

Pleasing Smile Restoration in an Hour

Prathish Babu*

GP Dentist, Madurai, India

***Corresponding Author:** Prathish Babu, GP Dentist, Madurai, India.

Received: August 27, 2019; **Published:** September 27, 2019

DOI: 10.31080/ASDS.2019.03.0659

Abbreviations

MID: Minimally Invasive Dentistry; DCL: Direct Composite Laminates

Case History

A 19 years old female patient came to my dental clinic with chief complaint as brownish yellow stained upper front teeth from the past several years and she had difficulty to laugh confidently with freedom when around family and friends. She also spoke about her friends speaking, teasing about her bad appearance that indirectly affected her self esteem which made her angry also a feeling of guilt. She was very unhappy of her teeth appearance and wanted to restore her smile but she was not financially sound to restore higher end treatments for long lasting restoration.

On intra oral examination, her oral hygiene was moderately good, some areas of white spot lesion was found in her upper and lower arch from molar to molar. Some deep areas of yellowish brown stain was present between the middle and cervical third of the crown in 11,21. Her plaque index was mild and had few decayed posterior teeth. This case was finally diagnosed as generalized Enamel hypoplasia with mild fluorosis on 11,21 along with generalized gingivitis.

Materials and Method

At the beginning, complete oral scaling was done with SATELAC P5 BOOSTER ultrasonic scaling was done followed by air polishing with aluminum oxide powder. Tooth was prepared with flat end tapered diamond bur to a depth of 0.5 to 1mm on the facial surface 11, 21. The surface was conditioned using 37% phosphoric acid, cleaned and air dried. The oral cavity was isolated with cotton rolls, air suction followed by bonding agent from IVOCLAR was applied in layers to the prepared surface and light cured for 20 seconds. Direct composite technique was performed, by using Tetric N ceram composite from IVOCLAR in layers and matching the tooth shade in accordance with the tooth shade A1 n A2 followed by light



Figure

Overview

In this modern world, the general public demand for dental treatments has been exponentially increased and at the same time the cost for those treatments must be feasible, esthetic, functional and delivered as soon as possible in their busy schedule. This dramatically raises the question on the clinician knowledge and skills to restore the smile as per the patient needs. This article will discuss about the MID with direct composite laminates restoration.

activation to the composites built. The surface was recontoured with fine diamond bur, final finishing and polishing was done by using composite polishing kit and disc. The proximal surface was polished with interdental polishing strips. Finally the patient was allowed to rinse the oral cavity.

Result

At the end of the treatment, the patient was so happy and delighted to see her tooth looked super natural and brighter shade than before. She was thrilled to see her result in an hour and out of words to describe about her feelings. She was overjoyed and had complete satisfaction. Oral hygiene instructions were given to maintain her oral health to a superior level. Although the patient had lots of expectations, it takes pool of sweats and skills from the clinician to deliver results within some time by choosing the right armamentarium and the right technique. At the same time, we must appreciate these recent advances in the field of modern dentistry to deliver immediate success in restorations.

Volume 3 Issue 10 October 2019

© All rights are reserved by Prathish Babu.