

*Giving Your Patients
something
to Smile about:*

The ART of DIRECT RESIN

Presented by

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Ivoclar Vivadent

Kavo USA

Las Vegas, Nevada

April 13, 2005

MATERIALS LIST FOR ANTERIOR DIRECT RESINS

1. **Placement Instruments:** Goldstein Flexi-thin CIGFT Mini 3, Goldfogel #1(TNCCIA), Goldstein Flexi-thin CIGFT 3 Paddle shape by Hu-Friedy Composite Placement Instruments (Green and Gold) by Almore (800-547-1511)
#3 Brush by Cosmedent (800-621-6729)
2. **Adhesives:** Excite by Ivoclar Vivadent, Prime & Bond NT by Dentsply/Caulk, Optibond Solo Plus by Kerr, Single Bond Plus by 3M/Espe, PQ1 by Ultradent (800-552-5512), One Step Plus by Bisco (800- BIDENT)
Self-etching: SE Bond by Kuraray, Unifil Bond by GC or AdHese by Ivoclar Vivadent
3. **Resins:** 4 Seasons by Ivoclar Vivadent
Esthet·X by Caulk
Point 4 by Kerr
Vit-I-escence by Ultradent
Renamel Restorative System by Cosmedent
Filtek Supreme by 3M/Espe
4. **Colors:** Tetric Color by Ivoclar Vivadent (White, Light Yellow and Ochre)
Creative Color tints and opaques by Cosmedent (Grey, Violet and Honey Yellow)
Kolor Plus by Kerr (Blue, Brown, Ochre & A1 Opaque)
5. **Preparation & Finishing burs:** Anterior Direct Resin Placement and Finishing Kit #K0060 according to Dr. Ron Jackson by Brasseler (800-841-4522)
6. **Finishing discs:** Softlex XT by 3M or Flexidisc by Cosmedent
7. **Diamond strips:** Diamond strips by Brasseler, etc.
(Wide and Narrow (Coarse, Medium and Fine))
8. **Aluminum Oxide strips:** Epitex by GC America or others 3M, Cosmedent, etc.
9. **Finishing points, discs and cups:** Astropol by Ivoclar Vivadent, POGO by Dentsply/Caulk, Jiffy system by Ultradent, D♦Fine resin polishers by Clinician's Choice (800-265-3444), Enhance by Dentsply/Caulk, etc.
10. **Polishing Pastes:** Enamelize (Cosmedent) for polishing Renamel.
Use with Flexibuff Disc (Cosmedent).
11. **Polisher:** Groovy Brush by Clinician's Choice, Jiffy Brush by Ultradent or Occlubrush by Kerr, ComposiBrush by Brasseler
12. **Diode Tissue Laser:** Odyssey by Ivoclar Vivadent available thru Patterson or Schein
13. **Miscellaneous:** OptraGate by Ivoclar, TapeTrix by Tacit Products (888-822-4890), Biscovers by Bisco

FUNDAMENTAL CONCEPTS

1. Opacity / Translucency
2. Form
3. Color
4. Characterizations
5. Texture and Surface Contour

Objective: Replace missing tooth structure with artificial materials that appear natural.

Naturally Shaded Composites

Opacities

Renamel (Cosmedent)

Esthet•X (Dentsply)

Point 4 / Premise (Kerr)

Vit-I-escence (Ultradent)

Venus (Kulzer)

Filtek Supreme (3M/Espe)

4 Seasons (Ivoclar Vivadent)

1. **Dentin (6-8%)** 9-10
2. **Enamel (10-14%)** 15-16
3. **Trans Enamel (18-50%)**

Other Systems

Miris (Coltene)

Matrix (Discus)

Gradia Direct

(GC)

Shade Taking Steps

1. Take shade quickly – teeth dehydrate fast
2. Take shade of middle third of the tooth.
3. Establish a reference point:
 - a. Have patient put incisors end to end. Note the difference between uppers and lowers as regards to value.
 - b. Take a digital photograph for reference.
4. At the end of the appointment, compare the value of the restoration to the opposing incisors. The relative difference should be the same as compared to the photograph taken at the start.

