

## TREATMENT OF REVERSIBLE PULPITIS IN BABY TEETH

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**Abstract:** Artistic restoration of teeth is a set of measures aimed at restoring their natural shape, color and structure using synthetic materials. This includes correcting various defects and improving the appearance of teeth. The goal of tooth restoration is to restore the correct shape of the tooth or give it a more beautiful appearance if it is deformed for any reason. One of the common methods of artistic restoration is the restoration of teeth using composite materials in the dentist's office. Dentists call this method directly. Direct restoration of the tooth is its aesthetic restoration, which consists in immediate correction of any defect. The technique refers to the artistic restoration of teeth, which also has another name: aesthetic-functional restoration. This name best reflects the essence of the procedure: aesthetic replacement of lost tooth tissue while simultaneously restoring the natural functions of the tooth.

**Key words:** Artistic restoration, aesthetic restoration, direct restoration.

**Indications :** Unsatisfactory appearance of teeth, chips, damaged crown, diastema, trema, etc. Instead of placing a traditional filling in the final stage of caries treatment

**Duration of treatment:** 1.5 to 6 hours per tooth

**Impact :** Up to several decades with periodic updates

**In the absence of treatment :** If the damage is traumatic or carious and there are no traditional restorations, the process can spread deep into the dentin and pulp. In other cases, the lack of treatment can only have a psychological effect on the patient

**Contraindications :** Individual intolerance

**In addition :** the main advantages of the method: speed of execution, relatively low cost compared to indirect restorations, minimal invasiveness (more natural tooth tissue is preserved)

### **Features of the method**

Direct tooth restoration involves restoring the aesthetics and original structure of the tooth in the patient's mouth. Restorative material - in case of significant loss of tooth tissue, pins - rods made of fiberglass, ceramic and metal alloys are used; Pins are installed in the dental canal and serve as a support for the composite material.

Compared to the indirect method of tooth restoration that uses veneers, ultra-veneers, inlays and crowns, direct restoration has the following advantages:

- a. Requires minimal preparation of healthy tissue;
- b. It is done in one visit to the dentist;
- c. Several teeth can be restored at the same time during one visit;
- d. The patient does not need to wear temporary structures;
- e. After a while, the ease of fixing the restoration;
- f. The cost of a direct restoration is usually less than the cost of any orthotics (not direct).



### Direct recovery instructions

The direct tooth restoration method is used in the following cases:

Correction of congenital disorders of the aesthetic appearance of teeth;

Discoloration of enamel after endodontic treatment (teeth without pulp darken), after taking medications ("tetracycline teeth");

Restoring the shape and color of the front tooth

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Non-carious enamel defects (wedge-shaped defect, hypoplasia);

A wedge-shaped defect starts as a small "chip" near the gum line and can become a "big problem."

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Trema, diastema - gaps between teeth (small defects are corrected using direct restoration, in other cases indirect restoration methods are used);

Cracks, enamel chips caused by injury;

The result of "pressing" the seeds with the teeth

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Restoring the shape of the tooth in the case of pathological friction;

Wear of teeth in elderly people;

Permanent changes in natural color;

Caries treatment (indirect restorations are used in severe tooth decay)

The initial state, after the installation and preparation of the rubber dam

Frontal photograph after removal of the rubber dam

The result after the final polishing, 2 hours after the patient sits on the chair.

In modern dentistry, restoration using composite materials is recommended for living teeth. It is recommended to use other methods to restore teeth after depulcation.

Correction of aesthetic defects due to bruxism (grinding teeth at night) is carried out only after eliminating the causes and manifestations of this pathology.

### **Composite materials for restoration**

Performing direct artistic restoration requires the use of reliable, color-stable and durable materials that do not fade. Due to their excellent characteristics, light-curing composite materials are used in dentistry.

Photocomposites perfectly adhere to tooth tissue at the molecular level and do not change their position due to the ability to spread to enamel and dentin, and at the same time do not spoil the aesthetic perception of the tooth. These materials are used in very thin layers to compensate for shrinkage due to photopolymerization. If the application technology is followed, a long-term, permanent high-quality effect is achieved.



In the restoration process, different compositions are used to replace different tissues.

In order to most accurately adapt the material to the mechanical properties of the tooth and its color (each person's teeth are individual), dentists put materials of different shades and properties on top of each other. The result is a complete imitation of high-strength transparent enamel.

The strength of photocomposites allows them to be used in the restoration of front and chewing teeth that take the maximum load. Most of these materials contain fluoride ions, which help prevent the development of secondary caries on the entire surface of the filling.

When restoring malformed teeth, their visual contour is often corrected, angles are smoothed or, on the contrary, sharpened, giving the smile an individual character.

The advantage of direct restoration is that all work is done in one visit to the dentist (2-6 hours). Modern materials are suitable for closing gaps between teeth, changing their shape, size and color.

### **Stages of restoration of direct teeth**

This video shows the basic steps of a direct restoration using a silicone key made using the WaxUp model.

