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# Direct Artistic Restoration of Chewing Teeth

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**Annotation:** The article is about artistic tooth restoration. It details methods for restoring tooth shape and color, including direct and indirect restorations. The article provides information on the benefits of tooth restoration as well as the materials used for tooth restoration. What is dental restoration? Artistic tooth restoration is a process that is performed to solve problems such as enamel discoloration, tooth shape or size, and tooth restoration after diseases such as caries or pulpitis.

**Keywords:** teeth friction; bruxism; inflammatory diseases of the gums.

**There are two types of artificial tooth restoration: Direct and indirect restoration.**

Direct restoration: This method is done by applying a composite material to the tooth. The composite material is applied in layers and cured by light. This method is perfect for restoring small tooth defects.

Indirect restoration: This method is done by applying veneers to the tooth. Veneers are thin ceramic plates that are attached to the front of the tooth. This method is perfect for restoring large tooth defects.

Advantages of artistic tooth restoration: The tooth restoration process is quick and easy, aesthetically pleasing and restores the functional state of the tooth.

Disadvantages of artificial tooth restoration: The tooth restored by the direct restoration method can change its color over time. A tooth restored by an indirect restoration method is expensive.

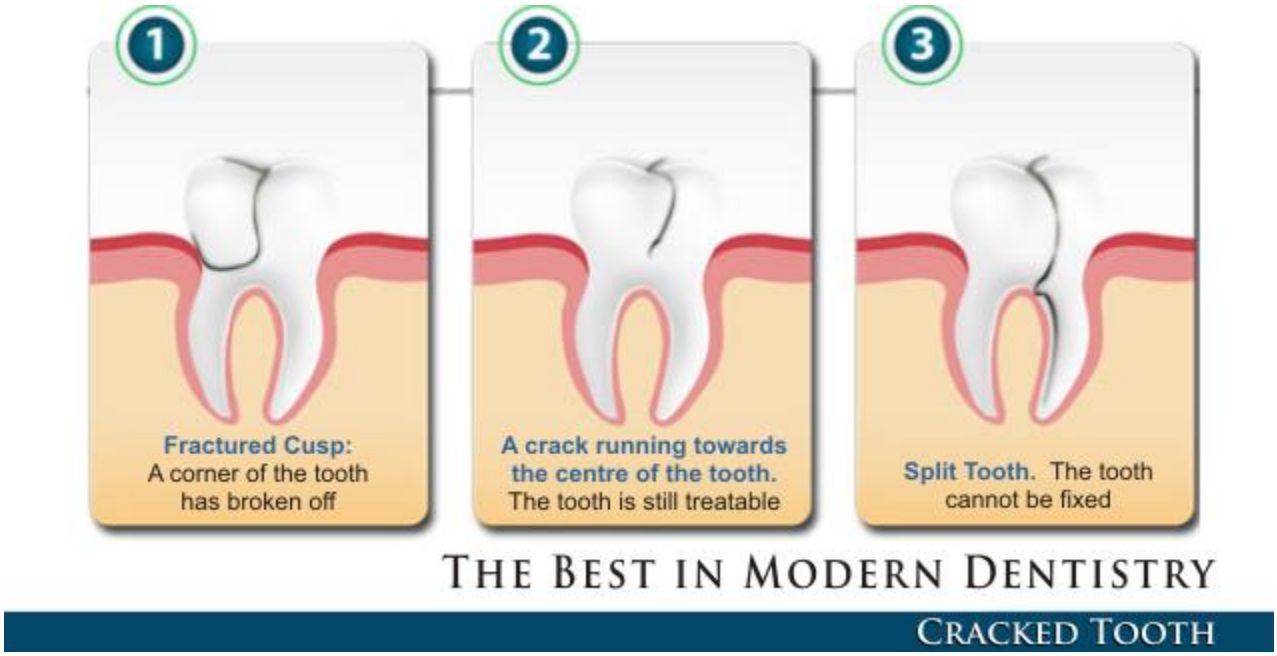
Artistic restoration of teeth is a term that in the last two decades has gone beyond the boundaries of art and firmly rooted in dentistry. It is understood as a set of measures aimed not only at creating a dazzling smile, but also at the treatment and prevention of a number of dental diseases.

