How to create Aesthetic and Functional Temporaries for Smile Design Dentistry

Rahul Doshi and Ashish Parmar highlight the reasons for creating exceptional temporary restorations to achieve a “Perfect Smile”, especially in these modern times, where patients have high aesthetic expectations.

We are dedicated in delivering the best possible dental care for our patients and temporary restorations for us are a key element to give our patients a clear idea what their final restorations are going to feel and look like. The change that comes with a new smile very often causes other changes like increased self-confidence and self-esteem. This in turn leads to other changes in appearance – such as a new hairstyle, loss of weight and most often a renewal of increased self-confidence.

Temporisation is an integral part of comprehensive treatment involving Smile Design concepts. It represents the treatment phase that allows a dentist to be an artist. Temporary fabrication also provides proper communication for the laboratory, which directly affects the quality of the case. Eliminating as much of the guesswork as possible helps create a predictable result, and a happy smiling patient!
Our Material of Choice is Luxatemp

Luxatemp has earned the highly prestigious 5 star rating from Reality. Luxatemp is a bis-acrylic temporary material with some remarkable features. It is peroxide free which makes its working and setting times very reliable and, we have noticed, provides us with excellent gingival health. We recommend the use of a chlorine dioxide mouthwash such as Retardex during the temporary phase to ensure no bleeding gums during fitting of porcelain restorations. Luxatemp comes in six shades, including two bleach shades, with a very natural tooth-like translucency. One of the most common shades we use in Smile Design cases is B1. This appears to give a natural but desirable whiteness which many of our clients simply love. If the underlying shade of the preparations is fairly dark, then we recommend using shade BL as this will achieve a pleasant end colour. These outstanding aesthetic properties have recently been enhanced with an additional fluorescence that makes it almost indistinguishable from natural teeth even in a disco under black light conditions! This means the trial smile looks great in all lighting conditions.

Being a composite it is very easy to add on to using conventional light cured restorative composites or LuxaFlow, DMG’s flowable composite, which is especially adjusted to the Luxatemp shades and fluorescence. LuxaFlow is fantastic to add to any voids or air blows on the temporaries. There is no need to add bonding resin, and the cure time for additions is seconds only! This fact alone is a major advantage to using acrylic temporaries i.e. accurate and fast repairs.
Our technique for exceptional looking temporaries

Luxatemp is easy to handle. Assuming you need to create temporaries for ten upper porcelain veneer preparations, you will require an index of the approved functional and aesthetic wax ups. The prepared teeth are then spot etched for 10-15 seconds and thereafter washed thoroughly. A thin layer of unfilled or partially filled resin is placed on the teeth (e.g. Optibond FL2 - A primer or single component bonding system should not be used as the temporaries will be difficult to remove!). After gently blow drying, this is then cured with the light for 10 seconds. The Luxatemp is then carefully syringed into the index, and this is loaded over the preparations. Within three minutes you will have set temporaries that look amazing! However, you might say we take things a bit to the extreme, but we can then spend up to two hours adjusting and readjusting temporary restorations until we have the perfect representation of what the final restorations will be like. We believe time spent on these provisionals, is very well invested. It is a valuable opportunity to test if the patient will be comfortable and pleased with the final restorations. Fortunately for us, Luxatemp lets us do all these add-ons, shade changes and everything we can think of. Obviously after all this work, we expect the provisionals to last - and Luxatemp does!

For the Luxatemp temporary restorations to achieve a high gloss, takes a couple of minutes. We use Luxatemp-Glaze&Bond. This is a varnish, which we gently coat over the artistically
recontoured Luxatemp restorations. We light cure the varnish for a few seconds, and get a stunningly life-like looking trial smile with surfaces so smooth that it immediately feels like natural teeth. Patients soon stop trying to feel for the restoration with their tongue. It also enhances stain resistance and can be used as a bonding agent for repairs or add-ons to older temporaries.

As for the index - anything goes! Alginites, thermoplastics and precision impression materials are all well suited. We prefer to use an alginate replacement addition cured silicone (Status Blue, DMG) for the temporary. It gives us a smoother surface finish and if a temporary ever has to be redone, we can use the index again.

A functional and aesthetic preview to a new smile

Fabrication of the final restorations should begin only after the occlusion has been checked, the provisional restorations are accepted to be comfortable and stable; and the patient is happy with the smile design. This typically requires the provisionals, to be in place for a few days in order to obtain family approval and suggestions as well as confirm the phonetics are OK.

We arrange a visit for the patient to come and see us a few days after they have had the Luxatemp provisionals. On this visit we gain valuable feedback by asking the following questions:

1. What do you like about your new provisional smile?
2. What do you dislike about your provisional smile?
3. What other changes would you like us to make for your definitive smile?

4. Please give us a rating out of 10, on how pleased you are with the provisional smile.

5. Are you happy with the shade? Would you like us to make the final shade the same, darker or lighter?

6. Are you happy with the surface texture and smoothness?

7. Do you prefer the right hand side or the left hand side of your new smile?

8. Are you happy with the length of the front teeth?

The above questions really allow us to understand the patient’s aesthetic wants of their new smile. We often then make further simple changes to the provisionals as appropriate; after gaining these important viewpoints from the patient. This is done by further recontouring the Luxatemp and/or adding LuxaFlow in specific areas, so the patient can have another preview of their smile and confirm acceptance of the trial smile.

This allows us to create the “Perfect Smile” for our patients. When the patient is happy with their temporaries, we measure the height of the provisionals to an accuracy of up to 0.25mm. An alginate impression and several Polaroid or digital photographs of the approved transitional Luxatemp restorations are taken at this point. This provides the ceramist with valuable information in creating a stunning smile using ceramics!
Conclusion

The ease of handling and ability to deliver the ultimate aesthetic temporary restorations are just two of the reasons why Luxatemp is the temporary crown and bridge material of choice at the Perfect Smile Academy and why we would recommend that you give it a try and see for yourself. It is the temporary material of choice as used by most of the leading cosmetic dentists in the world.

Rahul Doshi and Ashish Parmar are Partners at The Perfect Smile Academy. The dates for their Perfect Smile Hands On Courses in 2007 are 10th, 11th and 31st May, 1st June, and November 8th, 9th and 22nd, 23rd November. For further information please visit their website (www.theperfectsmile.co.uk) or contact Laura at The Perfect Smile Academy on 01992 585735 or via email at laura@theperfectsmile.co.uk

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