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**Dr. Saurabh R Ramtekkar**  
Dental Surgeon, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

**Sonia Baghla**  
Dental Surgeon, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

**Manjusha Warhadpande**  
Professor and Head, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

**Darshan Dakshindas**  
Associate Professor, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

**Sadhana Raina**  
Associate Professor, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

**Corresponding Author:**  
**Dr. Saurabh R Ramtekkar**  
Dental Surgeon, MDS,  
Department of Conservative  
Dentistry and Endodontics,  
Government Dental College and  
Hospital, Nagpur, Maharashtra,  
India

### Sparkling smile with tooth jewellery; ornamental dentistry: A case report

**Saurabh Ramtekkar, Sonia Baghla, Manjusha Warhadpande, Darshan Dakshindas and Sadhana Raina**

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#### Abstract

The desire for beauty has existed since time immemorial and the practice of body art is increasing day by day in fashion industry. Body art includes body piercings, tattooing, and oral jewellery like soft tissue piercings and jewels attached to teeth. Placement of tooth jewellery for creating a beautiful smile requires utilization of superior skills, advanced technology, and vast knowledge along with careful consideration to the patient's facial form, function and esthetics.

**Keywords:** Esthetics, jewellery, smile, twinkles

#### Introduction

It is rightly said that beauty lies in the eyes of the beholder; the want for beauty has existed since time immemorial. The concept of beauty changes from time to time. Earlier, it was based on the customs and traditions set by the ancestors and differed based on religious rituals performed by different communities. In today's era, people are becoming increasingly self-conscious about their appearance and the contemporary standards of beauty are set by famous personalities like movie stars, sportsperson, television anchors, etc. In the search for beauty and to achieve desired esthetic appearance, they look forward for various treatments like body art and cosmetic dental procedures. Also, dentistry has evolved a long way from pain relief and restoration to smile enhancement and beautification. Thus, dentists are facing challenges from everly increasing demands from patients who not only desire perfectly aligned sparkling white teeth but much more- tooth jewellery<sup>[1]</sup>.

Tooth jewellery is constituent of body art that adds a silver line to the smile and has existed as far back in time as 2500 B C<sup>[2]</sup>. The Mayans were known for their skills in the fabrication and placement of beautifully carved stones in anterior teeth. Native Americans added brilliance to their smile by carving notches and grooves and attaching semiprecious stones in them<sup>[3]</sup>. Today, the form of tooth jewellery has changed and various types of oral jewellery are available which include dazzlers and twinkles, grill jewellery, veneer jewellery, tongue studs, tooth rings, lip studs, lip rings, cheek studs, etc. Earlier, it was mostly a part of the religious rituals and traditions, but today it is mostly used for cosmetic purposes.

Placement of tooth jewellery requires utilization of superior skills, advanced technology, and vast knowledge along with careful consideration to the patient's facial form, function and characteristics<sup>[4]</sup>. The present case report demonstrates placement of tooth jewellery in a young female subject desiring beautification of her smile.

#### Case description

A 26 years old female patient reported to the department of conservative dentistry and endodontics with desire of esthetically improving and beautifying her smile. She was a fashion designer by profession and demanded for a tooth jewel to be placed on her front tooth to add a charm on her smile. She had good extraoral facial characteristics and intraoral examination revealed well aligned dentition with good oral hygiene and gingival health (Figure 1A, 1B). Considering the extraoral facial features, skin tone and dental characteristics, it was decided to

place a tooth twinkle on one of her anterior tooth. A twinkle (Skyce, Ivoclar Vivadent AG, Schaan, Liechtenstein) was tried on to various locations of anterior teeth and shown to the patient. Finally, it was decided to place the twinkle on distolabial surface of incisal thirds of maxillary right lateral incisor.

The tooth surface was cleaned with fluoride-free polishing paste followed by acid etching with 37% phosphoric acid (Scotchbond Etchant, 3M ESPE, St. Paul, MN, USA) for about 20-30 seconds to increase the surface area for bonding (Figure 2A). The tooth surface was then rinsed thoroughly with water, blow dried followed by application of a layer of adhesive system (Adper Scotchbond Multi-Purpose Adhesive, 3M ESPE) and light cured (Figure 2B). One drop of flowable composite resin (Filtek Supreme Ultra Flowable Restorative, 3M ESPE) was placed on the bonded tooth surface. The selected twinkle was then stuck to the applicator tip using petroleum jelly and transferred over the composite resin. The location of twinkle was adjusted and confirmed by the patient in a mirror at the same time. The redundant resin was removed and light polymerization was performed for about 60 seconds (Figure 2C). The patient was informed about the possibility of irritation during the first few days and assured that the discomfort would gradually disappear with time. Proper oral hygiene instructions were given. The patient was very pleased and satisfied by her final smile (Figure 3A, 3B).

### Discussion

The practice of soft tissue piercings started around 5000 years back in Egypt and involved decoration of nose, ears, eyebrows with ornaments and jewellery. In that era, it was considered as a symbol of religious rank and social status in the community but, today it is considered more as a fashion and style statement [5].

Tooth twinkle is a type of jewellery that is attached on the tooth surface with composite resin cement. Tooth twinkles shine brightly, splashing bright light rays around them thus emphasizing the natural whiteness of enamel and add a sparkle to smile. Application of twinkle do not require unnecessary drilling of tooth structure and is a painless procedure. It does not interfere with oral hygiene maintenance but, care should be taken as plaque accumulation and possibility of caries is there if composite resin margins are not polished. Also, it may get deboned due to improper brushing, eating sticky, hard foods and may enter digestive or respiratory tract requiring medical attention. Patients should be instructed about all these factors before going for tooth jewellery procedure [6].

### Conclusion

Application of tooth jewellery (twinkle) is a non-invasive, painless procedure and at the same time adds attractiveness and sparkle to the smile. Proper oral hygiene maintenance and regular recall visits to clinician are essential to avoid debonding and caries.



**Fig (1A):** Preoperative smile



**Fig (1B):** Preoperative smile (close up)



**Fig (2A):** Acid etching



**Fig (2B):** Adhesive application



**Fig (2C):** Post cementation



**Fig (3A):** Postoperative smile (close up)



**Fig (3B):** Postoperative smile

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