A Conservative Approach for Restoring Anterior Guidance: A Case Report

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ABSTRACT

One of the most common dental problems in today’s clinics is tooth wear; specifically when related to bruxism. In such cases, the esthetics of anterior teeth may be compromised when excessive wear to the incisal surfaces occurs. Anterior tooth wear resulting from parafunctional bruxism can be conservatively treated with the use of direct resin composite restorations. This restorative approach has the advantages of presenting good predictability, load resistance, acceptable longevity, preservation of healthy dental tissues, and lower cost when compared with indirect restorations. The use of resin composites to solve esthetic problems, however, requires skill and practice. Thus, the present article demonstrates a conservative approach for restoring the esthetics and function of worn anterior teeth with the aid of direct resin composite restorations and selective occlusal adjustment.

CLINICAL SIGNIFICANCE

A conservative approach to restore anterior teeth with excessive wear is possible with direct resin composites.


INTRODUCTION

Because of access to public health programs, the lifespan has increased at the same time that patients are retaining their natural teeth. Signs of aging can be seen not only in facial and body aspects but in the dental aspect as well. Additionally, more people have been seeking cosmetic and esthetic treatments to restore dentofacial harmony, physical condition, and healthy appearance. This includes dental esthetics. On the other hand, stress and lifestyle changes have resulted in an increase in the incidence of parafunctional habits and the consequent wear of dental hard tissues.

The manifestations of biopsychological imbalances, such as parafunctions of the stomatognathic system, are characterized by clenching and/or grinding teeth repeatedly, ranging from diurnal to nocturnal manifestations.1,2 Bruxism is a problem for the function of the stomatognathic system because it may alter the behavior and state of the chewing muscles (and/or adjacent muscles), as well as the temporomandibular joint (TMJ). The esthetics of the anterior teeth and the smile are also compromised when severe damage to the occlusal and incisal surfaces occurs. This parafunction can also destroy the teeth required for the occlusal stability, mutual protection, function, and esthetics of anterior guidance.3,4

Thus, one of the most common dental problems in today’s clinics is tooth wear, specifically when it is related to bruxism. This type of dental structure loss...