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What Are Lumineers And When Should They Be Installed

Djumaev Asliddin Abdusamadovich

Clinic Resident of the Department of Orthopedic Dentistry Samarkand State Medical University, Samarkand, Uzbekistan

Islamova Nilufar Bustanovna

PhD, Assistant Department of Orthopedic Dentistry Samarkand State Medical University Samarkand, Uzbekistan

Abstract: Lumineers or Hollywood veneers are the thinnest false plates designed to improve the aesthetic appearance of teeth. They are fixed to the front surface of the tooth without first grinding the tooth enamel.

Keywords: Manufacture of facing plates, absence of turning relieves.

Introduction: Lumineers or Hollywood veneers are the thinnest false plates designed to improve the aesthetic appearance of teeth. They are fixed to the front surface of the tooth without first grinding the tooth enamel.

The absence of turning relieves the patient from increased sensitivity of teeth and discomfort during the manufacture of facing plates. Lumineers are cast from ceramic mass in laboratories in the USA according to an individual cast or a standard shape and size.

Ceramics is a durable, resistant to mechanical stress material that does not chip, does not accumulate plaque, and does not change color under the influence of dyes, acids, and alkalis.

Types of lumineers

There are two types of lumineers used in modern dentistry:

- Cerinate. They are made according to individual casts. The dentist sends the plaster model of the patient's teeth to the manufacturer in the USA. After a certain time, the designs arrive by mail. Such products correspond to the anatomical features of the teeth, create a beautiful "Hollywood smile".
- DUO-PCH. Available in standard shapes and sizes. If necessary, the dentist can adjust them right on the spot. The plates are installed in one or two visits,

without a long wait for shipment from the USA. DUO-PCH pads are also made from Cerinate ceramics, and a hybrid composite adhesive is used for fixation, which is not felt on the teeth.

Composite or ceramic material is used to make lumineers. In modern dentistry, ceramics are preferred, as they are more durable and durable. The main advantage of composite luminaire is its relatively affordable price, speed of manufacture and installation of the structure.

Advantages and disadvantages of lumineers

Hollywood ceramic veneers are in demand, as they not only correct discoloration and shape of teeth, but also protect teeth from damage and further destruction.

Advantages of lumineers:

- installation without grinding tooth enamel,
- harmlessness and absolute biocompatibility with tooth tissues;
- installation of lumineers in two or three visits to the dentist;
- protection against caries;
- high aesthetics;
- installation of structures does not require anesthesia;
- absence of hypersensitivity of teeth during the waiting period for the manufacture of plates;
- convenience in using the design;

- Long service life;
- There is no color change over time.

The cementing glue contains fluorine, so the tooth is fluorinated during installation.

With age, people's tooth enamel becomes thinner, which leads to a loss of smile height and translucent dentin, which contains pigments that give teeth a gray or yellow color. The dentist selects the false plates in such a way that they are difficult to distinguish from neighboring healthy teeth. In addition to the 15 primary colors, special paints are often used.

The installation of the structure does not cause pain and discomfort. Lumineers can be applied to crowns and even dentures. If the plate has deteriorated, the removal procedure will not affect the condition of the tooth in any way.

Of the disadvantages of Hollywood ceramic veneers, doctors note the high cost.

Attention! If there are bright or dark spots on the teeth, lumineers may not always create the necessary aesthetics. To cover the defect, the doctor selects luminaires with a low degree of transparency.

The average service life of restoration plates is 15 years or more. You can remove them at any time.

Indications for the installation of lumineers



The installation of lumineers on the front teeth is carried out in the presence of aesthetic indications:

- chipped teeth,
- aesthetic defects,
- damage to tooth enamel,
- the presence of trims and diastemas (gaps between teeth),
- fillings that have changed color,

- "tetracycline" teeth,
- fluorosis,
- the presence of crowns on the front teeth.

It is recommended to install pads for people with a predisposition to increased tooth wear and slight curvature.

Contraindications to the installation of lumineers



Some diseases of the teeth and gums are a limitation to the restoration of front teeth with lumineers:

- anomalies of the jaw structure,
- bruxism (gnashing of teeth),
- periodontal disease,
- gingivitis,
- severely damaged crown part of the tooth,
- pathological enamel erasure,
- absence of a significant number of lateral teeth,
- malocclusion,
- mobility of teeth.

Acute infections, exacerbation of chronic somatic pathologies, and recent surgical procedures for cataracts or retinal diseases are considered as temporary contraindications.

A relative contraindication is considered to be under the age of 16. During this period, the bite, enamel and teeth are formed. The installation of lumineers disrupts the natural course of this process.

Important! In most cases, the material from which the pads are made does not cause allergic reactions. However, it is not recommended to use lumineers in patients with ceramic intolerance.

Preparing for the installation of lumineers

Before the restoration of teeth with lumineers, preparatory measures are carried out according to indications.:

- Professional oral hygiene,
- treatment of caries and other dental diseases,
- replacement of low-quality seals.

For the aesthetic perception of neighboring teeth that are uncovered with restoration plates, dentists recommend performing a bleaching procedure beforehand.

How to install lumineers

Dental restoration using ceramic lumineers is similar in technology to the installation of veneers. The only difference is that there is no need for pre—sanding the tooth enamel, since the thickness of Hollywood veneer is 0.2–0.3 mm and does not distort the natural shape of the tooth.

The process of installing lumineers takes place in several stages:

1. Preparation of the tooth for installation.
2. Taking casts from the jaws.
3. Computer simulation of the patient's smile.
4. Manufacture of the facing plate.
5. Fitting the luminaire.
6. Installation and fixing of the lining with an adhesive resistant to food acids.

Composite lumineers are produced by the direct method in the patient's mouth — a special solution is applied to the surface of the enamel, which is leveled according to the shape of the tooth. This method allows you to carry out the restoration in one visit.

To correct the aesthetics of the smile, luminaires are installed on the front teeth in the amount of 4, 6, 8 or 10 pieces. The appearance of the lower teeth can also be adjusted with the help of overlays or bleached to align the color with the upper tooth row.

Important! The installation of lumineers is guaranteed for 15-20 years.

If the structure is installed incorrectly, a small gap may form near the gum. Plaque gradually accumulates in it, which irritates the gums and can provoke caries. To avoid possible undesirable consequences, it is important to choose experienced and qualified dentists.

After the luminaire installation procedure

Proper and regular oral care at home is important for

the long-term preservation of lumineers in their original form.:

- To clean teeth, use medium-hard brushes and pastes without abrasive components.
- Rinse mouth with water after each meal. This will help to preserve the color of the linings and the health of the teeth.
- Do not eat solid foods, limit the amount of food coloring
- Protect teeth from injury and mechanical stress (do not chew seeds, nuts, or bite pencils).

It is necessary to visit a dentist once or twice a year for a preventive examination of the oral cavity and professional cleaning.

Lumineers and pregnancy

It is possible to install lumineers without teeth sharpening for pregnant women at any stage of gestation, since the procedure is painless and there is no need for anesthesia. The use of restoration pads does not threaten the health of the mother and child.

Which is better: lumineers or veneers

The main difference between lumineers and veneers is the thickness of the lining plate. The thickness of the luminaire is 10 times less.

Before installing veneers, it is necessary to pre-turn the tooth enamel, which leads to thinning of the tooth itself and other damage. Due to their small thickness, the lumineers are attached to the teeth without grinding the enamel. They are made of durable dental porcelain with an admixture of crystals. This material allows you to withstand heavy loads and not break.

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