Core build-up using a dual-curing composite and treatment with all-porcelain restorations

All-porcelain restorations produce aesthetically superior anterior and posterior restorations. Excellent aesthetics are, however, only one important feature that has led to the ever-increasing popularity of these restorations. As the porcelain materials are highly biocompatible, all-porcelain restorations are also well tolerated by patients.

When fabricating crowns or bridges, it is often necessary to use a core material before preparation to reconstruct extensive sections of lost tooth structure caused by large carious lesions or previous dental treatment. Various materials are used for building up the tooth core. While the use of amalgams was common in the past, glass ionomer cements and related materials or composites are now mainly used.

Composite adhesive cores in particular are becoming increasingly popular, as an excellent bond can be achieved with the tooth structure when they are used in conjunction with a suitable adhesive system. Parapulpal posts for retaining the core material to vital teeth are no longer required. This method not only saves time but also provides a safer form of treatment, as drilling preparation for parapulpal posts tends to cause iatrogenic damage to the pulp or perforation of the root surface. The options provided by the adhesive technique mean that, in numerous clinical situations, root canal posts are no longer required when preparing endodontically treated teeth. Further information on this can be found in a joint report published in 2003 by the DGZMK (German Maxillofacial Surgery Association), the DGZPW (German Society for Dental Prosthetics and Materiology) and the DGZ (German Society for Conservative Dentistry) dealing with the build-up of endodontically treated teeth.

Composite cores can either be fabricated using conventional light-curing filling composites, but the curing thickness of these composites is limited and larger defects require a time-consuming, incremental build-up, or using core composites specially developed for larger defects. Core composites are either chemically curing or dual-curing (the use of core composites that are purely light-curing is restricted to small defects). Different types of core composites also have very different rheological properties. High viscosity composites have to be mixed from two pastes by the dental nurse and applied to only partially visible cavities by condensing with manual instruments to ensure all the surfaces are covered, while flowable types can be applied directly intraorally to fill the defect using a handy cartridge system with an integrated spiral mixer. Low viscosity core composites provide excellent coverage for the tooth structure and also root canal posts and screws, if required.

Core composites are normally supplied in a dentine shade, used under translucent all-porcelain restorations, as well as in a contrasting shade to the tooth (e.g. blue or white), which facilitates assessment of the gap between the margin of the core material and the preparation margin. Blue contrasting shades are recommended only for use with metal-based restorations: white opaque core composites provide a contrast to the tooth structure without impairing the aesthetics of all-porcelain restorations.

The requirements of a core material are summarised as follows:
• Adequate bond with the tooth structure (prevents marginal gaps, does not require parapulpal posts)
• Easy and quick to use (even with large defects)
• Good coverage (fills undercuts without bubbles)
• Low setting temperature (prevents irritation of the pulp)
• Short setting time (can be prepared shortly after application)
• High final hardness, similar to dentine (easy to trim)
• Adequate mechanical properties (e.g. compressive strength)
• Radiopacity
• Opacity (masks root posts and screws)
• Fluoride-releasing (prophylaxis against secondary caries)
• Broad range of applications

Clinical case history
The following case history of a 27 year-old female patient demonstrates the build-up of two premolars step by step using a core composite and subsequent permanent treatment with glass porcelain restorations.

The initial situation shows the mirror image of teeth 24 and 25 with longterm temporary restorations fabricated from glass ionomer cement (Fig. 1). Both teeth were sensitive to the cold stimulus of carbon dioxide snow and were not percussion sensitive. Large surface areas with softened carious dentine were evident in both premolars after removal of the fillings (Fig. 2). Due to the proximity of the defect to the pulp at tooth 25, a rubber dam was placed as a prophylactic measure before excavation of the caries to prevent any infection from the saliva, if the pulp chamber were to be exposed (Fig. 3). The palatal cusp of the second premolar, which had a large undercut, fractured during removal of carious tooth structure (Fig. 4). Further removal of the caries resulted in a small, pinpoint perforation of the pulp at the buccal cusp (Fig. 5). The situation was explained to the patient and, as there was no evidence of tooth pain, the exposed pulp was capped directly. After cleaning and disinfecting the surface with a 3% hydrogen peroxide solution, a permanently soft calcium hydroxide solution was applied to the perforated area (Fig. 6) and adapted carefully using a small, clean cotton pellet (Fig. 7). The area was completely covered with a hardening calcium hydroxide solution and, because of the extent of the caries the mesial surface of the first premolar was included in the cavity preparation (Fig. 8).

After placing a steel matrix around the extensive defect at tooth 25 for the subsequent build-up (Fig. 9), a 37% phosphoric acid gel was first applied selectively to the enamel margin of the cavity (Fig. 10). After allowing a reaction time of approx. 15 seconds, the whole...
Cavity was filled with etching gel and the enamel and dentine were conditioned for a further 15 seconds according to the total-etch technique (Fig. 11). After thoroughly rinsing off the etching gel and loosened fragments of tooth structure using the compressed air and water spray (Fig. 12), the cavity was carefully dried using oil-free compressed air (Fig. 13). It is essential to avoid overdrying the dentine at this stage, as this would result in the collapse of the three-dimensional woven collagen fibres in the conditioned dentine, making it extremely difficult for the subsequent adhesive application to penetrate, with the risk of a poor bond and increased risk of postoperative sensitivity.

