

# Investigation of Consciousness for Own Facial Appearance

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There are many orthodontic patients who are expecting an improvement of esthetic facial appearance with a focus on their mouth. But the preference of the face is various, and the estimation of facial aesthetics is highly dependent on personal preference. Then it will be very important to know how the orthodontic patients are aware of their own facial appearance. The purpose of the present study was to investigate how laypersons are aware of their own faces via a questionnaire.

The selected subjects were 25 females aged from 20 to 27 years old, who are 3<sup>rd</sup> and 4<sup>th</sup> – year dental students in Hokkaido University. All subjects are asked to fill out a questionnaire about awareness of their own facial appearance describing focusing on the visual impression of 25 points of their faces, the subjects are asked to select one from 5 degree criteria of satisfaction (1: satisfied, 2: somewhat satisfied, 3: neither satisfied nor dissatisfied, 4: somewhat dissatisfied, 5: dissatisfied). The distance between upper / lower lips and E-plane were measured from the lateral facial photographs of the subjects. After that, the subjects are asked to choose the most favourite facial one from 8 silhouettes of face they have lips anteriorly / posteriorly positioned every 2mm from the average profile in Japanese.

(1) The degree of dissatisfaction was a little higher in the point of “Overall impression of the profile”, “Outline of the profile” and “Nose” and so on. (2) The average upper and lower lip positions are 1.09mm and 0.15mm anterior to the E-plane, respectively. (3) Laypersons prefer the silhouette which has posterior lips position to the E-plane.

Laypersons felt a little dissatisfaction for their own profile. And they preferred posterior lips position regardless their own facial appearance.