Diastema closure using the 3M Esthetic Restorative Solution: Time-tested materials with a modern spin on polishing

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Introduction

Given my primary research interest in the area of dental materials—bonding, composite resins and esthetic dentistry—I am always examining products with an eye toward simple techniques and patient-pleasing esthetic results. Recently, I was greatly impressed to discover a high-gloss finishing and polishing system that is effective for both anterior and posterior, direct and indirect restorations. The Sof-Lex™ Diamond Polishing System from 3M introduces a two-step approach that achieves a paste-like gloss with the convenience of a rubberized system. The flexible shape adapts to all tooth surfaces, producing a lifelike, high-gloss finish for the dental restoration. Used with Filtek™ Z350XT Universal Restorative, the polishing system delivered excellent results while maintaining the integrity and anatomy of the restoration. When a young patient presented with a small anterior diastema, I used Filtek Z350XT restorative to close the diastema, then completed the case using the Sof-Lex Diamond Polishing system, delivering beautiful esthetic results with a high gloss shine that greatly impressed the patient.

As a complete system, the Esthetic Restoration Solution from 3M combines the time-tested Filtek Z350XT restorative with the new Sof-Lex Diamond Polishing system to impart a very natural-looking gloss in a technique that is kinder to gingival tissues when compared with conventional discs. It brings together the diamond paste-like polish in the convenience of a rubberized system, which I can appreciate in my practice.

Case Presentation

A young female patient presented, after orthodontic treatment, with a small anterior diastema, mesial to the right lateral incisor (Fig. 1). The patient’s main esthetic concern was to eliminate the space and increase the size of the lateral incisor. Additionally, to ensure optimal stability of the orthodontic treatment, minimal contact among all anterior teeth is desirable. Isolation with a rubber dam pushed the gingiva apically to provide accessibility to the cervical area and allowed me to create proper anatomical contour and emergence profile (Fig. 2). The patient presented with a small anterior diastema. (Fig 1)