

TRANSITIONAL RESIN RESTORATIONS

Transitional Resin Restorations are long-term temporary restorations bonded on top of existing teeth to create a new bite. They are used to produce a bite that is in balance with the chewing muscles and the jaw joint (Temporomandibular joint, or TMJ), and may enable a patient to phase permanent restorations over an extended period of time.

Frequently Asked Questions

1. **When are Transitional Resin Restorations recommended?**

- When the rehabilitation of the mouth and bite need to be staged over time
- When the teeth are abnormally worn
- When patients have bite problems that cause muscle pain, joint problems, headaches, and other bite related disorders

2. **What material is used in Transitional Resin Restorations?**

- The material is a very hard tooth colored resin designed to last for the length of time needed to transition teeth to definitive restorations such as onlays or crowns
- The resin restorations are typically made either by a dental laboratory or milled in the dental office from 3D computer imaging



Before

After

3. **What are the benefits of Transitional Resin Restorations?**

- Transitional Resin Restorations allow a patient to “test drive” the new bite. These restorations can be modified if changes are needed while adapting to the new bite
- Transitional Resin Restorations allow for phasing treatment over a longer period of time. The low cost, relative to final restorations (onlays and crowns), allows more patients the ability to have comprehensive dental care
- Transitional Resin Restorations are minimally invasive and easily repaired



4. **What are the risks of Transitional Resin Restorations?**

- Transitional Resin Restorations are not meant to last more than a few years
- If a patient does not proceed with replacing the Transitional Resin Restorations, after a few years they may break or come loose
- If they are not monitored and repaired by your dentist, they may wear enough to change the bite, bringing back symptoms that were relieved with your initial treatment
- Over time, bonding can fail and decay can develop underneath the resin
- Sometimes, flossing and home care can be more difficult



5. **What are the alternatives for Transitional Resin Restorations?**

Alternatives include :

- Direct resin restorations - these require much more time in the dental chair
- Proceeding with the final restorations all at once