

Tooth Jewellery: A Bling for the Tooth

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Abstract

The world of fashion is usually developing and this gesture applies to dentistry. However, rear back dentistry was confined only with discomfort along with pain and anxiety. Dental treatments are now becoming one of the fundamental aspects of a healthy life and so fashion aspects are also getting integrated into it. The value of intraoral jewellery and piercings of oral and perioral tissues have been gaining acceptance in all age groups. Dental jewellery is a cosmetic dental procedure wherein diamond or another stone is adhered to the tooth structure. This method is non-invasive with less of side effects. So as a dentist of 21st century, we should have the awareness of current advances in addition to daily therapeutic procedures. This review article gives a brief study of dental jewellery which adds sparkles to the smile.

Keywords: Dental art jewellery; Aesthetics; Twinkles; Tooth jewellery; Oral piercings.

Introduction

Beauty lies in the eyes of the beholder is the famous saying. Aesthetics has developed into an important aspect of dentistry over the past few decades and has led to the progress of advanced materials and techniques. Present day, people are enhancing more and more self-conscious about their appearance and smile. They are looking for different treatments like body art and cosmetic dental treatments to accomplish their desired aesthetic appearance.¹ So being the current drift, tooth jewellery shifts the gesture in increasing the need of living of an individual in the society. With the influx of cosmetic dental treatments like porcelain veneering, composite veneering, bleaching and induction of tooth jewellery, patient smile can be made more charming, tempting and aesthetic.² Tooth jewellery is a non-invasive, safe practice with less side effects. It is not very costly procedure with cost ranges according to the design of the jewel which is used and depends upon clinic to clinic. So, tooth jewellery is one of the pattern of self-expression, adds up a different smile and has been gaining popularity day by day.³

Historical Influence

During the 19th century, Mayan civilization where teeth were entrenched with jade and aquamarine, but current trends in dentistry includes the adding of gold, jewels or crowns, which formerly were considered as non-aesthetics. Mayans were proficient smelters and counter-feiterof gold, silver and bronze. They were experienced in the fabrication of attractively crooked stone inlays in precisely prepared cavities in the front teeth. But according to current research, the theory of Native Americans, added bling to their teeth as long as rear as 2500 years back.⁴ According to new search, thousands of teeth inspected from assemblage in Mexico National Institute of Anthropology and History, it was noticed that early people of Southern North America went to the dentists to decorate their choppers with notches, groves and semiprecious gems.⁵ Alike today in 21st century, there is a lot of passion about dental jewellery, among all age groups of people which adds a classy look to teeth smile and way of living code.

Tooth Jewellery⁵



It is a cosmetic dental practice in which a diamond or any other stone is adhered to the tooth structure in order to build up the spark. Diamond faceted smile is one of the modern and becoming more popular all over in both men and women. These are the type of small glass crystals that comes in various sizes, colors and shapes. A tooth gem is a small rhinestone jewel fixed to the tooth structure using an adhesive. These crystals are real 18K white gold and 24K or 22K yellow gold jewel, drafted chiefly for dental use. These crystals have peculiar coating on the back and their facet cut reflects the light and makes it glow like a diamond. Various forms of tooth jewellery are illustrated below:⁶⁻⁸

Tooth Gems



These are crystal glass mounted on a thin foil of aluminium to conceive the attractive spark accessible in various shapes and colors. Available shapes are round crystals, sharp crystals, white and yellow gold tooth jewels, gold letters and numbers, gold facings, jewels with real gemstones and many more. In case of colors, there are distinct spectrum of colors i.e., diamond, rainbow, ruby, sapphire, emerald, emerald green, aquamarine, pink, sapphire light. Tooth gem comprises of skyce and sapphire crystals. Skyce are clear white while sapphire are white or blue crystals. These crystals glass stones are available in two different sizes i.e., 1.8 mm and 2.8 mm in diameter. Rainbow crystals are the least valuable form of tooth jewellery and are ideally for short-term use.

Tooth Grills



They are little more bling than the other tooth gems. These are frequently worn by artists, hip-hop stars and rappers. They are made from gold, silver or platinum and is sometimes decorated with precious stones. Most commonly they are used to cover the entire section of the maxillary and mandibular front teeth. Previously, they were adapted permanently after tooth preparation, but now a days grills are commonly largely removable.

Tooth Rings



A small hole is made towards the disto-incisal corner of the maxillary incisors and the ring is hanged through it. Tooth preparation is needed. Mostly favoured tooth are maxillary central and lateral incisors. The size of the perforation depends on the thickness of the ring selected. The perforation should be prepared smoothly and polished as well. Sometimes, these rings are fixed with precious stones. It should be done precisely to avoid any interruption in occlusion while setting the diameter of the ring.

Twinkles and Dazzlers

They are the new drift in dental jewellery. Most often they consist of an extra-thin multi carat, gold carat filled with special glass or precious stones. The stones are held directly or fixed to the teeth in a precious metal and then added. The metal on which the stone is fixed are accessible in different shapes and sizes. The enamel is etched and then the stones are luted with flowable composites and no tooth preparation is done. Maxillary lateral incisors

are most often chosen and stones are placed close to the incisal edge and most favoured stone is white color.



