ICON Deep Resin Infiltration

Assess whether discolouration is extrinsic or intrinsic. Discuss why the patient wants to whiten their teeth

Assess starting shade. Take clinical photographs with and without shade tab

Discuss deep resin infiltration treatment option

Consent patient - risks, benefits, cost and time of each. Decide on an option

Patient undergoes initial course of external whitening

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Rinse and clean tooth with brush and prophy paste

Apply ICON etch to white spot – 15% Hydrochloric Acid for 120 seconds

Apply ICON drying material – 99% ethanol for 30 seconds

Dry and observe. Assess whether white spots are diminished, repeat up to three times if necessary

Apply ICON infiltrant – a TEGDMA based resin. Leave to infiltrate via capillary action for 3 minutes

Light cure for 40 seconds

Polish with soflex discs and white stones

Important to gauge the patient's expectations. If they think their teeth are very yellow but actually shade B1 then approach with caution!

Other treatment options for white spot discolouration includes:

- 1. Accept and monitor.
- 2. External tooth whitening only.
- 3. Microabrasion.
- 4. ICON resin infiltration.
- 5. Direct composite retoration.
- 6. Direct composite veneer.
- 7. Indirect veneer restoration.

One to show the patient result achieved and the other can be used for marketing.

Initially used for early enamel caries, it is now indicated for opaque white spots, fluorosis and MIH due to its effectiveness in removing white discoloration. It is an adhesive treatment. Inform the patient initial external whitening is necessary so that the white spot's refractive index becomes more similar to enamel, masking the white spot.

Rub the etching gel in with a microbrush. The etch removes hypermineralised enamel.

This removes water contained within micro-pores in the fluorosis lesion.

The ICON resin infiltrant alters the refractive index of the opaque white spot such that it becomes similar to that of enamel – about 1.6. This resin penetrates enamel more deeply than conventional adhesives.