

## DIASTEMA CLOSURE PROCEDURE

1. Clean teeth to be treated and adjacent teeth.
2. Select shade.
  - a. Shade tabs
  - b. Trial restoration
3. Place rubber dam and retraction clamp if required.
4. Verify desired mesial-distal width of teeth after restoration by measuring and record dimension.
5. Prepare teeth as required.
6. Etch first tooth to be treated. Protect adjacent teeth with mylar.
7. Apply bonding material, air dry and cure.
8. Build up contour of 1<sup>st</sup> tooth using previous selected shade. Build contours slightly in excess. Verify M- D dimension by measuring.
9. Remove facial and incisal excess with course Sof-Lex disc.
10. Remove lingual excess with C379F finishing bur.
11. Remove gingival excess and contour gingival embrasure with #12 blade.
12. Remove interproximal excess and contour contact area with medium Sof-Lex disc. Make sure to establish contact area in correct vertical axis. Measure to verify correct M –D width.
13. Polish interproximal with finishing strips and fine and x-fine Sof-Lex discs.
14. Etch adjacent tooth. Protect restored surface with mylar.
15. Apply bonding material, air dry and cure.
16. Build up contours of restoration directly against adjacent tooth.
17. Contour gingival embrasure and remove gingival excess with #12 blade.
18. Separate teeth with sturdy instrument. Warn patient of cracking noise.
19. Contour facial, incisal and lingual embrasures with #12 blade.
20. Contour transitional angles of teeth with disc and blade. Evaluate for contour from incisal, facial and lingual.
21. Separate teeth with wedge and polish proximal with strips (course to fine).
22. Polish incisal & facial with fine and x-fine Sof-Lex discs.
23. Smooth & polish lingual with course, medium & fine Ultradent points.
24. Verify smoothness of contact area and gingival margin with floss.
25. Remove rubber dam.
26. Check and adjust centric and excursive contacts with articulating material.
27. Give patient post-operative instructions.
  - a. Care for the restored tooth like the rest of their teeth with normal home care to include brushing and flossing.
  - b. They can eat and drink normally after the anesthesia wears off. They should avoid biting into very hard object as the restoration might break. (The restoration is about as strong as the patient's natural tooth structure.)
  - c. They might experience some minor discomfort of the tissues around the restored tooth due to the irritation of the gingival wedge and the finishing of the gingival marginal area.
  - d. The restoration might appear slightly too translucent after removal of the rubber dam. This is due to the desiccation of the tooth, which makes it appear more opaque. The tooth will re-hydrate in a few hours and the shade should be acceptable.
  - e. If they experience any problems, such as the bite does not feel comfortable, they should call to have the problem corrected.