FINISHING and POLISHING TECHNIQUES for ANTERIOR DIRECT RESINS

Esthet•X (Dentsply/Caulk), Point 4 (Kerr) and Vit-l-escence (Ultradent)

- 1) Use medium and fine Finishing diamonds to shape initial contour and margins.
- 2) Use aluminum oxide discs, coarse and medium for additional shaping of incisal embrasures and line angles.
- 3) Use EpiteX (my preference) or aluminum oxide strips to smooth and finish contact areas.
- 4) Use Gray Astropol point (Ivoclar) or Green Jiff Point (Ultradent) to place surface contour. Both are used wet.
- 5) Use the POGO to take the surface to a high polish.
- 6) Use Groovy Brush, Jiffy Brush or Occlubrush with heavy pressure for enamel like shine.

Renamel System (Cosmedent)

- 1) Follow steps 1-3 in the above technique.
- 2) Use fine and extra-fine aluminum oxide discs to smooth and polish.
- 3) Use Enamelize polishing paste on Flexibuff disc (Cosmedent).

4 Seasons (Ivoclar Vivadent)

- 1) Follow steps 1-3 in the Esthet•X, Point 4 and Vit-l-escence technique
- 2) Use the Gray Astropol Cup wet to smooth. Rotate from composite to tooth.
- 3) Use the Green Astropol Cup wet to begin polish
- 4) Use the Gray Astropol Point wet to create surface contour.
- 5) Use the Pink Astropol Cup or Disc dry for final high polish surface.

Refer to materials list for products and manufacturers.

PATIENT INSTRUCTIONS for CARE OF DIRECT RESIN VENEERS

Congratulations! You have just received the most up-to-date, state of the art composite resin veneer dentistry has to offer.

Your cosmetic bonding has been accomplished with the following materials: _____

To insure maximum beauty and longevity, a few points should be mentioned:

1. Brush with an ultra-soft toothbrush at least 2 times a day. Floss at least once a day, preferably before bedtime.
2. As with your natural teeth, the bonded material can pick up stains: try to avoid or keep to a minimum tobacco, coffee, tea, soy sauce, curry, colas, grape juice, blueberries or red wine. Routine dental cleanings will usually remove stains. Do not use baking soda or any abrasive toothpaste.
3. Do not rinse routinely with mouthwashes, as they are high in alcohol. Alcohol can soften bonded composite resin. If mouthwash is desired, a solution of ½ hydrogen peroxide and ½ water could be used or select a non-alcohol containing mouth wash such as Breath Rx or Rembrandt.
4. Sodium fluoride is the only home fluoride that should be used. Stannous fluoride or acidulated phosphate fluoride are not recommended for composite resin bonding or porcelain. ACT is a sodium fluoride rinse and can be recommended for home use.
5. Habits such as opening packages with your teeth, biting thread, chewing ice, nail biting or pipe smoking should be avoided. Avoid direct biting into ribs, bones, hard candy, nuts or hard bread and rolls. This puts stress on the material and could result in a fracture. Be aware that certain foods such as spare ribs, corn on the cob, carrots and apples can also put added stress on bonded teeth and possibly increase the need for repairs. Most kinds of sandwiches are not a problem.
6. If a chip or a fracture does occur, the veneer can usually be renewed using the same material. It is a short appointment and the fee is similar to that for a restoration for a front tooth.
7. How long bonding lasts depends on many things. It's a lot like getting a new set of tires. How long they last depends on the quality of the tire, the type of road surfaces traveled, the way you drive and how many miles you drive in a year. In the same manner, longevity of your veneers depends on your habits and how much stress is placed on the front teeth.
8. Since your cosmetic bonding is accomplished in a single office visit, your teeth will feel different to your lips and tongue when you first close your mouth. This is normal and to be expected when changes have been made to the shape and size of the teeth. Sometimes, your speech may change or be affected in the beginning until your tongue adapts to the changes. Even though the changes are slight, (measurable only in millimeters), your mouth is extremely sensitive and will exaggerate those feelings at first. Usually, after a couple of days, the feelings lessen and your mouth will feel normal again.

Dear Doctor & Hygienist:

We have placed _____ veneers on teeth numbers _____ for your patient,
_____.

