

Pre-orthodontic restorative dental treatment approach in adult patients: A case report

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Introduction & Aim: Fixed orthodontics increases caries risk in children and adults. Literature mostly addresses caries prevention immediately prior and during orthodontic treatment. The aim of this report is to demonstrate a pre-orthodontic restorative approach.

Case: A 35-year old man presented to the clinic requesting dental treatment. Diet history revealed high frequency of exposure to sweet food. He had poor oral hygiene with inadequate fluoride exposure. Intraoral and radiographic examination revealed multiple cavitated caries lesions, secondary caries and incipient lesions, multiple missing teeth (extracted due to caries) and malocclusion. Treatment of this high caries risk patient was performed in three phases. Firstly, dietary adjustments, a full mouth clean and polish, caries excavation and placement of temporary fillings were performed. A professional fluoride application every 2-3 weeks for 3 months was started and combined with fluoridated tooth paste for home use. Secondly, RCT in tooth 34 was performed and fluoride regimen continued. Thirdly, placement of final fillings and build-up of severely destroyed teeth and long-term provisional PFM crown for tooth 34 were performed. Fluoride regimen was continued during this phase. At the 6-month recall, the patient demonstrated good oral hygiene and dietary habits. Regular checkups and the use of fluoridated mouth wash were also recommended for the orthodontic treatment phase.

Discussion & Conclusion: A pre-orthodontic restorative treatment in combination with a prophylaxis regimen is suggested to reduce the risk of developing caries lesions during orthodontic therapy of high caries risk patients.

Biography

Yeslam Hanin E graduated in 2005 from King Abdulaziz University with a BDS degree. In 2007, she got the position as a Demonstrator in King Abdulaziz University Faculty of Dentistry. She earned her Master's degree (MSD) and two graduate clinical specialty certificates in operative dentistry and preventive dentistry in Dec, 2009 from IUPUI, USA. She received the American Board of Operative Dentistry Proficiency Certificate in 2014. She is a member of the Integrated Research Group SFB 599 Graduiertenkolleg and is currently a guest dental researcher in Hannover Medical School in Germany.

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