Hygienic cleaning of the oral cavity. This step is necessary because only after the dental plaque has been removed, you can choose the color of the filling material that is the same as the natural color of the patient's enamel. Also, hygienic cleaning helps to identify the initial stage of caries, which is not visible due to plaque;

In order to correctly determine the color of the teeth, it is necessary to clean the oral cavity hygienically before the artistic restoration.

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Choosing the color of the restoration material. This is done with the help of scales - a line with attached models of teeth of different shades. The measurement is brought to the patient's teeth, the color of the composition is selected in comparison with the color of the adjacent healthy teeth. Correctly determining the shade of the restoration depends on the lighting, the patient's clothing, the color of the equipment and the office walls. Based on this, you should follow the following rules: the patient should come to the appointment in light neutral colored clothes, the measurements should be carried out during the day or under a specially calibrated light, the office equipment and materials should be light in color. ;

### **A scale for determining the color of restoration**

1. If possible and necessary, make a silicone key-impression. An impression can be made from your own teeth or from a WaxUp model using DSD digital modeling technology;
2. Anesthesia - performed only when necessary. Often, this is not required with this type of work;

Tooth preparation. Old fillings and caries are removed. If the need for endodontic treatment is determined during the work, it will be carried out as necessary. As a rule, the need for endodontic treatment is determined during the initial diagnosis;

Restoring the tooth shape. At this stage, if necessary, a fiber optic pin is installed. The esthetics of the tooth is restored using a layer-by-layer restoration method, when several types of suitable composite materials are applied sequentially. Thanks to this technique, the tooth will look natural during the day. The layer-by-layer technique is labor-intensive and requires care, patience and high skill from the doctor.

### **Stages of direct artistic restoration**

The success of the restoration depends on how well the tooth is separated from the saliva during work. The moisture of the patient's saliva and breath destroys the adhesion of the filling materials, so a rubber dam is used for high-quality isolation of the teeth - a latex plate attached to the patient's mouth using a frame and clamps. Holes were made in the latex to restore the teeth, and the rest of the mouth was hidden under a rubber dam. The patient breathes freely, swallows saliva, he does not feel dryness of mucous membranes, muscle fatigue or gag reflex; the oral cavity and respiratory tract are protected from particles of materials and chemical reagents used in the installation of composites.

**Termination** . Finally, the dentist models the tooth and restores its anatomical shape (buttons, grooves) as accurately as possible. The restored tooth is then sanded and polished using polishing pastes and various grades of abrasives.

The use of a dental microscope improves the functional and aesthetic properties of the restoration

Whitening of composite (restorative) teeth

Composite whitening is a method that can be used to correct the enamel color of the front teeth (smile area) in one visit to the dental office. A special feature of composite whitening is its gentle effect on tooth enamel: the color of enamel is restored by applying a thin layer of composite material to it.

A tooth is prepared for composite whitening as follows: an acid-containing solution is applied to its vestibular surface (directed to the vestibule of the oral cavity), which creates micro-roughness in the enamel. Due to this treatment, the adhesion of the enamel to the restorative material is improved. Patients who are worried about tooth damage should not worry: the penetration depth of the solution is a thousandth of a millimeter, so the health of the enamel is not damaged.

After preliminary treatment, an adhesive is applied to the enamel - a layer that ensures high-quality adhesion of the tooth surface to the composite. The composite material of the selected shade is applied to the adhesive in a thin, uniform layer.

**Composite whitening has the following advantages:**

The long service life of the restoration is about 5 years.

The tooth does not require grinding.

Does not worsen enamel condition.

It is used when it is difficult to restore the aesthetics by other methods, for enamel color change due to medication or other reasons.

The procedure takes some time, it takes 15-20 minutes to restore one tooth;

Choice of up to 20 white restorations.

Affordable price.

The advantage of composite whitening is the ability to restore the aesthetics of the smile in a short time, when the patient does not have time to perform restoration using other methods. After 3-5 years of service, the restoration must be restored, because the thin layer of the composite is subject to friction. If desired, the composite material can be removed from the surface of the teeth by grinding with silicone disks, after which the restoration can be continued using another existing method, for example, a veneer or a crown.

The technique of teeth whitening with the help of composite restoration is actually a method of installing composite veneers. It is relatively rare to use this technique only for teeth whitening.

**The value of artistic restoration using the direct method**

Aesthetic restoration is a labor-intensive and high-tech procedure, so the cost of artistic restoration is higher than the cost of traditional filling installation; In this case, the cost of materials in both cases does not differ significantly. At the same time, the difference in the specialist's labor costs will be significant, as a result, the patient will like it for many years.

The cost of this service varies greatly depending on the initial condition of the tooth, such as a small chip or diastema. You will find approximate prices for restoration in the table below, the doctor will tell you the exact price of the work after the diagnosis; Another method may be more appropriate for your clinical situation. In this case, we will tell you clearly about it.

Artistic restoration using the direct method is performed to repair tooth damage or to give the tooth an aesthetically perfect appearance. If you want to improve the appearance of your teeth, then the described procedure is one of the possible ways to help you achieve your goal.

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