

## *Elective Dentistry and Young Adults*

Gary M. Radz, DDS

Denver, CO

[www.garyradz.com](http://www.garyradz.com) [www.radzdds.com](http://www.radzdds.com)

[radzdds@aol.com](mailto:radzdds@aol.com)

### Introduction:

Elective, esthetic treatment of adolescents and young adults may be controversial to dentistry. But I'd ask you to listen with an open mind of options that we have not only to conservatively improve the smiles of this patient population but also improve the self esteem.

- I. Bleaching Adolescents
  - a. indications and Protocol
  - b. in office bleaching?
  
- II. Soft Tissue Esthetics
  - a. indications and technique for laser assisted gingivectomies
  
- III. Direct Anterior Bonding
  - a. Review of MicroHybrid Composites
  - b. Review of Bonding Agents and Bonding Technique
  - c. Indications, Techniques and Review of Cases
  
- IV. Encore Bridge
  - a. definition
  - b. indications
  - c. Techniques and Review of Cases
  
- V. Veneers
  - a. Review of Materials
    1. Indirect Composite vs. Stacked Porcelain
    2. Why not Pressed Ceramics?
  - b. Congenitally Missing Lateral
    - treatment planning
    - soft tissue issues
  - c. Arch Width/Tooth Size Discrepancies
    - treatment planning
    - materials and techniques
  - d. Improving Esthetics with Minimally Invasive Techniques
    - diagnosis and treatment planning
    - clinical techniques and materials
  - e. Discussion and Presentation of Potential of the "No-Prep" veneer concept
    1. No-Prep
    2. Partial Preparation Veneer
    3. Review of cases

## VI. Summary

### Materials List

#### Bleaching Systems

- a. Opalescence PF (Ultradent)
- b. Discus Products with ACP

#### Bonding Agents

- a. Optibond Solo Plus and Optibond FL (Kerr)
- b. Prime & Bond NT, XP Bond (Caulk)
- c. All Bond and One Step (Bisco)

#### Microhybrid Composites

- a. Premise (Kerr)
- b. EsthetX Plus (Caulk)
- c. Filtek Supreme (3M/ESPE)
- d. Vitalessence (Ultradent)
- e. Venus (Heraeus Kulzer)
- f. 4 Seasons (Ivoclar)

#### Stacked Porcelains

- a. Venus (Heraeus Kulzer)
- b. Avante (Pentron Cermics)
- c. Ceramco III (Ceramco)

#### Pressed Ceramics

- a. Emax HT (Ivoclar)

#### Indirect Composites

- a. belleGlass NG (Kerr)
- b. Cristobal + (Ceramco)
- c. Sculpture (Pentron)
- d. Gradia Indirect (GC America)
- e. Tercera (Bisco)

#### Lasers

- a. Hard and soft tissue Laser (WaterLase MD, BioLase)
- b. Soft tissue only – diode laser (Odyssey, Ivoclar)

#### Curing Lights (LED)

- a. Demi (Kerr)
- b. iQ Light II (Caulk)
- c. bluephase G2 (Ivoclar)

#### Impression Material

- a. Honigum (Zenith)
- b. Stand Out (Kerr)
- c. Aquasil Ultra (Caulk)

#### Alginate Substitute Impression Materials (polyvinyls)

- a. Status Blue (Zenith)
- b. Alginot (Kerr)

#### Temporary Material

- a. Luxatemp Fluorescence (Zenith)
- b. Venus C&B Temp (Heraeus)

#### Light/Dual Cure Resin Cements

- a. Nexus II (Kerr)
- b. Vitique (Zenith)
- c. Calibra (Caulk)
- d. RelyX Veneer Cement (3M/ESPE)
- e. Appeal or Virolink (Ivoclar)

#### Impression Trays

- a. Directed Flow Impression Trays (3M/ESPE)

#### Bite Registration Materials

- a. MegaBite (Discus Dental)
- b. O-bite and LuxaBite (Zenith)
- c. Take One Bite (Kerr)