The following are suggestions to maintain these restorations for maximum longevity and appearance.

- 1) Do **NOT** use Sonic Scalers around margins of esthetic restorations
- 2) If there is no stain present on the veneers leave alone do **NOT** use any **PROPHY PASTE.**
- 3) If stain is present – use any one of the following pastes:
 - a. Proxyl Fine by Ivoclar Vivadent
 - b. Prisma Gloss Extra Fine by Dentsply Caulk
 - c. Enamelize by Cosmedent
- 4) If one of the above pastes are used to remove stain, repolish the surface to an enamel Luster using the **Astropol High Polish (Pink) Cup by Ivoclar Vivadent** rotating from material to tooth structure using LIGHT PRESSURE.

If you have any questions please do not hesitate to contact either myself or my Clinical Assistant Geraldine Grogg at 540-687-8075.

Sincerely,

Ronald D. Jackson, DDS, FAGD, FAACD

RECOMMENDED MEETINGS & COURSES

American Academy of Cosmetic Dentistry Annual Meeting (AACD) 800-543-9220 or www.aacd.com

Live Patient Hands-On Course:

Advanced Posterior Aesthetics at The Las Vegas Institute for Advanced Dental Studies 888-584-3237 or www.lvilive.com

Model Hands-On Courses:

1. Giving Your Patients Something to Smile About: The Art of Direct Resin – A Lecture, Participation and Live-patient Demonstration Course
Las Vegas Institute for Advanced Dental Studies 888-584-3237 or www.lvilive.com
2. Total Esthetics with Dr. Ron Jackson & Dr. Ross Nash – Comprehensive 3-day Lecture and Participation course covering Anterior / Posterior - Direct / Indirect Esthetic Restorations. Charlotte, North Carolina 888-442-0242 or www.nashinstitute.com

RECOMMENDED PERIODICALS FOR ADHESIVE, ESTHETIC DENTISTRY

1. Reality and “Reality Now”
Esthetic Dentistry Research Group
11757 Katy Freeway, Suite 200
Houston, Texas 77079
(800) 544 – 4999
2. Journal of Adhesive Dentistry
Quintessence Publishing Co., Inc.
551 Kimberly Drive
Carol Stream, Illinois 60188
(630) 682 – 3223
3. Practical Procedures & Aesthetic Dentistry
Post Office Box 1296
Skokie, Illinois 60076
(201) 891 – 3200
4. Dental Update
Dental Careers, Inc.
Rich Erickson, DDS
4338 Highborne Drive
Marietta, Georgia 30066
(770) 973-9824
5. Nutrition & Energy
Juice Plus
Julia Hendricksen, AFAA Certified Personal Trainer
(434) 368-4819 phone
juljack18@aol.com email or www.juiceplus/+jh92537

PHOTOGRAPHY

Photo Mounts:
(to send photos to patients)

Ultradent Products, Inc.
505 West 10200 South
South Jordan, Utah 84065
(800) 552 – 5512
(UP#487 – “Your New Smile”)

Photo Atlas: Cosmetic Dentistry
High Impact Image
17615 Charter Pines Dr.
Monument, CO 80132
(719) 488-0808

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2. **Aggressiveness of Contemporary Self-etching Adhesives Part II: Etching Effects on unground enamel**, Pashley D, Tay F., Dent. Materials 17(2001), pp.430-444
3. **Loss of Cuspid Guidance: A Functional and Aesthetic Dilemma**, Jackson, R., Dentistry Today, Vol. 19 No. 7, July 2000
4. **Protocol for Predictable Restoration of Anterior Teeth with Composite Resins**, Fahl Jr. N., Denehy G., Jackson R., Practical Periodontics and Aesthetic Dentistry, Vol. 7 No. 8, October 1995 pp.19-22.
5. **Renamel Restorative System Technique Manual**, Cosmedent
6. **Esthet·X Technique Manual**, Dentsply/Caulk
7. **Point 4 Technique Manual**, Kerr
8. **Filtek Supreme Technique Manual**, 3M/Espe
9. **4 Seasons Technique Manual**, Ivoclar Vivadent