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Long-term Effects of Sonicare Flexcare+ on Porcelain Laminate Veneers Timothy M. Bizga, DDS Bizga Dental, Inc., Cleveland, Ohio

Introduction

Most everyone wants healthy teeth and gums, not to mention that clean from the dentist feeling. Over the years, toothbrush manufacturers have sought to find the right combination of features to bring its consumers these results at home. Enter the era of the electric toothbrush. It has been well documented over the years that brushing with an electric toothbrush is not only a more effective method of plaque removal, but people who use them achieve better results, more consistently, in less time than those who brush manually.

The next generation of premium home care toothbrushes, *Sonicare Flexcare+* (Philips Oral Healthcare, WA), boasts patented Sonic Technology, Smartimer technology, illuminated display, *Quadpacer* (to encourage even brushing of the entire mouth), a variety of modes and settings including *Gum Care*, varied head sizes and accessories attachments, and a brush head sanitizer. The manufacturer states, “By encouraging patients to be more thorough at home, they experience a more invigorating clean while you (the dentist) can see the improved oral health results.”



Clinical Case

A 21-year-old female presented with esthetic concerns related to her smile. Upon clinical exam it was noted that patient had peg laterals that were previously bonded, uneven gingival levels and a tooth size-to-arch perimeter discrepancy (Figure 1). She did not want composite again and requested porcelain veneers. After a thorough examination, a treatment plan was developed to address the patient’s esthetic concerns and requests. The patient was advised and elected to have gingival surgery and 8 porcelain veneers on teeth #5 through #12



Figure 1: Pre-treatment view of patient.

Procedure

After the veneers were delivered, the patient was given a *Sonicare Flexcare+* toothbrush and instructed to use it every day, two to three times daily in substitute of her usual manual brush. Baseline recordings of the condition of the porcelain's luster, esthetics and marginal integrity were noted as well as the condition of the patient's enamel and the presence and/or lack of staining. Recordings were taken on a scale of 1-5 (1=poor and 5=excellent). The patient was asked to return for regular recall at which time these categories were re-evaluated.



Figure 2: Retracted view of veneers after use of Sonicare FlexCare+ for six months.



Figure 3: Anterior view of veneers after use of Sonicare FlexCare+ for six months.

Clinical Observations

The patient returned at six months and one year for examination. No adverse effects were noted. There was no damage to the porcelain's luster or marginal integrity. All restorations retained a like-new appearance (Figure 2). The patient's gingival health was impeccable. All tissues were stippled and there was no presence of redness or irritation (Figure 3). The patient was very pleased with the look of her new smile in addition to the clean feeling that she received at home with her *Sonicare Flexcare+*.

Conclusion

Carriage return when considering the long-term success of an esthetic case, at-home care is crucial. Clinicians should consider recommending tools that will help increase the patient's success in their quest for better home care. Recommending an electric toothbrush such as *Sonicare Flexcare+* will not only encourage more thorough brushing but better esthetic results.