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# DR. STEVEN DAVIDOWITZ:

## Keeping you Stress Free and Smiling

By ?????

These might be stressful times, but that doesn't mean you have to let it affect your smile, and nobody takes smiles more seriously than Dr. Steven Davidowitz of Luxury Dentistry NYC. With the latest technologies and personalized patient care, Dr. Davidowitz does things his own way – and that is sure to keep you smiling.

This New York native, who was born and raised in Brooklyn, was always fascinated with the health field and knew early on that he wanted to help people. While he had first planned on attending medical school and had even gotten into NYU prior to graduating from Baruch College, Dr. Davidowitz eventually realized he wanted to follow in his cosmetic dentist father's footsteps. He wound up receiving his doctor of dental surgery degree from the New York University College of Dentistry and then completed fellowship training in implant surgery and restorative implant dentistry at NYU. With both the drive to be a dentist and a hidden artistic side which he knew would be able to bloom in the cosmetic dentistry field, Dr. Davidowitz had a vision to take things to a new level. The result? A space that makes great smiles and instantly adds a smile to patients' faces.

"The office that I wanted to create coming out of dental school was something I hadn't seen before. I got into numerous programs for cosmetics while at NYU but they always focused on just fixing teeth. I wanted to merge beauty and wellness with dental health by introducing additional cosmetic procedures to really frame the smile while at the same time beautifying the smile."

With a relaxing spa-like environment, plenty of pampering and even swag bags filled with goodies, Dr. Davidowitz's upscale Upper East Side office keeps his patients feeling calm, even when he's working on their uppers. In order to continuously achieve the best results, he always reinvests into his practice by purchasing the top new technologies. After all, when it comes to your mouth, nobody is more committed to making sure yours is looking great on the inside and out, which is why most of his patients do in fact come by word of mouth.

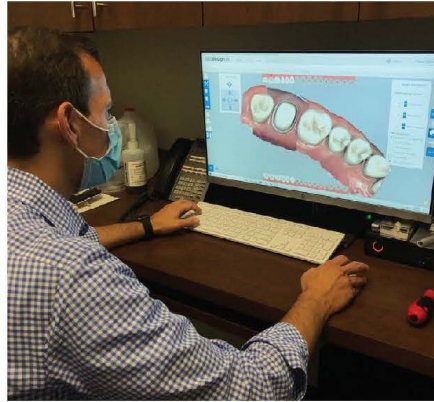
"We're not an office with 20 different doctors. I want to give the best overall outcome, mentally and physically. Patients know I give real results with my procedures and techniques and by really having that focus. Many people come through my



door because of what they hear from others – apparently my name regularly comes up at dinner table conversations!”

One of Dr. Davidowitz's most effective and evolutionary technologies is the Evoke, a non-invasive cutting-edge device which requires no cutting or downtime. This facial remodeling treatment tightens and lifts the facial characteristics on the jowls and under the chin – all areas that frame the smile. By adding Evoke to other dental procedures, patients achieve their most successful smile. This is all part of the Signature Face approach. In fact, Dr. Davidowitz was the first dental office in New York to offer this treatment which truly turns back the clock. “This technology uses bi-polar radiofrequency energy and allows patients to walk out of the office the same day with a smile that they had 10 or 20 years prior. A lot of patients want to look younger, leading them to want to do a small makeover with veneers and porcelain crowns. We also use an upgraded digital impression scanner, eliminating the need to do radiation x-rays.”

These trying times are leading to troublesome teeth problems, especially when it comes to teeth grinding. According to Dr. Davidowitz, many of these issues are a continuation of what many people were diagnosed with already. “Night grinding in particular has gotten much worse. We make up these great night guards that protect enamel and wear due to stress induced muscle tension and tightening in the jaw. These devices are fairly comfortable, and we make taking impressions as pleasant as possible. We use iTero Element 5D, a little camera that takes five minutes and goes around the teeth as opposed to the old impressions which include trays and goo are much more uncomfortable. A lot of bad habits and neglect really started happening during the pandemic. A lot of people are working from home and now they also have school at home with their kids, so grinding is happening more during the day and they're forgetting about it. This all leads to fractured teeth, gum problems, TMJ, discomfort, unsightliness of muscles of the face and nutritional issues. Those that never experienced this before now have cracked tooth syndrome as well. This



is from biting hard and grinding, which really needs to be properly taken care of. I see other patients who have chips and wear and thinning of the enamel and now they're diagnosed as having heavy clenching or night grinding and this is all part of stress taking its toll on oral health.”

In addition to teeth grinding issues, the pandemic has caused an uptick in reports of snoring, which is really grinding on some people's nerves. “A lot of patients wrote that they had no snoring problems when filling out their intake forms on oral and sleep health, and then I would find out from their partner that this was not the case!” exclaims Dr. Davidowitz. In order to treat this prevalent problem, Dr. Davidowitz is using a solea laser, an alternative to the dreaded dental drill which serves as a light source. This sleep treatment eliminates palatal snoring without pain or invasive procedures.

Dr. Davidowitz isn't just saving people's smiles, he's saving their lives. That's because stress causes systemic health problems, which is why he tells his patients to smile for at least five minutes a day in order for them to relax their whole bodies. Even those in a rather negative mood or mindset show a drastic change in behavior after undergoing a signature smile treatment. After being stressed himself upon having to close his practice for a few months due to the pandemic until reopening in June, Dr. Davidowitz makes sure that both he and his family, which consists of his wife and two children, ages 8 and 11, put on a happy face!

While he is indeed known for his Signature Smile makeovers, Dr. D as he's commonly referred to by his patients, really takes his smiles a step further by merging a Signature Smile with a Signature Face. “You never want to undo a bandage around your face or look in the mirror and go uh-oh, or that you have more to finish. This is all about designing the smile, and by using computer assisted designs, we are designing the smile before even doing the procedure. We do a simulation and look at the after photo following a Signature Smile procedure, and it is amazing how similar it looks to the simulation.”

In addition to taking care of your mouth, Dr. D will make sure your whole face is looking fresh enough to face the world. He measures the upper lip to lower lip and the right to left jowls plus lines on the forehead, crow's feet, etc., so that he can determine how to best combine his range of treatment options. This one stop smile and overall facial structure shop is designed to make things more seamless for patients, which has never been more important than right now. After getting great dental work, you don't have to look for another doctor to take over in order to complete your overall makeover. He also has Dr. Young, an expert in facial aesthetics who handles part of his Signature Face services, which include Botox, fillers and other noninvasive procedures at his practice.

While he is already known as New York's luxury dentist, Dr. D is always looking for ways to keep his practice as modern as possible. He is currently hoping to introduce a plasma technology for laser resurfacing and rejuvenation especially around the lip line. This is really ideal for those who suffer from smokers' lines as this can be extremely difficult to correct with just Botox. Other big plans in the pipeline for the new year include a brand-new book and even his own smile-centric show. Tune in to find out how this expert in facial aesthetics is able to focus not just on your teeth, but your full facial structure – and make sure to schedule a stress-free, perfect smile appointment. ♦

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