



# Tooth Wear Management

by MINIMAL INTERVENTION

Clinical case report by **Dr Shamir Mehta**



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With an aging population retaining their teeth into advanced years, coupled with more recent lifestyle and habit changes, the presentation of a patient with 'excessive for age' (pathological) tooth wear is by no means an uncommon occurrence. Whilst many of these patients may be successfully treated in a 'passive manner', involving the implementation of an effective preventative care programme and proactive monitoring, a proportion will require 'active' restorative intervention. This latter group of patients may have aesthetic concerns, functional issues, or symptoms of discomfort arising from their wearing dentition.

**Restorative protocols for the treatment of tooth wear should aim to restore health, function and aesthetic form with contingency planning in mind.** Traditionally, such cases have been treated by the means of conventionally retained crown and onlay restorations. However, these restorations are irreversible and biologically invasive with concomitant risks of pulp tissue damage. There is also the matter of laboratory fees and the need for provisional restorations to consider.

As our knowledge of adhesive dentistry has increased in the recent past, **it is now possible to treat these cases to not only fulfill the above restorative goals, but with concomitant minimal intervention principles, thus offering biological**

**conservation and the possibility of treatment reversal,** should the proposed changes prove to be beyond the acceptance or adaptability of the patient.

Success with minimal intervention techniques, when providing care for patients with tooth wear does however require an appreciation and a clear understanding of the fundamental concepts of occlusion, aesthetics, adhesive dentistry and dental materials science.

**The case report below illustrates an example of pathological tooth wear treated by minimal intervention.** An array of materials have been prescribed to meet the functional and aesthetic demands of the patient, utilizing an evidence-based approach.



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