

**Minimally
Invasive
Cosmetic
Dentistry at
Sparkle Dental**

What is MICD (Biomimetic Dentistry).

Minimally invasive cosmetic dentistry involves achieving optimal aesthetic outcomes without removing excessive tooth structure. Long term the major benefit is , the less invasive the less biological cost to you the patient, that is less repairs and redoing of existing treatments.

The best long term success of any dental treatment is to start with a ideal bite (or occlusion).

If the bite is ideal, all is required is teeth whitening.

With the advent of “invisible braces” (Invisalign) positioning your teeth in the ideal position can mean a beautiful outcome can be achieved as simply as treating the bite with Invisalign , and doing little more than teeth whitening, and in some cases composite resin bonding, or porcelain veneers.

In situations where your teeth are in a ideal position, and they are either worn down or discoloured, treatment can be as simple as whitening the teeth, followed by bonding or veneers.

On back teeth (molar and premolar teeth), where extensive fillings and broken down teeth were commonly treated with full crowns, we can now achieve a better long term result with ceramic onlays, which have a better outcome, and are more aesthetic.

Missing teeth , which in the past were treated with dentures or bridges (which involve aggressive removal of healthy tooth structure) can be replaced with dental implants.

This booklet shows the amazing results, that can be achieved following the philosophy of Minimally Invasive Cosmetic Dentistry.

Vital Teeth Whitening.

Teeth whitening can either be done in the chair or at home with custom made trays worn overnight or during the day.

With over 25 years experience in teeth whitening I personally recommend Phillips Zoom day time whitening. Treatment is for 7 to 10 days using the custom made trays provided, worn for 30 to 60 minutes a day.



Non-Vital Whitening.

In extreme cases, where due to decay or trauma the nerve in a tooth dies, the only treatment to save the tooth is root canal treatment. One of the common negative side effects is the tooth discolours. Commonly this is treated by placing a crown over the tooth (often removing healthy tooth structure and compromising the strength of the tooth).

Using the principles of MICD, the tooth can be whitened internally with no compromises to its structural integrity.

The treatment involves no anaesthetic , and often only takes the application of a 35% hydrogen peroxide gel for 3 to 4 days.



Invisible Aligners (Suresmile/Invisalign).

Invisalign involves wearing a series of aligners (replaced every two weeks) to move the teeth into a ideal position. Depending on the severity of the case treatment can vary from 3 months to 2 years plus.

Sparkle Dental has been a Invisalign accredited practice since 2007.

Where severe cases of malocclusion (incorrect bite) are involved, we always refer our patients to a orthodontist.

The majority of cases we treat correct minor to moderate malocclusions, and is often an adjunct to follow up treatment from whitening to veneers to achieve a optimal aesthetic outcome.

Invisalign Only.



Invisalign and Bonding.



Veneers.

Veneers are similar to false fingernails. They can either be made indirectly using porcelain and then bonded onto the tooth in one piece, or indirectly using composite resin bonded indirectly onto the tooth in a single visit. In both cases veneers offer a conservative solution in masking discoloured, worn or crooked teeth. Veneers can be done from a single tooth to multiple teeth.

The following photos show the use of both porcelain and composite resin veneers to restore a smile to a ideal aesthetic outcome.

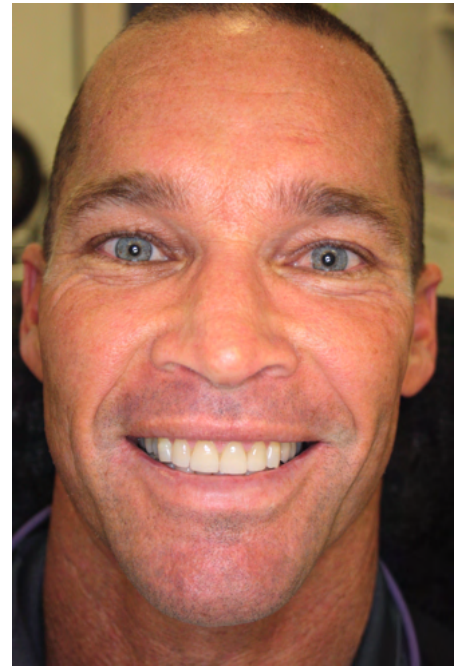
Invisalign, Whitening and Four Porcelain Veneers. (Laboratory work by Dr Mil Seneviratne)



Two Porcelain Veneers for Small Discoloured Teeth. (Laboratory work by Dr Mil Seneviratne)



Four Porcelain Veneers to Restore Worn Chipped Teeth.