The work of dentists of this profile can be compared with high-class architects, who, in addition

to the aesthetics of the structure, must develop its functionality and strength in detail. Beautiful, but diseased teeth that are on the verge of decay are useless. Therefore, the restoration of a building or a dental unit is not only work "on the front", but also a comprehensive solution to the problem.

**The difference from the classic filling**

Many equate false fillings with cosmetic restoration. There is much commonality between the processes. However, the main difference is that the latter involves the use of a material that exactly matches the color of the enamel.




Although the filling is visible, the restored tooth appears as a natural, solid structure. In addition, artistic restoration is far from the use of filling materials, which we will discuss in more detail below.

**Types of aesthetic restoration**

There are 2 types of dental restoration:

Directly - performed in the dentist's office using filling materials. The doctor restores the tooth layer directly in the patient's mouth. This method is often used when less than 50% of the tooth is affected.

Indirect - is carried out with the help of auxiliary structures, which include veneers, inlays, crowns and other products manufactured in the laboratory for a specific situation.

The possibility of direct or indirect artistic restoration is determined by the doctor after the diagnosis.

**In what cases is the procedure indicated?**

Artistic restoration is carried out in different cases:

unsatisfactory aesthetic indicators of the color and shape of the teeth;

the appearance of cracks or chips in the enamel;

wedge-shaped defect;

slightly crooked teeth caused by periodontitis and other dental diseases;

destruction of dental tissue caused by caries and other indicators.

The procedure also has contraindications. This cannot be done if:

deep malocclusion (first you need to solve the problem);

implanted pacemaker;

allergic reactions to the materials used;

the absence of adjacent teeth that the prosthetic structure should hold.

Inapplicability can also be relative (or temporary). After they are destroyed, the procedure can be performed. These include:

grinding of teeth;

bruxism;

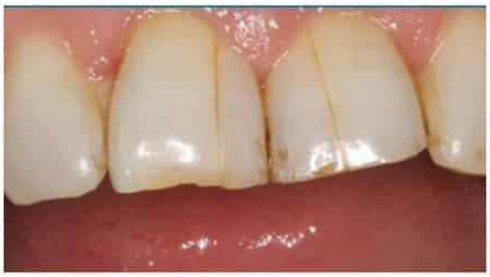
inflammatory diseases of the gums;

bad habits (smoking and alcohol abuse);

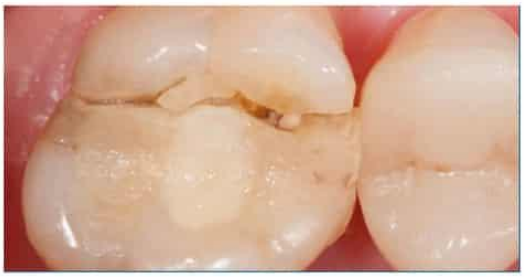
under 18 years of age.

Art restoration is also not performed during pregnancy. In most cases, the procedure is delayed and performed after birth.

Cracked teeth demonstrate many types of symptoms, including pain when chewing, temperature sensitivities, or even the release of biting pressure. It is also common for pain to come and go



**Craze Lines:**
These are present in enamel, seen as faint vertical cracks. There is no complaint of pain unless the crack deepens and propagates into dentin



**Split Tooth:**
Here, the crack extends from the surface of the tooth to the root and splits the tooth into two halves

Different methods are used for indirect artistic restoration:

Veneers. Thin coatings on the outer surface of the front teeth. Made of ceramic or composite materials. It is used for small aesthetic defects. Unlike crowns, there is no need to grind the tooth before installation, which is an advantage of the coating. A small layer of enamel (up to the thickness of the veneer) is first ground to install the veneers.

Shortcuts. A special filling made in a dental laboratory using a computer model. It is used to restore the integrity of chewing teeth. Preparation of inlays is a labor-intensive and meticulous work, during which the doctor selects the desired color composition and bonding surface.

