



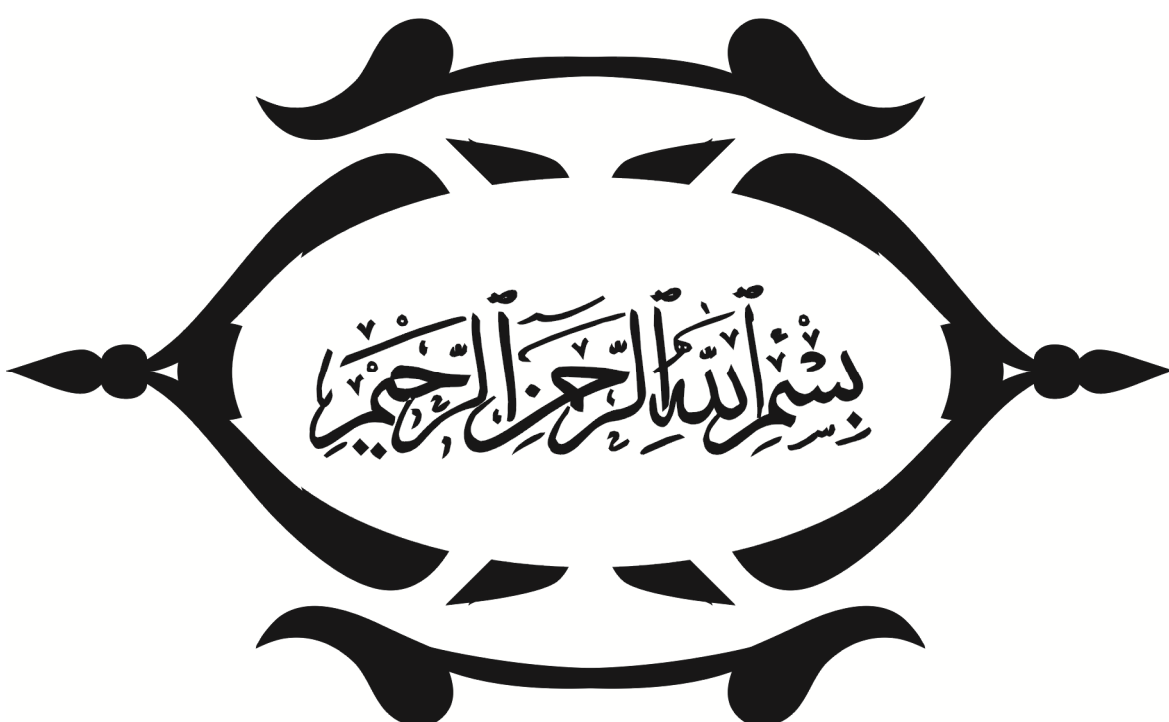
## **Women and Beautification**

Women and Beautification. Teeth whitening and orthodontics.

Prepared By

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## I. Introduction:

Bismillah erRahman erRahim

All praise be to Allah, we thank him and seek his guidance and forgiveness. Prayers and peace be upon his beloved prophet, Mohammad.

As we live in the 21st century USA, people's expectations for looks and appearances had extremely changed in the past few decades. The more we advance, and have luxury, the more we try to look good, or look "perfect". One of the most important parts of our body that affect our looks, are our teeth, that comes second to the eyes in the factors of facial beauty. That is why the field of Cosmetic or Aesthetic Dentistry became extremely popular nowadays.

Not to mention that the spiritual beauty and intellectual development was, sadly, compromised for the sake of the material, outside beauty.

On the other hand, the industrialized age that we live in, brought so many negative factors that affected the growth and development of our bodies, including our jaws and teeth. These factors changed the way Allah created us to be. Allah told us in Surat atTin that he created human beings to be in the most perfect way, which is Allah's creation, or Khalqu Allah.

But these new environmental factors shifted Khalqu Allah to something that is not normal or natural.

Human teeth were not an exception and were among those changed creations.

To explain this further, Allah created the teeth to grow in and beautiful arch line pattern and be reasonably white. But those environmental factors caused the teeth to darken in color, or grow in a disorganized way. For example: when babies are not breast feed for at least the first 6 months, the growth of their jaw will not be normal, and the teeth will grow crowded. Also, due to the smog and pollution, kids won't breathe normally from their noses. Breathing from the mouth affects the shape of the jaw and consequently affect the arrangement of the teeth.

