

Smile Magic 

Tooth gem training course



Australian Institute of Adult Education

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Introduction

In today's modern world, everyone is becoming increasingly self-conscious about their appearance and smile. Younger generations follow their self-made rules for looking fashionable and it applies to dentistry as well. Everybody wants to create their own visual style which is unique for themselves and yet identifiable for others.

Various treatments like body art and cosmetic dental treatments are becoming popular enabling individuals to create a desired aesthetic style that is unique and distinguishable amongst family, friends and crowds.

In India individuals adorn themselves with body art that includes tooth jewellery, tooth rings, tooth tattoo, removable tooth jewellery and much more.

Tooth jewellery such as grills are commonly worn by 18 to 35 year old hip-hop artists and disc jockeys to add on to their performance. Tooth jewellery can also be used in order to increase the standing among their relatives, friends and in society.

A big benefit with tooth jewellery is that it is a non-invasive, harmless procedure with less side effects than most other cosmetic treatments. Tooth jewellery is also a relatively cheap procedure and varies according to the designs of the jewel which is being used and depends upon the clinic to clinic. Not only is it painless but only takes up to only 10-15 minutes for its completion.

Historical outlook

Tooth jewelley was introduced many years ago.

1800 B.C. to A.D. 250 Some of the first teeth embellishers were Mayan dentists, who decorated teeth with jade, turquoise, gold and hematite. This process involved first drilling holes into the teeth and then using adhesives like plant sap to attach the jewels.

250 to 1870 In a custom known as “ohaguro,” aristocratic Japanese dyed their teeth black when they reached puberty, as a symbol of health, beauty and status. Made by dissolving iron filings in vinegar, the inky substance was also believed to preserve teeth, protecting them from yellowing and decay. While the practice was popularized during the eighth through 12th centuries, it was later banned in 1870 by the Meiji government.

1178 When Chinese explorers in the Philippine mountains wrote of their encounter with a “fierce tribe with gold-pegged teeth,” they unknowingly created the earliest written record of cosmetic dentistry. Archeological evidence suggests that these “gold-pegged teeth” were achieved by hammering gold plates into the mouth. Sometimes gold was even adhered by drilling holes into teeth. What we do for beauty!

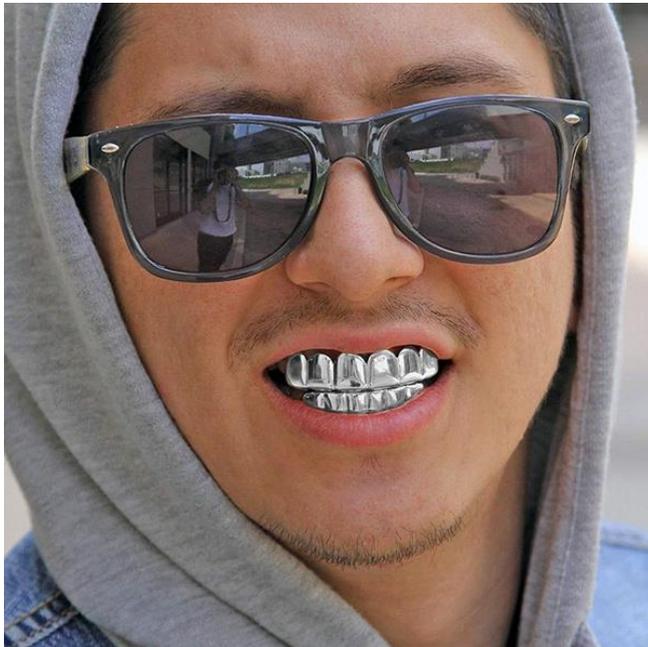
1401 to 1500 Unearthed skulls from the Ming Dynasty reveal that the Chinese of this era enhanced their teeth with intricate fish scale patterns made of gold.

These days tooth jewelley is mainly wore by women compared to men. It began fashionable again when it was worn by hip hop artists in the early 1980's and upgraded during the 90s in New York City, but they became more widely popular during the mid-2000s due to the rise of dirty south rap and the more mainstream pop culture status hip hop attained. Even now in 21st century, people use dental jewelley while going to parties, ceremonies or any event, people have add cosmetic dentistry to their lives.

Types of tooth jewellery

Teeth Grills

Teeth grills are tooth jewellery mainly worn by 18 to 35 year old hip-hop artists and disco jockeys to add on to the extravagance of their performance. It is believed to symbolize monetary success, which is especially important for the social underclass. The attention the grills draw to the mouth is reflective of the importance of vocal dexterity in the African American community. They are made from gold, silver or platinum, and is sometimes inlaid with precious stones and covers the whole maxillary and mandibular anterior teeth. Earlier, they were fitted permanently after tooth preparation but nowadays grills are generally removable



Gold tooth jewels

These are a more recent trends in dental jewellery. They mainly consist of an extra thin multi carat gold coating filled with special glass or precious stones. These consist of ordinary stones to diamonds and other gems. The stones are attached directly or embedded in a precious metal and then attached to teeth. The metal on which the stones are attached are available in various shapes and sizes. The ordinary stones are available in various colors. The enamel is etched and then the stones are luted with flowable composites and no tooth preparation is involved. The most preferred stone is the white colored and the tooth may be the maxillary anterior teeth. But the tooth most often chosen is the maxillary lateral incisor and the stones are placed towards the incisal edge.



