Smiles Dentistry Reports Rising Interest in Gum Contouring Procedures Among Young Professionals

November 13, 2025

LAKE WORTH BEACH, FL - November 13, 2025 -
Smiles Dentistry, a comprehensive family dental practice, has observed a notable shift in cosmetic dentistry requests over the past year, with gum lift procedures becoming increasingly popular among patients seeking smile enhancements without extensive treatment timelines.

Dr. Luz Aida Ospina, who leads the practice, reports that inquiries about gum contouring have increased substantially, particularly among professionals in their late twenties to early forties. The procedure?performed with either a handheld laser or a scalpel by a dentist or periodontist?reshapes the gum line to create more balanced tooth proportions and addresses what many patients describe as a "gummy smile" or teeth that appear shorter than desired.

"We're seeing patients who are highly informed about their options," Dr. Luz Aida Ospina explains. "Many come in specifically asking about minimally invasive procedures that can make a significant aesthetic difference. Many new patients find the practice through online searches for gum lift or gum contouring in Lake Worth Beach, FL."

The trend reflects broader shifts in cosmetic dentistry, where patients increasingly prioritize procedures with shorter recovery periods and natural-looking results. Unlike veneers or crowns, which modify the teeth, gum contouring enhances the natural tooth appearance by removing excess gum tissue or adjusting the gum line.

The procedure typically takes about one to two hours, depending on how much tissue reshaping is required. Modern laser technology has made the process more comfortable, with reduced healing time compared to traditional surgical methods. Smiles Dentistry offers laser-based treatments as part of its cosmetic care, including gum contouring within comprehensive smile?makeover plans. Most patients return to normal activities within one to two days; full soft-tissue healing generally takes about a week.

Dental professionals nationwide have noted similar patterns. Broader dental commentary highlights a shift toward minimally invasive, faster-recovery aesthetics; laser gum contouring is commonly discussed within these options. The results complement other smile enhancement treatments, making gum lifts a common consideration in comprehensive smile makeover planning.

At Smiles Dentistry, the consultation process begins with a thorough assessment of each patient's gum health, tooth proportions, and overall aesthetic goals. Not every patient is an ideal candidate. Those with insufficient tooth structure, certain periodontal conditions, or unrealistic expectations are counseled toward alternative approaches or preparatory treatments.

"Education is central to what we do," Dr. Luz Aida Ospina notes. "We want patients to understand not just what's possible, but what's appropriate for their individual circumstances. A gum lift can dramatically improve smile symmetry for the right candidate, but it's not a one-size-fits-all solution."

The practice maintains an approximate 4.6?star Google rating (as of October 2025) and serves patients throughout Lake Worth Beach, Lantana, Atlantis, Greenacres, Wellington, Boynton Beach, West Palm Beach, and Haverhill. The team emphasizes a personalized approach, taking time to address patient concerns and create customized treatment plans.

Beyond cosmetic concerns, gum health is foundational to overall oral wellness. Smiles Dentistry provides comprehensive evaluations to ensure any cosmetic procedure supports long-term dental health. Patients considering gum contouring receive detailed information about maintaining results through proper oral hygiene and regular professional cleanings.

The dental clinic welcomes patients seeking information about gum contouring and other cosmetic dentistry services. The clinic operates Monday through Saturday and accommodates emergency visits daily by reserving time for urgent care appointments. Cosmetic consultations are scheduled at each patient's convenience.

Those who wish to book an appointment with Smiles Dentistry may call (561) 734-2900. Additionally, they may check the full range of services offered on the clinic's website at https://smilesdentistry.net/.

About Smiles Dentistry

Smiles Dentistry is a family dental practice led by Dr. Luz Aida Ospina in Lake Worth Beach, FL, offering general, cosmetic, orthodontic, implant, pediatric, and emergency care.

###

For more information about Smiles Dentistry, contact the company here:Smiles DentistryLuz Aida Ospina(561) 734-2900aidagillette@icloud.com4175 S Congress Ave Ste H, Lake Worth Beach, FL 33461

Smiles Dentistry

Smiles Dentistry is dedicated to providing exceptional dental care that supports oral health and enhances their patients' smiles. Located in Lake Worth, FL, they offer a wide range of services for patients of all ages.

Website: https://smilesdentistry.net/

Email: aidagillette@icloud.com

Phone: (561) 734-2900