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Esthetic Management of Fluorosed Maxillary Anterior Teeth with Lithium Disilicate Veneers: A Clinical Case Report

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Abstract

Background: Ceramic laminate veneers are a conservative and predictable treatment choice for the anterior esthetic case of discoloration, fluorosis and spacing, particularly when there is sufficient enamel for an adhesive bond.

Case report: The case description is a 27-year old male with generalized fluorosis and spacing in the anterior region of the maxilla, which resulted in poor smile esthetic. Due to the careful assessment and discussion of various treatment options, it was decided to plan minimally invasive IPS e.max lithium disilicate veneers to be placed on teeth 13 – 23. Digital tooth reduction and mock-up, guided wax-up, allowed pre-visualization of the final result and guided the reduction of the tooth. The veneers were CAD-CAM fabricated and bonded with standardized adhesives procedures such as enamel etching, silanization of the ceramic and resin cementation.

Results: Tooth colour, shape and alignment improved significantly with treatment and smile esthetics, phonetics and satisfaction were improved. At 6-month follow-up, veneers were stable, and there was no periodontal disease, no complication.

Conclusion: Lithium disilicate Ceramic Veneers is a conservative technique with a long lifespan, high esthetics and well-planned, appropriate case selection and enamel preservation, it is considered a successful approach for rehabilitation of anterior teeth with fluorosis.

Keywords: IPS e.max; laminate veneers; esthetic dentistry; dental fluorosis; smile rehabilitation; adhesive dentistry; ceramic restoration; minimally invasive dentistry.

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