I

n the Dentistry Global Ceram • X Case Contest three UK students came out on top and were put forward to the global final. In this issue we take a look at Barts and The London, Queen Mary’s School of Medicine and Dentistry (UK) student Reena Wadia’s presentation.

Introduction to the case

46 year old male presented with tooth surface loss due to a combination of dietary erosion and attrition, which had resulted in loss of vertical dimension of his anterior teeth. The patient was concerned about the appearance of his teeth, however he reported no sensitivity. All teeth tested positive when vitality tested.

and/or mesial contact surfaces of 45, 44, 43, 33, 34, 35. Once the stripping was complete the first aligner was fitted. The patient was told to wear each retainer for 10-14 days and only remove when eating and brushing. Full care instructions were provided and the patient was told to make her next appointment after the final (eighth) aligner had been worn for 10 days.

The patient returned to practice and new silicone impressions and bite registration were taken and sent to Clearstep. The patient continued to wear the last aligner until the new box arrived.

On completion of the second box of aligners, the predicted movement was complete. Clearstep provided several retainers as long-term, night-time retention was required to prevent relapse. The patient had no complaints about the system and found the whole experience easily tolerable.

A successful outcome

New impressions were taken and a diagnostic wax-up of 12, 11, 21, 22 was provided and shown to the patient. A silicone matrix was made from the wax-up and used to rebuild the incisors with Miris composite resin to demonstrate the possible final appearance after the provision of veneers.

The patient was delighted with the result achieved with the composites and postponed the veneers.

We had achieved full restoration of anatomical form of 12, 11, 22 using simulation principles promoting an aesthetically pleasing smile line whilst also creating a 2mm over-bite/overjet incisal relationship without removing anymore tooth tissue.

In conclusion, this case highlights how Clearstep can be incorporated into a smile-design treatment plan to promote more conservative, minimally invasive restorative procedures.

The use of 2 separate shades for the anterior teeth, the posterior teeth were monitored as they re-established contact.

The left view of the UL1-UL3 showing the restoration. Again the dark banding which have been incorporated into the restorations.

Discussion and conclusion

Ceram-X duo was very easy to build ups. The dentine shade has been used to same thickness as natural dentine and the more translucent enamel shade covers the dentine as natural enamel.

Left view (After)

PremierBond NT used prior to placement of the composite. The composite was placed using a layering technique, and polished with composite finishing burs and Sof-lex discs.

Discussion and conclusion

Ceram-X duo was very easy to place and had excellent handling qualities, it was non-sticky and achieved a good aesthetic result. It was also advantageous in the treatment of this case as it is an adjustable material with good wear properties allowing a non invasive treatment approach. The use of 2 separate shades for enamel and dentine resulted in a more natural looking restoration.

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The upper right lateral incisal edge is slightly longer as this was the patient’s preferred incisal edge. The crown height for the incisors has been restored.

The patient was delighted with the result achieved with the composites and postponed the veneers.

We had achieved full restoration of anatomical form of 12, 11, 21, 22 using the divine proportion of 12, 11, 21, 22, provided and shown to the patient. A silicone matrix was made from the wax-up and used to rebuild the incisors with Miris composite resin to demonstrate the possible final appearance after the provision of veneers.

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