#### Misc.

- a. magnification (Hi-Res loupes by Orascoptic)
- b. CeriSaw (DenMat)
- c. Serrated Diamond Finishing Strips (Axis)
- d. Kavo electric handpiece
- e. Protar 7 articulator (Kavo)
- f. Hemostatic product (Expsyl, Kerr)
- g. LuxaGlaze (Zenith), Biscover LV (Bisco) to surface cover temporaries
- h. RSVP kit (Axis) \*Radz receives a small royalty for this product

#### **Reference:**

1. Reality Publishing – product evaluations ([www.realityesthetics.com](http://www.realityesthetics.com))
2. American Academy of Cosmetic Dentistry – education ([aacd.com](http://aacd.com))
3. Academy of Comprehensive Esthetics – education, esp. digital photography ([ACEsthetics.com](http://ACEsthetics.com))

#### **Text Books**

1. BONDED PORCELAIN RESTORATIONS IN THE ANTERIOR DENTITION – A Biomimetic Approach by Magne and Belser (Quintessence)
2. The Science and Art of Porcelain Laminate Veneers by Gurel (Quintessence)
3. Esthetic Analysis – A Systematic Approach to Prothetic Treatment Vol. 1 by Fradeani (Quintessence)

## Articles/Journals

Join the AACD and receive/read the Journal of Cosmetic Dentistry

Kois, Spear, and Robbins have all published numerous articles about Biological Width

1. The Diagnostic Tracing Analysis – Visualization by the Numbers by M. Sesemann, PPAD 2004; 16(8):567-72
2. Material Selection by W. Wynne and K. Leinfelder, Dentistry Today, May 2004, pp.90-93.
3. The Contact Lens Porcelain Veneer by R. Nash, Dentistry Today, May 2003, pp.56-59.
4. Prep for success – The stacked-porcelain veneer preparation by B. Lowe, DPR, Feb. 2004, pp.50-52
5. The Aesthetic Revolution: Minimum Invasive Dentistry by L. Rosenthal and P. Ranaldi, Dentistry Today June 1998, pp. 42-45.
6. Esthetic Success: A Case for the Use of Minimal Preparations and Feldspathic Porcelain Veneers by G. Radz, Journal of Cosmetic Dentistry Winter 2003, pp. 60-66.
7. Restoration of the Anterior Maxilla with Ultraconservative Veneers: Clinical and Laboratory Considerations by J. Rouse and S. McGowen, PPAD 1999;11(3):333-39.
8. Indirect Laminate Veneers: An Excellent Option To Correct Elective Esthetic Problems by R.Lowe and R. Nash, Dentistry Today August 2000, pp.84-88.
9. Why Conservative Preparation for Elective Laminate Veneers by R.Nash CERP June 2002, pp.70-76.
10. The 360 Porcelain Laminate Veneer by R. Nash CERP March 2005, pp.66-69.
11. Improving Smiles Without Removing Sensitive Tooth Structure by H. Strassler and R. Ibsen CERP March 2005, pp.54-61.
12. Restoring Tetracycline-Stained Teeth with a Conservative Preparation for Porcelain Veneers: Case Presentation by J. Bassett and B. Patrick, PPAD 2004;16(7):481-86.
13. Extreme Dental Makeovers without extreme tooth reduction by R. Nash DPR May 2005, pp.76-78.
14. Instant Orthodontics: An alternative esthetic option by R.Lowe DPR July 2002, pp.50-53.
15. Natural Vitality Beyond the Norm: Hollywood White Veneers by R. Nash and G.Radz CERP May 1999, pp.40-46.
16. Composite or Porcelain: Making a Clinical Decision by N. Barghi CERP January 2002, pp.18-26.
17. Stacked Porcelain Veneers: A preparation technique by R. Nash DPR September 2002, pp. 54-56.
18. Indirect Composite Resin Restorations: Esthetics and Function Without Wear of Opposing Natural Teeth by R. Nash Compendium September 1997, pp.838-42.
19. "Multidisciplinary Approach to Conservative Smile Enhancement", by G. Radz Contemporary Esthetics and Restorative Practice, June 2005, Vol.9,No.6, pp.22-34.
21. Really Conservative Elective Dentistry, G. Radz, Contemporary Esthetics, Jan. 2007, pp.62-65.
22. Elective Veneers: Meeting Patient's Expectations While Addressing Current Ethical Questions of Elective Care, March 2008, Inside Dentistry, pp.48-52.