DIRECT COMPOSITE RESTORATION IN ESTHETIC ZONE FOLLOWING PUTTY INDEX: A CASE REPORT

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Abstract

Direct anterior composite restorative procedures have gained a lot of popularity in the recent years due to their advantages such as immediate esthetics, minimal invasion, cost effectiveness, adhesion to tooth structure and as a chairside restorative modality. Traumatic injuries to the dental hard tissue is the most common cause of tissue loss in the esthetic zone of the dentition. This case report illustrates the use of a putty matrix technique for the reproduction of palatal anatomy of the teeth which needs esthetic corrections.

Keywords: Composite resin restoration, Ellis class II fracture, Putty index.

Introduction

Traumatic injuries in the anterior teeth region lead to various esthetic and functional problems.¹With the increasing demand of tooth colored restorations, direct composite resins are undergoing constant improvement in the material aspect.² Injuries in the anterior region of the teeth commonly causes various complications such as crown fractures which may or may not involve dental pulp. Uncomplicated crown fractures (Ellis class I & II)can be easily built-up with direct composite resin using techniques like putty matrix.³This technique provides exact palatal anatomy in large defects and can also be used to restore multiple defect at the same time⁴. This case report describes a technique that uses a custommade matrix to replicate the palatal contour and restore the form and function of the teeth using direct tooth colored restorative materials.

Case Report

A 27 years old male patient reported to the department of conservative dentistry and endodontics, Teerthanker Mahaveer Dental College and Research Centre with the chief complaint of broken upper front (Figure 1)



Figure 1: Pre- operative View

teeth since past 3 months and desired to get them restored. Patient gave a history of fall from the stairs following which his teeth fractured. Clinical examination revealed an uncomplicated crown fracture involving only enamel and dentin. The teeth were sensitive to cold food and beverages with no other associated hard and soft tissue injuries to the surrounding structures. Vitality of the teeth were assured via pulp vitality test, radiograph did not reveal any significant periapical pathology. Based on all these evaluations, a direct composite restoration was planned using a putty matrix technique.

A preliminary impression was made using dental alginate (Zelgan) following which a diagnostic cast was obtained. A diagnostic wax up done on the cast using modelling wax and a putty index was created. This index was then split in to two halves in the mesio-distal direction to obtain palatal and labial halves respectively. The palatal half was then checked intraorally for the fit, which will

later serve as the reference guide and act as a rigid template to reconstruct palatal enamel. A long bevel was then given on the labial aspect of teeth to remove unsupported enamel margin and also to increase the surface area.

After appropriate shade selection of the direct composite material (Dentsply, Spectrum) and isolation, all of the exposed facial and lingual surfaces of the affected teeth were etched using 37% phosphoric acid for 15 seconds followed by application of bonding agent. Composite material was then placed in the palatal portion of the previously made reference guide in thin layer of 0.5 mm which was then placed palatally into the patient's mouth and cured for 30 seconds. The matrix was then carefully removed leaving behind a rigid layer of composite bonded to the teeth as shown in Figure 2& 3.



Figure 2: Putty index and palatal build up



Figure 3: Restoring teeth one by one

The teeth were then restored one by one (Figure 4) by subsequently adding composite superficial to this rigid palatal composite layer.



Figure 4: Restoration of one tooth completed

Occlusion was checked and necessary adjustment were made following which finishing polishing was performed using polishing discs (3M, Soflex) as shown in the Figure 5.



Figure 5: Finishing of the final restorations

Interproximal finishing was accomplished using finishing strips (Figure 6). The patient was given oral hygiene instruction how to take care of his restorations.



Figure 6: Post-operative restorations

Discussion

Dental tissue loss due to trauma has various impacts such as loss of function, esthetics and psychological problems.¹In case of uncomplicated crown fractures, direct adhesive resin restoratives serve as cost effective and a chairside treatment modality. With the advancing technology and improvements in the bonding systems there is increased success rate of such restorations even further. ⁵ Management of anterior teeth fracture is a great challenge for clinician from esthetic point of view. ⁶

Considering the socioeconomic status and age of patient, in this case, a direct restoration was planned using putty matrix technique. This technique facilitates the reconstruction of the tooth structure by acting as guide that enables the clinician to plan the procedure in detail as the shape, size and inclination of the teeth are predetermined, which reduces the need for adjustment eventually⁷.Besides acting as a matrix, it also functions as rigid plate that acts like a wall to hold the restorative material, determination of incisal edge thickness and cervico-incisal length allowing easy insertion in the portion that needs tobe restored. ^{5,7}

A bevel was created to exposed enamel rods and remove any unsupported tooth structure to ensure good bonding⁵. The layering of the composite resin was done subsequently followed by finishing and polishing to achieve a highly polished surface and a satisfied patient.

Conclusion

This matrix technique is a quick, simple and costeffective method in comparison to other invasive esthetic procedures. The matrix also acts like a guide to reestablish lost form of anatomy and contour of the teeth. One can utilize this technique for the restoration of both single as well as multiple teeth. An operator with any level of dexterity can achieve great result using this technique.

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