Four Porcelain Veneers to Correct Crooked Discoloured teeth.



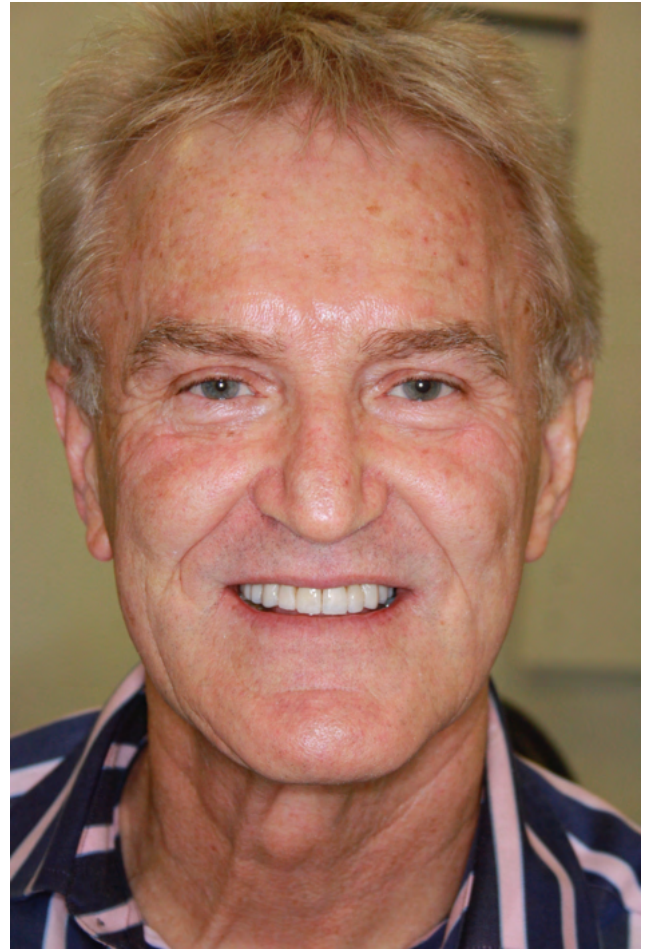


Compromised Dentition.

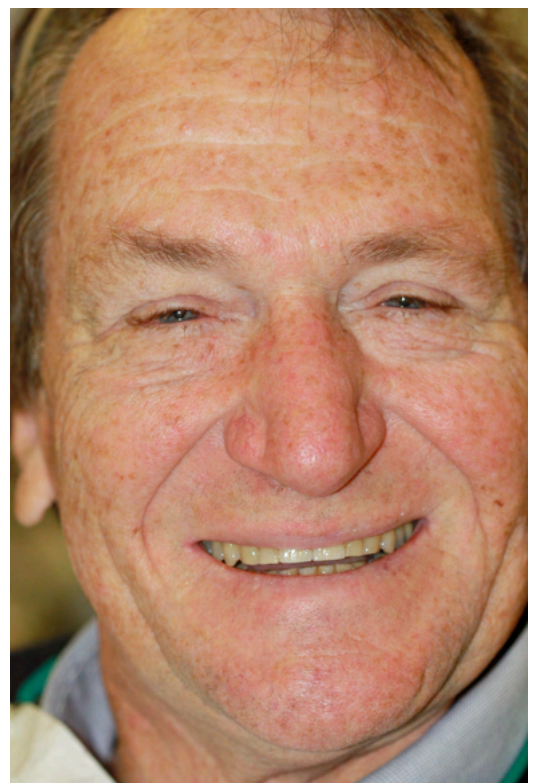
In advanced cases treatment can involve multiple treatment combinations restoring the entire dentition. The following photos show two such cases.



Eight Composite Resin Veneers to Restore Discoloured Worn Teeth Done in One Visit .



Dental Implants to Replace Two Missing Front Teeth.



Posterior Onlays.

One of the major benefits of MICD is in restoring cracked and broken posterior teeth. At Sparkle Dental using CEREC (Cad Cam and precision milling) we can restore broken down and cracked teeth in a single visit.

In many cases teeth, which in the past would have been crowned resulting in removing healthy tooth structure can now be restored using new hybrid materials involving restoring the tooth to its natural strength and aesthetics with minimal removal of tooth structure.

