

CLINICAL

Avoiding invasive treatment

Tariq Bashir describes how discoloured and chipped teeth can be conservatively restored

A 26-year-old male patient consulted Visage Lifestyle Clinic about issues he had with his upper right anterior teeth. The mesio-incisal edge of the UR1 was chipped and the tooth was slightly misaligned. The UR2 and UR3 were heavily affected by hypoplasia. Fortunately, the left-hand side anterior teeth were unaffected.

The patient had expected to require laboratory-fabricated veneers to restore the UR1, UR2 and UR3. He was surprised and delighted to learn that there was a less invasive option. He chose to have the teeth restored with direct composite restorations.

Early stages

Initially, a set of Nimrodental clear aligners was used to straighten the UR1. This took just four weeks to complete. The patient was then given a 10% carbamide peroxide tooth whitening gel to use overnight for two weeks.

The challenge of this case was to overcome the staining, whilst pursuing a conservative approach. Some tooth tissue had to be removed to mask out the underlying brown/orange discolouration. A 45 degree bevel was created on the labial face of the missing mesio-incisal angle of the UR1. A small palatal chamfer margin was created on the palatal aspect to aid retention.

The UR1 was bonded using a two-stage primer and adhesive. The tooth was then built up incrementally freehand with Heraeus Kulzer's Venus Pearl composite. Shade CL was used to create the palatal shell. Shade B1 was used to replace the missing enamel layer. Each layer of composite was light cured. Mamelons and internal anatomy were created before the incisal edge was finished with the CL shade.

Why I use Venus Pearl

I use Venus Pearl because it provides predictable results. Its handling is good, both for packing and shaping. It is also easy to polish and finish. Venus Pearl includes super-fine nano-hybrid filler particles. This provides even more natural light refraction and supreme aesthetic appearance, combined with a smooth application.

Final stages

The lateral was prepared by removing a 1mm layer of affected labial enamel. This was also restored with the B1 and CL shades. The canine required removal of the hypoplastic enamel but was built up using only the B1 shade. Each layer of composite was light cured.

The restorations were then finished with a series of sandpaper discs and composite polishers. Finally, they were polished with an aluminium oxide paste. The end result matched the upper left side very well. The patient was very happy to have his smile restored without a crown or laboratory-fabricated veneers. **D**



Figure 1: The mesio-incisal edge of the central incisor was chipped and the tooth was slightly misaligned



Figure 2: The lateral and canine were heavily stained by hypoplasia



Figure 3: The lateral was restored with Venus Pearl B1 and CL shades



Figure 4: The patient was very happy to have his smile restored without laboratory-fabricated veneers

VISAGE LIFESTYLE CLINIC 61 Miller St, Glasgow, G1 1EB
T: 0800 040 7700 E: tariq@visage-health.com
W: www.visage-health.com



Dr Tariq Bashir BDS MFDS RCPS practises at the award-winning Visage Lifestyle Clinic in Glasgow, providing private cosmetic dentistry. He is also a visiting GDP in the department of restorative dentistry at Glasgow Dental Hospital and School. He supervises BDS students treating patients in the restorative dentistry clinics and teaches in the pre-clinical skills laboratory.

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(T) 0808 141 2099 (M) 07725 622092 (E) Puresafewateruk@gmail.com www.puresafewater.co.uk