Crowns. One of the most popular types of prostheses is a ceramic cap. Crowns are used when the tooth is severely damaged or completely missing. In the second case, first an implant (artificial root) is installed, then a crown is installed on it.

Indirect Recovery Algorithm:

tooth preparation under anesthesia - grinding or removing a small layer of enamel;

making an impression - forming a structure that exactly matches the previously prepared place, imitating a natural healthy tooth;

installation of a temporary onlay - is carried out to protect the prepared dental unit from external factors, including infections;

production of a permanent prosthetic structure - veneer, inlay or crown;

fixing the prosthesis using dental glue.

It is worth noting that if lumineers are used (ultra-thin coatings with a thickness of 0.2-0.3 mm), then it is not required to remove the enamel from the tooth surface in advance.

As for the direct method, it is carried out according to the following scheme:

preparatory measures - occupational hygiene (in particular, caries zones);

installing a rubber dam - a special latex scarf that allows you to isolate teeth that require dental treatment;

scraping the surface of the tooth - for strong adhesion to a special adhesive;

layered application of materials - to restore the dental unit to the desired shape and size;

grinding, polishing and other finishing works - improving aesthetics.

The choice of one or another technique is initially determined by medical indications, and only then by the patient's wishes. For example, if the defects are deep, the dentist will not offer a veneer, even if you want it. If the tooth is seriously damaged, it is possible to install a crown, bridge or implants. The doctor tells the patient in detail about all the advantages, disadvantages and costs of each option and then gives the right to choose.

artistic restoration of teeth

Advantages and disadvantages

The advantages of cosmetic restoration include:

Good aesthetic indicators. Restored dental units are indistinguishable from natural ones. Modern ceramics and composite materials allow to achieve maximum naturalness.

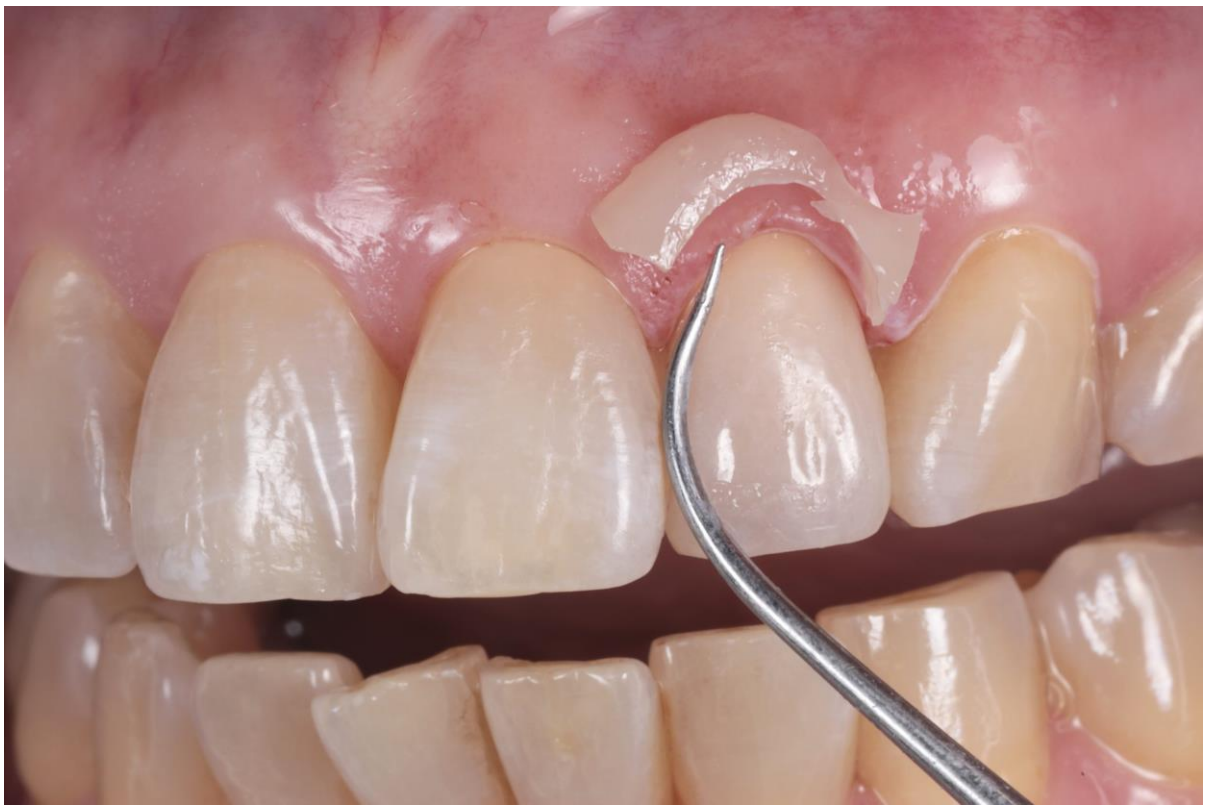
Endurance. Veneers, inlays and crowns last more than 10 years. But it is necessary to follow medical recommendations and undergo regular preventive examinations at the dentist.

