

Aesthetic Restoration of the Anterior Groups of Teeth

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Abstract: Cosmetic restoration and restoration of teeth is a type of direct restoration that imitates healthy tooth tissue using artificial materials. The procedure is very gentle, as the impact on the teeth to be restored is minimal. The capabilities of the Mitino dental center allow patients to correct aesthetic problems such as the shape, size, color, and location of teeth. The teeth are restored to their normal appearance and functionality.

Keywords: How recovery works; Cosmetic restorations or coatings.

Cosmetic (artistic, aesthetic or artistic) restoration of front teeth, especially, includes restoration of their aesthetics and functionality with light-enhancing composites - photopolymers, glass ionomers.

This work is performed by a dentist. Process steps:

The doctor evaluates the condition of the patient's oral cavity.

The manipulation field is dimmed.

The surface of the teeth that require restoration is cleaned.

The dentist determines the color of the composition.

The surgical field is separated from the saliva using a rubber dam, a lip retractor, traction threads, and a saliva ejector.

In what cases should front teeth be restored?

The goal of tooth restoration is to restore segments that may be destroyed. Restoration is carried out if the patient has the following defects:

stains on the enamel (dark or light);

caries, cracks caused by mechanical damage;

decay of tooth enamel (can be caused by injury, exposure to low or high temperature);

bite pathologies that lead to deformation;

wide space between the teeth.

In a word, if the aesthetics of the smile is damaged, restoration is carried out. However, the advantage of restoration is that it is not only a cosmetic procedure. It also allows to restore tooth function. Equally important, this procedure is carried out using different methods, thanks to which you can choose the best option for almost any situation. Thus, in modern dentistry, direct and indirect methods of restoration are used.

How to perform a direct restore?

This method allows you to restore frontal teeth using filling materials. This method can be used even if more than 1/3 of the tooth is destroyed. Special materials are used - light-strengthening composites. In

some cases, direct restoration is the only way to make the smile attractive while preserving the maximum amount of healthy tissue.

The used photopolymers are characterized by plasticity. With this, the doctor can give them any shape. It allows you to smooth the surface of the tooth, restore its color, shape, and even visually correct the condition of the tooth.

A major advantage of a direct restoration is that it is completed in just one dental appointment. The process is as follows:

Preparation. Plaque and stones are removed from tooth enamel by professional cleaning, after which photopolymers of the desired shades are selected using a special scale;

decay. After anesthesia, the affected tissues are drilled;

insulation. The dental unit is isolated using latex napkins, which is necessary so that composite materials do not come into contact with saliva;

pin fastening. This stage is necessary when the finished structure requires support in case of significant destruction;

modeling the coronal section. The dentist applies composite materials in layers, which gives the correct shape and color to the tooth section.

How is indirect recovery done?

Indirect recovery takes more time because it involves a laboratory stage. Restoration is carried out using microprostheses. If the front teeth are restored, veneers or their version, luminaries, are used. Such microprostheses are thin coatings that are installed on the front surface of the tooth.

Veneer is a ceramic plate with a thickness of 0.5-0.7 mm. It has a natural transparency, so the restored dental unit looks natural. Lumineers are thinner - only 0.2-0.3 mm.

Preparation for tooth restoration is the same as the direct method. However, once completed, an impression is made. It is sent to the dentist, who creates a microprosthesis model in the laboratory. A temporary patch is given to the patient for the required time. Then, in the second visit, the veneer or luminaire is installed directly.

If necessary, soft preparation is performed - with the help of a diamond drill on a water-cooled turbine handle, only the volume of tissue necessary for adequate adhesion and strength of the restoration is removed (minimum intervention technology).

Enamel and dentin are coated with phosphoric acid, primer and adhesive are applied.

The doctor applies the composition to small parts, which hardens under the influence of the light of the activating lamp (photopolymerization occurs). He repeats the procedure, adding material to the layers, thereby "sculpting" the desired shape.

Excess composite is removed, the tooth is ground and polished.

Finally, the restoration is sealed: the dentist applies a thin layer of composite filling.

Aesthetic restoration requires an artistic sense from the doctor. He must restore the tooth in a certain shape and color so that it looks natural on the teeth. By the way, the color palette of modern materials is very wide. There are about 12 coloring pigments available to the dentist. This allows you to achieve a completely natural color of the restored tooth. Although two-thirds of it is made of artificial material, others do not notice it.

Advantages of the method:

the procedure can be performed in one visit to the doctor,

its price is relatively low.

Allergic reaction to materials is a contraindication.

Cosmetic restorations or coatings

Installing veneers is an indirect restoration. It is performed by an orthopedist (prosthetist). He takes impressions of the patient's jaws, and then veneers are made from them in the dental laboratory. These are porcelain or ceramic plates with a thickness of 0.3-0.6 mm, which are glued to the front of the patient's teeth. They perform aesthetic, masking and protective functions. With their help, you can adjust the shape and color of your teeth and create an almost perfect smile.

Pay attention! There are composite veneers that are made using the direct method (directly in the patient's mouth). They are cheaper than ceramics, but short-lived.

But the procedure for installing veneers has important nuances:

They are not placed in carious lesions of the teeth - for them, all teeth must be treated. And a serious crash is a direct indication for installing a crown.

It is necessary to grind the previous layer of enamel under the veneers. After removing the structure, it will be necessary to restore it, but in a direct way.

If there is wear of the teeth (above 2nd class), bruxism, significant bite pathologies, the coatings will not last long and their installation will not take long.

The love of chewing hard foods (crackers, seeds) is a factor that significantly reduces the service life of veneers.

In addition, veneers are not recommended for patients under the age of 18-20, as their jaw system is still developing.

Information! To minimize enamel loss, you can use lumineers - ultra-thin coatings produced by Cerinate (USA) or plates made using E-Max technology. They are installed with minimal pre-processing and can be easily removed if necessary. But keep in mind that the price of luminaires is quite high.

The choice between cosmetic restoration and veneer rests with each patient. In any case, call the indicated number or fill out the online form and then come to an appointment, where our specialists will answer your questions, evaluate the condition of your teeth and choose the most suitable method for their restoration.

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