The Index Technique in worn out dentition

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The Index Technique is a very easy and fast no prep approach to restore worn dentition with “guided” direct composite. Early diagnosis of tooth wear is essential in giving the clinician the possibility to restore the patient with an adhesive technique by means of direct and indirect partial restorations recreating tooth anatomy, function and esthetics and preventing further tooth loss. This approach will avoid or, at list, postpone a more complex and invasive prosthetic rehabilitation ultimately having a positive biomechanical impact on the long term maintenance of these patients.

Fig. 1 – Initial situation showing moderate hard tissue wear. VDO must be increased together with a reorganizational approach, in order to manage a “no prep” restorative technique.
Fig. 2  Img. 2 – Leaf gauge to increase VDO and establish a CR position, which is mandatory to start a case with a full mouth rehabilitation.

Fig. 3  Img. 3 – A three step etch and rinse technique is performed on one tooth at a time, without even touching the teeth with a bur.
Fig. 4 – Heated composite is placed on each tooth; index, is then applied and with a probe, the excess composite is removed in the plastic phase; One minute curing with index and two minutes without index is performed; Composite is cured and finishing protocol can take place.

Fig. 5 – Final outcome after 3 years recall.
**Fig. 6**  Img. 6 – 3 years recall showing a correct canine guidance, and a good integration of direct index technique restorations (11, 12, 13, 17, 31, 41, 42, 43, 44, 47) partial indirect restorations (14, 45) and full metal-ceramic crowns (15, 16, 46).

**Fig. 7**  Img. 7 – Wax-up and transparent index on sextant 6.
Fig. 8  
Img. 8 – The prepared cavity after removal of an old composite restoration; the silicone index being checked for the fit on 46; 3 step etch and rince protocol being applied; a thin layer of flowable composite cured on the cavity floor, micro-hibrid composite layered freehandedly and cured in order to have a low C factor contraction.

Fig. 9  
Img. 9 – Index technique: heated composite is layered on 46; index is placed and with a probe excess material is removed; curing for 60 seconds; occlusal view of the restoration prior to finishing.

Fig. 10  
Img. 10 – In this situation since the C Factor is not unfavourable, the index technique protocol can take place immediatly.
Fig. 11 – Sextant 6 finished and polished before removing the rubber dam, and a follow up control.