Easy maintenance. Everything remains the same - cleaning 2 times a day. The only condition is to avoid hard brushes and abrasive toothpastes.

Resistant to dyes. You can safely eat beets or carrots without worrying about staining your teeth.

Prevention of diseases. Applying veneers or installing a crown is not only about solving aesthetic problems. At the same time, protection from aggressive external environment, including pathogens. Therefore, after artistic restoration, the probability of repeated caries and some other dental diseases decreases.

Let's go from the pros to the cons:



Risk of breakdowns. It is always present, especially in patients who ignore the advice not to chew solid foods.

Partial restoration of chewing functions. Filling materials and prosthetic structures are constantly being improved. At the same time, the strength of natural enamel remains high. Therefore, it is impossible to count on the complete restoration of chewing functions. If possible, avoid very hard foods and try not to put unnecessary stress on your teeth.

Long preparation period. This refers to an indirect recovery technique. Be prepared for frequent visits to the doctor to take measurements and adjust the prosthetic structures. In order for the tooth to be not only beautiful, but also comfortable, it is important to achieve an ideal connecting surface and other characteristics. And it takes time to achieve such a goal.

Relatively high price. The procedure is more expensive than filling.

The doctor should discuss all the advantages and disadvantages with the patient. Understanding the above facts encourages a person to carefully monitor the oral cavity and follow medical recommendations.

Artistic restoration imposes certain restrictions on the patient. After that you:

eat within 3 hours after recovery;

eat very hard food;

cleaning seeds or nuts in the mouth;

for several days after the procedure, eat food with dyes or natural pigments (also avoid using lipstick);

abuse of sweets (their share in the diet should be minimal).

It is recommended to take solid foods in small portions to ensure that the restored teeth last a long time. Pay close attention to the hygiene of the interdental spaces. Use dental floss (floss) or superfloss (if you wear hard dentures).

The result depends on the following factors:

qualifications of the dentist;

restoration methods (for example, crowns last longer than veneers, but the latter do not require much grinding of the tooth);

materials and prosthetic structures used (for example, ceramics last longer than composites);

patient discipline and compliance with medical recommendations for care.

Depending on these factors, the result of the work will last 3-10 years or more.

Nowadays, snow-white, ideally shaped teeth are increasingly not a gift of mother nature, but a testament to highly qualified dentists who carry out dental restoration. If we talk about the restoration of the chewing surfaces of the teeth, then first of all it is necessary to restore their functionality - in this case, the aesthetic component takes second place.

We present to your attention truly wonderful works of the therapists of the Avantis dental clinic on the treatment and aesthetic restoration of the chewing group of teeth. All of them are highly qualified specialists in the restoration of front and lateral groups of teeth with modern composite materials using a silicone key.

**Features of restoration of chewing teeth**

Aesthetic restoration aims to restore the integrity of the tooth crown, its natural color, size and shape. The procedure is indicated if the patient has chips, defective fillings, wide carious cavities or aesthetic defects in one or more teeth. Aesthetic restoration helps not only to eliminate these cosmetic defects, but also to restore the full functionality of the teeth.