Coffee, smoking and stains in processed food were all associated in darker teeth.

The above mentioned factors also contributed to the increase in demand on Cosmetic Dentistry, where people from all ages, genders, faiths and social classes, seek it at some point in their lives

So it is helpful to know if the Islamic Shareia has any stands or opinions about this field of Dentistry, and if not, may be conclude one that would befit the American Mulsim environment and life style.



## II. What is Cosmetic Dentistry?

It is one of the fastest growing fields in Dentistry, it aims to “beautify” and enhance the looks of the teeth.

Many patients, including Muslim women and men, from all ages and backgrounds seek cosmetic dental treatment.

Many Muslim dentists are practicing Cosmetic Detistry.

Goals of cosmetic dentistry

1. Restore damaged teeth
2. Close spaces and gaps.
3. Straightening crowded teeth.
4. Making teeth whiter.

## 5. Change shape of gums.

### Methods of achieving goals

1. Adding material to teeth (crowns, veneers, bonding)
2. Moving the teeth (braces)
3. Using chemicals to change color of teeth
4. Shaving teeth or cutting gums.

Two of many of the options to beautify teeth are

### 1. Teeth whitening

**Dental bleaching**, also known as **tooth whitening**,, *whitening* restores natural tooth color and *bleaching* whitens beyond the natural color. There are many methods available, such as bleaching strips, bleaching pen, bleaching gel, laser bleaching, natural bleaching, and swabbing.

Bleaching methods use carbamide peroxide which reacts with water to form hydrogen peroxide. The peroxide oxidizing agent penetrates the porosities in the rod-like crystal structure of enamel and bleaches stain deposits in the dentin. Power bleaching uses light energy to accelerate the process of bleaching in a dental office.

Tooth bleaching is not a modern invention. Romans, for example, utilized urine and goat milk as a product to make and keep their teeth whiter.

### Risk and harms

Very mild risks and harms, like sensitivity, gum burns, over whitening and bleachorexia (An unhealthy obsession with whitening one's teeth)

#### Cost:

Ranges from \$20-\$800.

## 2. Orthodontics (Braces) (from greek: ortho: straight... Dontia: teeth)

It is the process of moving the teeth to be aligned in the dental arch using wires, elastics or plastic trays to improve looks and function.

The main goal of ortho treatments is mainly to improve the health of the mouth, when teeth are crowded or not straight, it becomes hard to clean between them, which will result in gum diseases that might cause teeth loss late on.

Also, when teeth are not straight, the bite is not balanced. this is called "Malocclusion" which has several effects on the oral health and the whole body as well.( Headaches, TMJ, neck pain..etc)

Also, there are psychological and social benefits of having "natural" or “straight” looking teeth:

1. More social acceptance.
2. Improve chances of jobs and school acceptance
3. Decrease Bullying and teasing
4. Improve self esteem
5. Marriage

### Risks and Harms:

There are several serious risks that might come from ortho treatment, especially if it was not done by a specialized dentist or if it is rushed, such as:

1. Loose and mobile teeth.
2. Cavities
3. Damage to enamel
4. Gums inflammation
5. Root damage
6. High cost



### Cost

Can range from \$500 - over \$10k ( financing with or without interest could be involved in some of the cases)

### III Islamic consideration:

“Allah is beautiful and loves beauty”

الحديث صحيح أخرجه مسلم في صحيحه، وأحمد في مسنده، والحاكم في مستدركه، وغيرهم. ونصه  
كما عند مسلم: «لا يدخل الجنة من كان في قلبه مثقال ذرة من كبر، قال رجل: إن الرجل يحب أن يكون  
ثوبه حسنا ونعله حسنة، قال: إن الله جميل يحب الجمال، الكبر بطر الحق وغمط الناس»: وأما معنى جملة إن  
الله جميل يحب الجمال فقد قال المناوي: إن الله جميل أي له الجمال المطلق جمال الذات وجمال الصفات وجمال  
الأفعال، يحب الجمال أي التجمل منكم في الهيئة، أو في قلة إظهار الحاجة لغيره، والعفاف عن سواه.

And it is encouraged by our prophet, peace be upon him, to show the signs of Allah's blessing in our outlooks and clothing as long it should not exceed the limits nor breaks any other Islamic rule.

