

Atraumatic restorative treatment

“A dental caries treatment procedure involving removal of soft, demineralized tooth tissue using hand instruments alone, followed by restoration of the tooth with an adhesive restorative material, routinely glass ionomer” (aapd)

Principles

Removing the carious lesions using hand instruments

Restoring the cavity with a restorative material that sticks to the tooth

Applications

Introducing oral care to very young not previously exposed tooth

For patients with extreme fear/anxiety

In high – risk caries individuals as an intermediate treatment

For mentally and / or physically handicapped patients

For home – bound elderly and those living in nursing homes

Steps in art

Isolate the tooth with cotton wool rolls & clean the tooth surface

Widen the entrance of lesion & remove caries small / the medium sized excavator:

Clean the occlusal surface & provide pulpal protection if necessary

Condition the cavity & mix glass ionomer cement

*Insert mixed glass ionomer into the cavity and press coated gloved finger on top of entire occlusal surface and apply slight pressure
Instructs the patient not to eat for at least one hour*