

● SMILE MAKEOVER IN KANPUR · SHAADI SEASON 2026 GUIDE

Shaadi Season Is Coming For Your Smile, Kanpur

Why smart Kanpuriyas book their smile makeover 90 days before the baraat — 4K drone shots, candid close-ups aur 2,000-guest album sab aapke smile ka close-up hai.

12:30 AM. Baraat mandap pahunchi. Photographer bola *"give a big smile"* — aur 4K lens ne aapka poora frame fill kar diya. Sangeet ki chai se stained teeth, college se chipped front tooth, 15 saal ki morning coffee ki yellow edges. 68% Indian wedding film editors ko post-production me bride/groom ke teeth digitally whiten karne ki request aati hai — aur digital whitening hamesha slightly off lagti hai. Asli fix Photoshop nahi; **90 din pehle book kiya hua smile makeover hai.**

68%

Indian wedding film editors receive teeth-whitening requests for bride/groom — 2 out of 3 weddings

87%

Kanpur-area couples ab pre-wedding consultation me smile enhancement discuss karte hain

90 Days

minimum biological timeline — whitening stabilisation + veneer lab + gum healing

4.9★

1,200+ Google reviews — Kanpur ka highest-rated dental centre

THE COUNTDOWN

90-Day Pre-Shaadi Smile Countdown — Kya Kab Karwana Hai

Smile makeover process hai, single appointment nahi. Biological aur ceramic timelines non-negotiable hain — yahi hai realistic breakdown.

Timeline	Procedure	Why This Slot?
Day 90–75	Initial consultation, digital smile design, full oral assessment	Baseline set; treatment plan agree; timeline mapped
Day 75–60	Professional teeth whitening (in-office + take-home trays)	4–6 weeks shade stabilisation; sensitivity settle
Day 60–45	Veneer/crown prep, impressions, temporary restorations	Lab fabrication 2–3 weeks; final look test
Day 45–30	Final veneer/crown cementation, adjustments, bite check	Naye smile ke saath comfort break; refinements
Day 30–7	Gum contouring (if needed), aligner check, maintenance scaling	Close-ups ke liye pink, healthy gums
Day 7–0	Touch-up whitening, final review, emergency contingency	Perfect smile locked — baraat ready

Last-minute jugaad kyun fail: whitening ko shade stabilise hone me 4–6 weeks, veneer lab ko 2–3 weeks, gum healing ko 3 weeks, aligners ko 8–12 weeks chahiye. Compress karo = mismatched shades, sensitive teeth wedding night pe, aur mandap pe pop-off veneers.

CHAPTER 2

Smile Makeover Me Kya-Kya Aata Hai

Har bride/groom pehle digital smile design assessment se guzarta hai — facial proportions, tooth size, gum symmetry, lip dynamics, bite alignment.

1

Professional Whitening
37% hydrogen peroxide in-office — 60–90 min me 4–8 shades lift + custom take-home trays. Camera-ready white ka core.

✓ MDS-PLANNED

2

Porcelain Veneers
0.3–0.5mm ultra-thin ceramic laminates — shape, size, colour correction. 10–15 saal chalte hain. Wedding smile ka gold standard.

✓ MDS-PLANNED

3

Zirconia / E-max Crowns
Severely discoloured ya broken teeth ke liye full-ceramic strength — paneer tikka aur kaju katli approved.

✓ MDS-PLANNED

4

Laser Gum Contouring
Gummy smile elimination — diode/erbium laser, bloodless, suture-free, minimal downtime. Balanced gum-to-tooth proportions.

✓ MDS-PLANNED

5

Clear Aligners
Crowding/spacing/bite issues — 90 din me visible improvement, photos me brackets-wires kahin nahi dikhte.

✓ MDS-PLANNED

Digital Smile Design bonus: treatment shuru hone se PEHLE simulated final result dekho — whiteness level aur tooth shape bhi preview. No surprises. No regret.

INVESTMENT VIEW

Shaadi Kharch vs Smile Makeover — Ek Baar Dekh Lo

Budget ka fraction, par har photo, har anniversary reel me wahi dikhega.

