

Research & Table Clinic Day 2020 Structured Abstract

TITLE: Resin Infiltration and Contouring for an Esthetic Makeover

PRESENTER: Benjamin Alverson, Dental Student (D4)

CO-AUTHORS: Mario Romero, Kim Capehart

MAJOR ADVISOR: Mario Romero

TITLE: Resin Infiltration and Contouring for an Esthetic Makeover

OBJECTIVES: Using bleaching, Icon resin infiltration technique and a putty matrix to improve esthetics and contour of anterior teeth with mild fluorosis.

METHODS: Three months of bleaching using custom trays and 10% carbamide peroxide 6-8 hours daily, followed by one month of color stabilization and oxygen dissipation was done prior to Icon system. Icon resin infiltration system was utilized using manufacturer's recommendations to remove fluorosed spots. Afterwards, old composites were removed and replaced utilizing a lingual putty matrix.

RESULTS: Fluorosed spots were successfully removed without issues of relapse and more ideal contours established for anterior composites.

CONCLUSIONS: The efficacy of resin infiltration at camouflaging white lesions by filling enamel microporosities has shown to be promising in multiple case reports but there is lack of any long-term clinical research. The clinical steps with the Icon system were very intuitive and having the patient bleach over three months helped minimize the amount of tooth that required etching and thus making the procedure more conservative and less time consuming. Follow ups show no relapse of fluorosis and greatly improved esthetics.

LEARNING OBJECTIVES:

1. Using Icon resin infiltration and a putty matrix to improve esthetics and contour of anterior teeth.
2. To compare and contrast resin infiltration with more conventional treatments or techniques.
3. A better understanding of the concept of the resin infiltration technique, increasing its use as a therapeutic alternative for esthetic purposes in the philosophy of minimally invasive dentistry.