The task of specialists working in this field is not only to treat the patient's teeth, but also to give them an aesthetic appearance. One of the activities of the Avantis dental clinic is the artistic restoration of teeth. This procedure allows you to restore both the shape and appearance of the teeth.

Distinctive features of aesthetic tooth restoration in Avantis dentistry are not only the reasonable price of the procedures, but also the fact that during their implementation only the damaged tissue in the defective area is affected, while the healthy tissue remains untouched. The dentist performs this delicate work with the help of a microscope, which ensures the accuracy of all his manipulations and allows the teeth to be kept "alive". Our specialists successfully perform the most complex, real jewelry work on the aesthetic restoration of teeth - chewing and front.

They will do everything so that the patient becomes the owner of a wonderful snow-white smile in the near future. You will certainly be surprised by the price of the clinic's services (they are one of the most affordable in Moscow) and the level of professionalism of its leading dentists!

**Types of aesthetic restoration of teeth**

Restoring the chewing surfaces of teeth is a complex procedure, for which high-precision equipment and durable modern materials are used. This can be done by the dental therapist applying layer-by-layer composite material to the surface of the tooth or creating ceramic microprostheses and attaching them to the tooth to be restored. The choice of the optimal technique is determined by the clinical conditions, the patient's wishes, as well as his financial capabilities and time frame.

The most popular orthopedic structures used for rehabilitation include:

Lights

veneers

inlays, covers

artificial crowns

For Restoration.jpg

It is more effective to use inlays, onlays and artificial crowns to restore lateral (chewing) teeth. As for the restoration of the front (frontal) group of teeth, it is carried out with the help of luminaries, veneers and artificial crowns. The use of orthopedic structures can maximize the aesthetics of the gums and thus achieve a flawless and natural smile. In addition, if the fixation of the veneers implies the need for fine grinding of the tooth, then the use of ultra-thin luminaries is usually possible without tissue preparation.

Problems that require the restoration of lateral teeth

If we talk about the instructions for the aesthetic restoration of teeth, they include:

caries;

violation of the integrity of teeth, chips, cracks in the enamel;

non-carious lesions of hard dental tissues - wedge-shaped defects and enamel erosion;

tooth damage.

In addition, artistic restoration allows you to change the shape and position of the tooth, lengthen the incisions in the case of friction, and eliminate the gaps between the teeth (called diastema and tremata). If for some reason you are against teeth whitening using the standard method, aesthetic restoration allows you to change the color of tooth enamel and return it to its original brightness. The quality of work performed using composite materials is greatly influenced by the professionalism of the specialist, because he has to restore the shape of the tooth and all its individual characteristics by hand.

Modern aesthetic restoration aims to restore the natural architecture of the tooth, its anatomical shape. For this purpose, high-quality durable materials are used that will serve the patient for many years.

It should be remembered that a beautiful smile is, first of all, a healthy smile. If the problem (for example, wear of the teeth) is caused by various occlusal disorders, orthodontic treatment should be carried out first. Improper hygiene is also a contraindication to recovery. Regular and competent cleaning of the teeth, as well as professional hygiene of the oral cavity, will help prevent the appearance of large carious cavities.

**Aesthetic restoration of chewing teeth - prices**

The cost of aesthetic tooth restoration depends on the degree of damage to the tooth tissue and therefore the chosen restoration method - composite material or orthopedic microprostheses. It should be noted that the service life of a ceramic microprosthesis is much longer than that of a composite restoration, but each of these restoration methods has certain individual indications.

Artistic restoration restores the aesthetics of the smile and is performed on teeth with defects. Its task is to make their shape and color natural and correct. It applies if:

the shade of the enamel has changed, it has darkened, it is painted or there are spots on its surface that cannot be removed by bleaching;

crowns have changed shape or size due to wear, damage, chips or cracks;

interdental spaces in the frontal group increase;

It is necessary to recover after treatment of caries, pulpitis and other diseases.

Artistic restoration is most often used for teeth in the smile zone, but it can also be used for premolars and molars. The restoration method is chosen to improve the functional condition of the crown.