Wedding Item	Avg Kanpur Cost	Smile Makeover Item	Investment
Wedding photobook (deluxe)	₹35,000–80,000	Professional whitening + maintenance	₹15,000–25,000
One designer lehenga	₹40,000–1,50,000	6–8 porcelain veneers (front arch)	₹60,000–1,20,000
Pandit ji ka shulk + samagri	₹20,000–50,000	Gum contouring (laser)	₹8,000–25,000
Mehendi artist (full day)	₹15,000–35,000	Clear aligners (4-month rapid plan)	₹45,000–80,000

Lehenga ek din ke liye hai — smile har photo, har video, har anniversary me. *Actual costs clinical assessment pe depend karte hain. EMI options available.

CHAPTER 3

Jugaad Fixes Jo Backfire Karte Hain

Wedding season me desperation YouTube remedies aur chemist strips laa deti hai. Yeh actually hota hai —

1

Mall-Bought Whitening Strips
6–10% peroxide vs professional 25–40%. Uneven whitening, extreme sensitivity, aur interproximal dark lines jo camera pe original shade se bhi kharab dikhte hain.

2

Charcoal Powder Scrub
Charcoal particles enamel-dentin se 10x harder. Microscopic grooves stains trap karte hain — teeth YELLOWER dikhti hain, enamel permanently scratch.

3

Dadima Ke Nuskhe
Lemon (pH ~2.0) enamel dissolve karta hai, turmeric dentine stain, baking soda roughening. Ek Kanpur dulhe ka daily turmeric paste = enamel erosion + pheras me bleeding gums.

4

Unsupervised 35% Online Kits
Custom tray + monitoring ke bina = gum burns, chemical irritation, pulpal necrosis (nerve damage). Emergency RCT ne kai honeymoons spoil kiye hain.

CHAPTER 4

2-Week Panic Route vs 90-Day Saluja Route

Same budget, same wedding — par do bilkul alag outcomes.

X 2-WEEK PANIC ROUTE

X

YouTube "3-day whitening" + strips + charcoal — enamel damage pakka

X

2 weeks me proper veneers **biologically possible hi nahi**

X

Mismatched shades + uneven whitening — camera pe sab dikh jaata hai

X

Wedding night pe sensitive teeth, mandap pe pop-off veneer risk

X

Post-production digital whitening — artificial gloss, forever delivered

✓ 90-DAY SALUJA ROUTE

✓

Digital smile design — simulated result pehle dekho, phir decide

✓

MDS-led planning — Dr. Jagveer Singh Saluja (16+ yrs), Dr. Richa Saluja, Dr. Bhavneet Chawla

✓

NABH-standard sterilisation protocols — har instrument autoclaved

✓

Shade matching aapke skin undertone + lip colour ke hisaab se — naturally perfect

✓

Transparent pricing + EMI · CGHS, ECHS, ESI, UP Police, U.P. Metro cashless

FINAL WORD

Key Takeaways — Shaadi Smile Checklist

November–December wedding slots fast fill ho rahe hain. Ye ab decision ka time hai, shaadi ke baad ka nahi.

- ✓

90 din pehle book karo — 3 weeks nahi, 2 months nahi. Biological timeline negotiate nahi hoti.
- ✓

Digital smile design se apna final result pehle dekho — no surprises, no regret.
- ✓

Professional whitening > strips / charcoal / nuskhe — safe, predictable, lasting.
- ✓

Cosmetic work MDS specialists se karao — face ka sabse photographed asset hai ye.
- ✓

Budget smart: makeover clothes-decor-photography ka fraction me — par har photo me wahi dikhega.

"Your wedding smile will be photographed, filmed, and shared more times in one day than any other moment of your life. The 90-day investment isn't vanity — it's foresight."

— Dr. Jagveer Singh Saluja, MDS · Founder & Chief Dental Surgeon · Saluja Dento Max Fac Centre

Baraat Wait Nahi Karegi — Aaj Hi 90-Day Clock Start Karo.

Pre-shaadi smile consultation — digital smile design, transparent quote, EMI options. Whitening, veneers, crowns, laser gum contouring, clear aligners — sab MDS specialists ke saath. 7 days open, walk-in accepted during clinic hours.

 **Call Now: +91 99362 93232**

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★ 4.9 · 1,200+ Google Reviews · Founded 2011 (15+ years)
CGHS, ECHS, ESI, UP Police, U.P. Metro empanelled

Saluja Dento Max Fac Centre — Kanpur

Source: salujadentals.com · Wedding photographer surveys (UP) 2023–2025