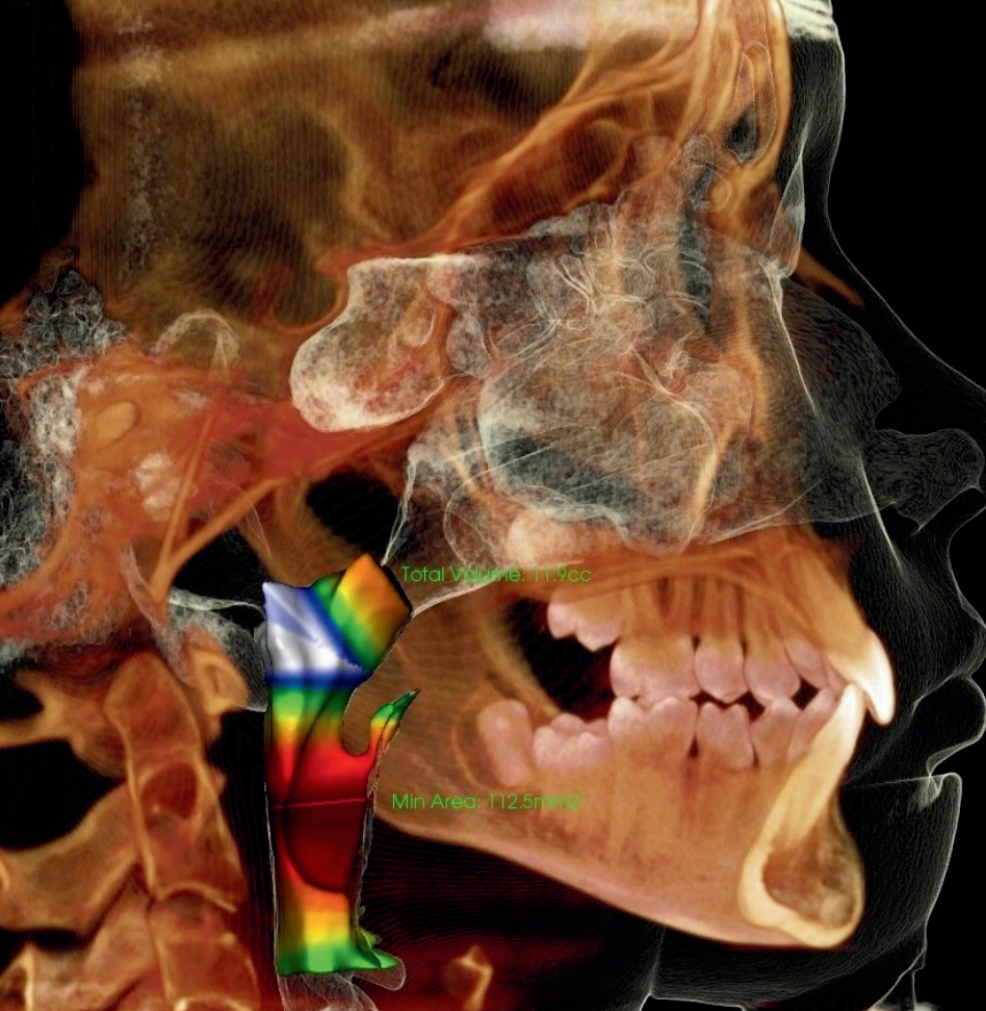
Focus

- Teeth are white
- Teeth do not have spots or stains

Benefits

- The smile is vibrant and glows
- People are amazed at the brilliance of the smile





Airway

Treatment with Dr. Nichols extends beyond perfected smiles to healthy airways. Each patient receives a 3D scan to evaluate the airway for potential risk of sleep-disordered breathing. A healthy airway improves health, quality of life, and even helps patients live longer.

Experience life-changing results



Orthodontic treatment can truly transform your life. Having a beautiful smile that you are proud of can enhance your confidence and personal brand. It can cause others to see you differently, but, most importantly, it can cause *you* to see *yourself* differently.

Visit NicholsOrtho.com
to Schedule Your Free
Consultation Today!



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