**Artistic restoration of anterior teeth with composite material Direct artistic restoration**

It is performed using a dental composition applied to the crown in the defective area in layers to restore the correct shape and shade of the crown. It is used for chips, enamel cracks, discoloration after endodontic treatment.

Dental composite has a large margin of safety. When used correctly, it can be used to restore cut or chewed surfaces without the risk of destroying the restored part. It is selected by color, shade. When working with cutters, layers of compounds of several colors can be applied to accurately imitate the transparency, shine and natural transitions of the enamel color.

**Direct restoration is carried out in several stages:**

treatment of the defect area. This includes removing damaged tissue and creating a rough surface for more reliable fixation of the composition. Can be done after anesthesia. If the defect is small and affects only the superficial layers of tissue, anesthesia is not required. Hard tissue removal is minimal;

selection of restoration material. After hardening the surface, the composite is selected according to its shade, level of transparency and gloss indicators to correctly imitate the surface of the enamel;

applying the composition layer by layer. Each layer should undergo light polymerization and drying. Restorative material is used to restore the anatomical shape of the crown and natural color transitions;

occlusal control. The restored tooth must match the antagonist. It is important that it does not interfere with the patient, has the right height, shape and ensures the correct distribution of the chewing load;

grinding, polishing of the restored part. It is done so that the transition between composite and enamel is not noticeable and the restored area has a natural shine and a smooth surface.

**Advantages of direct recovery:**

You can restore a tooth on the day of treatment, the procedure is performed in one visit to the dentist and lasts up to two hours;

aesthetics - the restored area is invisible, there is no clear transition between it and the enamel, there is no difference in color or tissue structure;

the functionality of the tooth is fully restored: it can withstand chewing loads and has a large margin of safety;

The cost of such restoration is minimal compared to other methods.

Direct artistic restoration can be used only for relatively small defects. If the crown is severely damaged, other techniques may be required. Composite materials, such as enamel, can wear and discolor over time.

Artistic restoration of front teeth with veneers Artistic restoration with veneers

Veneering is used to restore front teeth. Installing veneers (thin ceramic plates) allows you to fix:

enamel discoloration: discoloration after permanent staining, pulpitis or root canal treatment, spots on the surface;

chips, cracks, other mechanical defects;

enamel damage due to non-carious lesions (erosions, wedge-shaped defects);

malocclusion (increased interdental spaces until the formation of three, diastemas, rotation, displacement of teeth, deviation from the correct position);

other aesthetic defects (too small cross-sectional size, asymmetry, irregular shape).

Veneers are made in a dental laboratory by selecting the color and designing the shape taking into account the structure of the patient's teeth. The plates are made of ceramic and their thickness can be different. They are not painted and resistant to mechanical and temperature loads. Veneering not only masks aesthetic defects, but also helps strengthen the crown and restore its functionality.

**Veneering in DentoSpas dentistry is performed during two visits to the dentist:**

At the first meeting, the doctor chooses the shade of the veneers, takes diagnostic photos and impressions. They are needed to design plates of optimal thickness, size and shape. During this visit, endodontic treatment of the teeth to be restored, sanitation of the oral cavity;

The second appointment is scheduled when the veneers are taken from the dental laboratory. After installation, the dentist will install them. For this, the crowns are rotated. It is carried out in a minimal volume, affects only the surface layer of the enamel and is necessary for reliable fixation of the plates while maintaining the normal thickness of the crowns (the veneers should not protrude or be noticeable). They are attached using dental cement, which after hardening form a strong, reliable base. After installing the plates, the doctor controls the fit, shape and appearance of the teeth.

**Advantages:**

requires minimal turning;

fast, installed in one visit;

allows to mask even serious aesthetic defects, including incorrect occlusions;

They serve for a long time, they can be replaced or the tooth can be restored with a composite after removing the veneers.

In addition to direct restoration and veneering, prosthetics can be used to restore the aesthetics of the gums: installing artificial crowns on crushed teeth, reinforced with inlays or pins, implantation, bridges and other use of prostheses. These methods are used for many defects, and with such a restoration, artistic restoration becomes only one of the tasks - prosthetics restores the functionality of teeth, allows replacement of missing parts, and normalizes the condition of the dental system.

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