

Case Report

Lumineers Veneers - A Clinical Case Study

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ABSTRACT:

Dental veneers are thin aesthetic coatings bonded to front surfaces of your teeth. Lumineers is technically a dental veneer. Traditional porcelain veneer (1.5mm) is thicker than Lumineers (0.3mm). (4) While this may not appear to be a significant difference, it is. When using traditional veneers, it is necessary to remove some natural dental materials to create enough space and a flat surface to place a thin layer of porcelain. One of the most significant differences between the two options is that Lumineers are "reversible" and can be removed with little effect on natural teeth. The veneer is permanent because the structure of your teeth must be changed before use.

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INTRODUCTION

Lumineers is the brand of porcelain veneers that are accustomed to correct dental deformities like gaps and cracks. (1). It is a permanent cosmetic resolution that helps correct faulty, missing, discolored or chipped teeth. According to several people who have received it, it is a painless process. They function as a permanent solution for stained and discolored teeth. Lumineers can permanently repair even the most foremost stains, leaving teeth utterly white and unflawed. A perfect missing tooth is the envy of most people. Lumineers helps prevent decay of damaged teeth. (5) Getting Lumineers for missing or broken tooth will help prevent future deterioration. Restore the beauty of smile. A bright smile is an important self-esteem booster. It makes people more charming, more confident and more attractive. Fixing Lumineers will definitely help people to enhance the beauty of someone's teeth. Some people may have bent teeth due to falls, accidents, or hitting objects. Lumineers help restore the original shape of the teeth and the process is absolutely painless. They are sturdy and not easy to break. Patient don't have to worry about going to the dentist often. Patient teeth also remain white and made of stainless steel. People can even smile comfortably without worrying about tooth deformities. (3) For people who have chipped or cracked teeth, want to reduce the gap between teeth,

discolored teeth, cracked teeth and do not like intensive dental procedures, it is recommended to use Lumineers. Drilling and thinning the enamel is a tedious method and might be avoided by obtaining Lumineers.

CASE REPORT

A 26-year-old female patient came to the OPD of the Dental Lifestyle, Chandigarh with a chief complaint of yellowish teeth with hypocalcified areas after ortho treatment. The patient has a white spot on the anterior teeth as bleaching was done prior but patient was not satisfied with bleaching results and she felt embarrassed while smiling and wanted permanent solution without compromising her grinding of teeth" On examining the patient, Lumineers were suggested to the patient where no tooth grinding was needed.

TECHNIQUE

FIRST VISIT-DIAGNOSIS AND TREATMENT PLANNING

First, the patient was evaluated by reviewing the periodontal examination, then an impression was made using putty material, and the cast was sent to the dental lab named Dentcare, Kerala (1) Lumineers, like any other dental procedure, need a comprehensive and thorough oral examination to determine if they are right for the patient. (8,10). To examine the damaged

teeth, regular X-rays and panoramic X-rays are employed. Lumineers can preserve teeth with chips, fractures, fissures, discoloration, and gaps if the damage hasn't reached the roots.

The dentist moves on to the next stage if the oral examination reveals that the damage is not significant and has not reached the tooth roots. In this case, patient has no damage reached to the roots. So, this patient was the perfect candidate for the Lumineers.

SECOND CONSULTATION

Dentcare lab dispatched the provisional acrylic Lumineers on a temporary basis. In the second appointment, temporary acrylic Lumineers were tried, and then color A2 was chosen. The patient tried on temporary acrylic Lumineers to verify their size, shape, and color. The final cast was then sent to Dent care lab in Kerala to create Lumineers when the patient was satisfied.

AT THIRD APPOINTMENT

After receiving the final Lumineers, the following procedure was done on the patient.

1. For 30 seconds, Lumineers with porcelain conditioner were applied, then rinsed and well dried (9)
2. The Lumineers were then sprayed with Cerinate Prime for 30 seconds before being blown thin.
3. Then the teeth were cleaned with a slurry of porcelain laminate polishing paste and water, etched with Etch N Seal for 20 seconds, rinsed, and dried.
4. After that, adhesive was applied to the Lumineers, and then ultra-bond was applied to the Lumineers, as ultra-bond by Den- Mat is used for Lumineer cementation. (8)
5. Lumineers were next installed, which took 2 seconds using a SapPHIRE PAC light with Ceritaper, and excess cement was cleaned with a soft brush. (11)
6. Finally, porcelain ledge diamond, extra fine smoothing diamond, 12 fluted carbide burs, clean up carbide bur, football diamond used to finish the incisal wrap and adjust the high spots/length, interproximal diamond bur used to refine the margins along interproximal area, and polishing cup were used to finish the Lumineers surface.
7. At the end interproximal area was checked by using dental floss.

Figure1 (before pic)



(Figure 2- After pic)



DISCUSSION

Traditional veneer treatments have a number of disadvantages that Lumineers do not. The most significant benefit for nervous individuals is that no unpleasant tooth modifications are necessary prior to the administration of Lumineers. (15) Speech and eating are rarely hampered by the coverings since they are so thin and inconspicuous. (13) Lumineers endure for over 20 years, don't require any drilling of inner tooth systems, and don't require any injections. During therapy, there is no pain or discomfort. To see your results, you only need to go to the dentist twice. At the same time, several Lumineers can be installed. The Lumineers are stain and discoloration resistant. Ultra-thin materials, around the thickness of a contact lens, are being developed. The procedure is completely reversible.

Traditional porcelain veneers are well-known for their exceptional flexibility in treating a wide range of minor aesthetic dental problems. (12) However, in order to avoid a weird appearance caused by the extra layer of thickness, a portion of your tooth enamel must be permanently removed to make room for them. Changes to your afflicted tooth may necessitate veneers or other types of restorations in the future. (19)

Fortunately, advancements in cosmetic dentistry have opened the path for prep less veneers to become a reality. (17) It's a no-drill dental treatment that may completely change a person's appearance. To taper and integrate the layer flawlessly with your tooth, prep less veneers employ procedures like feathering are used. Prep less veneers, unlike their traditional counterparts, do not require tooth reduction. You might have a considerably less intrusive outcome because the process does not permanently change your tooth.

Patients who have prep less veneers can do virtually everything they do with natural teeth, although they should avoid biting into hard foods like apples. (20) Prep-less veneers are definitely one of the best ways to improve your smile without changing the natural structure of your teeth. It provides the same advantages as conventional veneers without the need for tooth reduction.

SUMMARY

Traditional veneers, due to their thickness, need the removal of natural tooth structure. Many patients would want to avoid this painful and stressful experience. The ultra-thin (about 0.2 mm) and very transparent nature of Lumineers allows them to mimic the natural appearance of enamel. (6) Because Lumineers are so thin, they don't require any tooth reduction or injections. There is no tooth sensitivity or discomfort after the surgery, so they look and feel completely natural from the time they are put. (8) Patient does not require temporary veneers while waiting for their personalized Lumineers veneers, unlike conventional veneers.

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