The primer of the Solobond Plus adhesive system (Voco) was applied to the enamel and dentine with a disposable brush and massaged for 30 seconds (Fig. 14). After blowing off the excess carefully and evaporating the acetone solvent using oil-free compressed air (Fig. 15), adhesive was applied uniformly to all the prepared enamel and dentine surfaces with a new disposable brush and massaged in for 15 seconds (Fig. 16). The adhesive was then finely dispersed and thinned to form a uniform film (Fig. 17). The adhesive was cured for 20 seconds using a halogen lamp (Fig. 18).

A white shade of Rebilda DC dual-curing core composite (Voco) was applied directly into the defect from the mixing tip of the cartridge system, to which an angled intraoral tip with a 360° rotation can be attached (Fig. 19).

Starting at the cavity floor, the cavity was slowly and carefully filled with the core material avoiding the
inclusion of air bubbles (Fig. 20). Figure 21 shows the defect completely filled with core composite. The dual-curing core composite was light-cured for 40 seconds using a halogen lamp (Fig. 22). The first premolar was then built up using the same procedure as described above (Figs. 23-36).

After removing the matrices, but before removing the rubber dam, the build-up was checked again to ensure that it was not short in any area and that there were no marginal gaps (Fig. 37). Figure 38 shows both core buildups before trimming. The cores were trimmed and all excess material carefully removed with finishing diamonds before prepolishing with rubber composite polishers (Fig. 39). The static and dynamic occlusion was checked for high spots and interference using coloured foil (Fig. 40). As the core buildups were to be used as long-term temporaries until permanent treatment of the teeth with all-porcelain restorations, the surfaces were polished to a high lustre using composite polishing pastes to minimise plaque build-up. The teeth were dehydrated due to reversible water loss caused by the use of the rubber dam, and as a result the shade of the teeth was definitely lighter (Fig. 41). At the follow-up appointment a week later to check for sensitivity of the second premolar the teeth had regained their normal shade (Fig. 42).

Figure 43 shows the all-porcelain restorations, which were fabricated almost three months later. A glass porcelain crown was fabricated for tooth 25 and an MOD porcelain inlay was fabricated for tooth 24 (Fig. 44). Figure 45 shows the two prepared teeth immediately prior to the restorations being placed using the adhesive technique. Following adhesive placement, the two restorations restore the function and natural aesthetics in the dental arch (Fig. 46).
Figure 23: Placing a steel matrix at tooth 24.

Figure 24: A 37% phosphoric acid gel is first applied selectively to the enamel of the cavity margins.

Figure 25: After approx. 15 s the whole cavity was filled with etching gel and the enamel and dentine were conditioned for a further 15 s (total etch).

Figure 26: Rinsing off the etching gel and loosened fragments of tooth structure with the compressed air and water spray.

Figure 27: The cavity was carefully dried with oil-free compressed air. It is essential to avoid overdrying the dentine.

Figure 28: Application of Solobond Plus primer (VOCO) to the enamel and dentine for 30 s using a disposable brush.

Figure 29: Excess was carefully blown off using oil-free compressed air.

Figure 30: Application of Solobond Plus adhesive (VOCO) to the enamel and dentine for 15 s using a disposable brush.

Figure 31: Excess was carefully blown off using oil-free compressed air.

Figure 32: The bonder was light-cured for 20 s.

Figure 33: Filling the defect with a dual-curing core composite (Rebilda DC, VOCO).

Figure 34: The cavity was slowly and carefully filled with core material avoiding the inclusion of air bubbles.
Figure 35: The defect completely filled with core composite.

Figure 36: The surface of the dual-curing core composite was light-cured for 40 s using a light-curing lamp.

Figure 37: After removal of the matrix.

Figure 38: After removal of the rubber dam.

Figure 39: The core fillings were prepared with finishing diamonds and prepolished with rubber composite polishers.

Figure 40: Checking the static and dynamic occlusion for high spots and interference.

Figure 41: The core fillings were polished to a high-lustre with composite polishing paste to minimise plaque build-up until permanent treatment of the teeth with all-porcelain restorations. The teeth are dehydrated and lightened due to a reversible water loss caused by the use of the rubber dam.

Figure 42: After one week in situ the teeth have regained their natural shade.

Figure 43: All-porcelain crown and porcelain inlay on the unsectioned plaster model.

Figure 44: Close-up view of the porcelain restorations.

Figure 45: Preparation for an all-porcelain crown with circumferential shoulder on tooth 25 and for a porcelain inlay on tooth 24.

Figure 46: The restorations after being placed using the adhesive technique.

ABOUT THE EXPERT

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