### IV Factors determining the decision of permissibility of cosmetic dentistry:

#### 1. Health risks

«لا ضرر ولا ضرار».

There are some health risks from these procedures as mentioned above, sometime risk is more than the benefit, and sometimes, benefits are worth the risks.

In some cases, not doing the treatment means high risk of losing teeth and causing health problems.

## 2. Financials

﴿وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ﴾ [الأعراف: ٣١].

Cosmetic dentistry could be extremely expensive for people who are not rich, and it could cause a big burden on the family or the individual.

In many cases, financing is offered by Dentists to facilitate the treatment, and in some of these cases, it involves financing with interest.

Most of financing at Dental offices nowadays is with 0% interest for a certain time, if not paid within this time, interest will start accruing.

## 3. Modesty, chastity and humbleness:

Cosmetic procedures had an effect on the modesty of the person, and might put some Kibr in the heart, this might not necessarily affect the permissibility, but it could be taken into consideration when all other factors are not decisive.

## 4. Tafleej or Washr:

Could any of the procedures mentioned above be considered Tafleej?

What is tafleej and what is its ruling?

Falj: Is the space that is between the teeth that no one intentionally caused it.

Tafleej: Is the process of filing teeth or separating them to create space. Mainly the front teeth

التفليج في اللغة: من فلج الأسنان باعد بينها والفالج في الأسنان تباعد ما بين الشنايا والرباعيات خلقه

فإن تكلف فهو التفليج.

والتفليج اصطلاحاً: هو برد الأسنان بمبرد والمتفليجه: هي التي تبرد أسنانها بمبرد ونحوه لتحدها

وتفليجها وتحسنها ويقال له الوشر: وهو برد الشنايا لإحداث فرجه بينهم.

**Ruling of Tafleej: It was forbidden by the Prophet PBUH to file the teeth to create space, in the Hadith that also forbade Tattooing and hair extensions.**



## حكم التفلج:

لقد اتفق الفقهاء على تحريم التفلج بقصد الحسن وإظهار الصغر لا بقصد المعالجة والتداوي واستدلوا على ذلك بقول النبي ( لعن الله الواشحات والمستوشحات والنامصات والمتنمصات والممتفلجات للحسن المغيرات خلق الله ) والحكمة من ذلك لما فيه من التدليس وإظهار صغر السن بتغيير الخلقه الأصلية أما إذا كان في الأسنان طول زائد أو شذوذ يسبب ألماً فيجوز تعديله أو قصه.

### Harms of Tafleej.

1. Damage to tooth structure which causes decay
2. Food accumulation and bacteria entrapment between teeth which will cause gum deceases.



### Dental procedures that file teeth:

- Inter proximal reduction for ortho purposes: filing some of the structure of the teeth to allow movement and aligning of teeth with braces.
- Prepping teeth for veneers or crowns.



Do braces or veneers preps fall under the definition of tafleej or changing Allah's creation?

Allah created the human in the best manner, and teeth naturally should be perfectly aligned, and created that way, but through out growth stages, many environmental factors cause teeth to be crowded and mal-aligned:

1. Poor dental care
2. Early loss of primary "baby" teeth
3. No breastfeeding
4. Allergies
5. Mouth breathing

6. Bad dentistry

7. Bad habits (Thumb sucking, tongue thrust, pencil chewing)

All these change the position of teeth, which move the appearance away from their natural and original way of creation.

Scholars' opinions about braces:

Most Fuqaha considered braces treatment as a permissible treatment to bring back thing to the way it originally created.

أما حكم تقويم الأسنان فجائز لأن فيه أعاده أمر إلى ما كان عليه فإله خلق الإنسان في أحسن تقويم كما يصل إلى درجه الضرورة لتمكين الأسنان من القيام بعملها على أكمل وجه.

والفكين وعندما تكون الأسنان بصفه عامه بوضع غير صحيح كان تكون متراكبة أو تفصل بين الأسنان مسافات متباعدة او يعاني المريض من بروز واضح في الفك أو الأسنان الأماميه فإنه يمكن للطبيب إعادة الشكل الصحيح لها بأن يقوم بتثبيت أسلاك المعدن على الأسنان.

10. Open discussion to assist in reaching a recommendation on **confirming permissibility or not.**

Minors vs adults?

Males vs Females?

Braces, veneers, whitening?

We ask Allah to accept from us our efforts and forgive us our shortcomings. Amen

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