Simple steps for achieving lifelike restorations.

A case study by Dr. Daniel J. Poticny, DDS featuring 3M™ Lava™ Esthetic Fluorescent Full-Contour Zirconia Disc and 3M™ RelyX™ Unicem 2 Self-Adhesive Resin Cement.

Restorations fabricated by Thayer Dental Laboratory

**Pretreatment and restoration selection**

- Fig. 1: Patient requested better-looking shape and appearance on 8 and 9.
- Fig. 2: Determine shade.
- Fig. 3: Prepared teeth with chamfer margin and supragingival margin.
- Fig. 4: IMPORTANT: communicate preparation shade.
- Fig. 5: Temporized teeth after sending digital scan to the lab.
- Fig. 6: Finished restorations on digitally printed model.

**Cementation of restorations**

- Fig. 8: Fill crown about half full with cement.
- Fig. 9: Seat crowns but do not wipe and smear the cement. Tack cure cement for ~ 2 s and cement will be easy to remove. Then fully light cure for 20s on each surface.
- Fig. 10: Restorations immediately after cementation and clean-up.

**Temporization and preparation of restorations**

- Fig. 7: After try in, sandblast the inside of the crown with 30 or 50 μm alumina with a pressure of 2 bar to achieve a matte surface appearance. If the lab sandblasted the crowns for you, wipe with a 5% sodium hypochlorite solution, rinse with water and air dry.
- Fig. 11: Restorations one week after cementation.

**Post-op results**

- Fig. 12: Radiographs indicating no residual cement and tight fitting restorations with no gaps at the margins.
- Fig. 13: Lava Esthetic restorations in transmitted light showing the excellent translucency.
- Fig. 14: Lateral view after one week.