Tooth Tattoo



These are custom designs which are added to dental crown before crowns are fixed and set in the mouth. Dental tattoo can be enforced to any tooth and they have large spectrum of styles, colors and designs like hearts, symbols and pets curved on crowns. It is an indirect method and tooth reduction is needed to prepare crown. Impression of the tooth is taken first, a mold is made and then sent to laboratory technician to fabricate the tattoo work with artificial crown and then after getting the desired tattoo, it is shifted and cemented to the natural tooth. These tattoos are not permanent and can be removed by grinding away the upper layer of the crown without causing damage to the crown. It is a painless method but might rise up with some complications as well.

Removable Tooth Jewellery



The stones are permanently mounted on an invisible glass clear micro-skin which fits precisely onto the teeth. It neither needs etching nor preparation of the teeth. The impression is made and the micro-skin is formed in the laboratory on which the precious stones are fixed. They are secured to wear in the mouth and won't damage the teeth or soft tissues. It can be removed by the patient and can also be adapted back when needed.

Choice of patients for the application of tooth jewellery⁷

The tooth to which the jewel is to be fixed shall be healthy. They shall be informed to acknowledge their assumption and grasp that the dental jewel will a different symbolic part of their glimpse. In addition they should be informed as people can look at them, most of them will enjoy the beauty of their smile, but some of them could deal with it too lavish.

Application Procedure⁸

After oral hygiene is done, the tooth is washed with a fluoride-free polishing paste.

Drying and isolating the tooth with rubber dam.

Tooth is then etched with 37% phosphoric acid for about 15-20 seconds to build the surface area for bonding. Later the enamel is treated with tropical fluoride to remineralize the etched area.

Rinse the surface thoroughly with water for 1 minute and dry blow for 10 seconds so that no etchant should attach to the tooth surface.

Applying bonding agent and then light curing for 20 seconds.

Apply small amount of fluoride composite on the tooth surface.

Using a jewel handler to pick up the jewel and squeeze it into the center of the composite.

Now we can fit the jewel while letting the patient confirm the desired location in the mirror.

Curing the composite from top, bottom and from all the sides for a total of 180 seconds and make sure the composite hardens constantly.

The overall time for jewel to set into the composite is 20 seconds and thus takes 4 minutes to safely bind the jewel.

Instructions after the application⁷

They should be informed that it will take few hours for them to get used to the jewel in the mouth and to retain proper oral hygiene.

Patients are instructed about these to take care before and after the tooth jewellery placement.

Steps to be followed after its removal⁸

The jewel is dislodged the same way as an orthodontic bracket without enamel breakdown.

After the removal of gem, the tooth needs to be polished, which thereby takes apart any remaining bonding materials.

A scaler or rubber polisher to be used, while removing the stone. If any leftover bonding or composite remains on the tooth surface, just directly remove it by using a polishing tool.

It is recommended to treat the tooth with fluoride as remineralization and stabilization of the enamel is maintained.

Complications⁹

Today most of the people use tooth jewellery in form to reinforce their aesthetics and to enhance their self-esteem and self-confidence as well but there are certain problems related with it because of which tooth jewellery is highly recommended only in those patients who have good oral hygiene. Some of the reasons are illuminated below:

1. Aspiration, allergy or chronic injury to adjoining tooth/mucosa along with tooth fracture is one of the primary complication associated with it.
2. Prone for plaque growth and the area has to be kept hygiene.
3. Not applicable to the patient having high caries as few of the tooth jewellery needs tooth preparation which leads to permanent injury on the teeth and are more prone for caries.
4. Gingival inflammation, decrease articulation and metal allergy are also the major complications with tooth jewellery.
5. Sometimes, movable jewellery can cause abrasion of the teeth. Fixed teeth, grills are very tough to be kept clean so a removable type shall be chosen.

Thus, in form to get rid of these complications, patients should be advised precisely and to pursue some care, these are illuminated below:

1. For adhering precious stones etching should be fended off.
2. Tooth jewellery which does not need any tooth adjustment is more desirable. The jewellery may frequently cause ulceration of the lips.
3. It is suggested not to use electronic tooth brush for the first few hours after the tooth jewel has been placed.

The American Academy of Pediatric Dentistry notes the concern of educating the public and health professionals on the health indications of oral jewellery. If satisfactory cares are taken and the patient is well-informed about the course, tooth eradication from jewellery can be decreased.

Discussion

People are looking for restorative and surgical measures to look more graceful and to have a dazzling smile. Esthetic methods like teeth bleaching, veneers and ceramics crowns are used to improve the colour, shape and size of teeth. Newer trends of tooth decorative forms like tooth tattooing, tooth jewellery, grills and ornamental body piercings of lip, tongue and tooth have emerged.⁷ Tooth jewellery is of two types—tooth gems and twinkles that are adhered to normal anterior tooth with composite resin cement. They sparkle brightly, emit bright rays around them and maintains the natural whiteness of enamel and adds glow to a smile. Proper oral hygiene should be maintained and regular checkup visits to dentist in order to avoid debonding and caries. Therefore it contributes a glamour to the smile and at the same time adds more charm.⁹

Conclusion

Tooth jewellery has turned out to be the latest fashion trend. Now a day's dentistry is not only confined to treat dental complications or diseases only but also to expand its importance when things come to looking graceful or classy. Tooth jewellery is believed to decorate the presence of a human being and thereby making them feel good.⁹ It adds more allure and glimmer to the smile. Only individuals with good oral hygiene care should be considered for the use of these accessories. Dentist should make patient conscious of the likely complications of piercings and should clarify them the concern of proper hygiene.¹⁰

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