Removable Tooth Jewellery

The stones are permanently mounted on an invisible glass clear micro-skin which fits accurately on to the teeth. This requires neither etching nor preparation of the teeth. The impression is made and the micro-skin is fabricated in the lab on which the precious stones are attached. This is removable by the patient and can be fitted back when necessary.



Veneer Jewellery

Veneer jewellery is made from precious jewellery, mostly gold and platinum. Tooth preparation is done to accommodate the metal veneer which is mostly embedded with precious stones. The teeth preferred for such kind of jewellery are the cuspids and the bicuspid.

Tooth Rings

Tooth rings require tooth preparation. A small hole is placed toward the disto-incisal corner of the maxillary incisors and the ring is hung through it. The maxillary central incisors are the most commonly preferred teeth. The size of the perforation depends on the thickness of the ring selected. The perforation should be prepared as smoothly as possible and polished. Sometimes these rings are embedded with precious stones. The overjet available should also be taken into consideration when selecting the diameter of the ring to avoid interference in occlusion. The rings are sometimes made connecting the two central incisors or the central incisor to the lateral incisor.



Tooth Tattoos

Tooth tattoo is applying various shades of porcelain in various designs like hearts, symbols, and pets carved on ceramic crown and bridge by lab technician, They are then fired in ceramic furnace. It gives personalized embellishment and alternative to body tattoo. it is an indirect procedure and tooth reduction is required to make crown. A tooth tattoo is also easily removed by simply grinding the image off of the crown.



Tooth Gems

Tooth gems are crystals glass mounted on a thin foil of aluminum to create the attractive spark available in different colors'. Skyce are clear and sapphire –white or blue crystals. Brilliance tooth jewelry is available in 3 different colors crystal clear, sapphire blue, ruby red and is of two sizes - 1.8mm, 2.6mm Fig Rainbow crystals are the least expensive version of tooth jewelry. They're ideally for short term attachment, to try the new service in your practice or for the customer with a smaller budget rainbow crystals are available in 10 different colors and two sizes (1.8mm and 2.5mm). sworovski crystals are a common crystal used in tooth gem applications



For the purposes of this course we will deal with tooth gems, and their application.

Complications with tooth Jewellery

Below is a list of complications relating to tooth jewellery . Most are not applicable to tooth gems

Tooth jewellery is highly recommended only in those patients who are having good oral hygiene **Tooth Jewellery:**

Complications that may occur with tooth jewellery include:

1. Aspiration, allergy or chronic injury to adjacent teeth/mucosa, including tooth fracture is the one of the major complication associated with it. This is because the attachment area of the tooth jewellery is highly prone for plaque accumulation, the area has to be clean as possible.
2. It should not be advised to the patient having high caries as some of the tooth jewellery require tooth preparation which causes a permanent defect on the teeth and these areas are prone to caries then.
3. Gingival inflammation, diminished articulation and metal allergy
4. Sometimes movable jewellery can cause abrasion of teeth. Fixed teeth grills are very difficult to be kept clean and hence a removable type should be chosen.

In order to eliminate these complications, patient should be instructed carefully and should be advised to follow some precautions, they are as illustrated below:

1. For attaching precious stones elaborate etching should be avoided (this is applicable to all tooth jewellery including crystals and gold jewellery)
2. **Tooth jewellery including tooth gems which do not require any tooth modification are safe**
- 3, The jewellery may sometimes cause ulceration of the lips when lip function is hampered. This is not likely with tooth gems
4. The presence of gem will not make any difference on the dental hygiene, but it is recommended not to use an electric toothbrush for the first 12 hours after the tooth jewel has been attached.

The American academy of pediatric dentistry (AAPD) recognizes the importance of educating the public and health professionals on the health implications of oral jewellery/accessories. If adequate precautions are taken and the patient is well educated regarding the subject, tooth destruction from jewellery can be minimized.

Bonding Glues for tooth jewellery

Always use dental bonding solutions, they have been tried and tested for years and are known to be safe.

Some technicians only use the etching and bonding liquid (which some suppliers call solution A and solution B) and do not use the composition flow the 3rd liquid used to bond the gem to the tooth.

For re attaching crystals bonding to old composite restorations does not usually present a clinical problem provided that the previous surface is removed.

For the purposes of this course we are using all 3 bonding agents.

Why so many Bonding glues ?

The reason you etch is to roughen up the surface of the tooth, once you have etched and dried off the tooth you should see the area has become milky white and not as shiny as the rest. The tooth should be completely clean and dry after etching. The roughness is so fine the viscosity of the flowable composite is not high enough to grab on to the surface. But the bonding is. That's why you add bonding, and if you want light cure a few seconds. The bonding and the flow will grab on to each other and the flow being thicker is strong enough to hold the gem.

In Summary

Tooth jewellery is a cosmetic dental procedure in which diamond or any other stone is attached to the tooth surface in order to gain the spark and to look more fashionable. Diamond faceted smiles are suitable in both men and women.

Tooth jewellery are the type of small glass crystals that come in many sizes, colors and shapes that are quickly becoming fastened to teeth .

A tooth gem is a small rhinestone jewel is attached to the surface of a tooth using an adhesive. Some are small stones in the centre of the tooth, other times people elect to place a jewel-encrusted cap over their teeth. While others want grills, a decorative cover that fits over most of a person's front teeth, popularized by artists such as Lil Wayne and Jonathan Davis.

These glass crystals can be real 18k white gold and 24k or 22k yellow gold jewels, designed especially for dental use.

Their flat back is surfaced with a special coating to create a sparkle, their facet cut reflects the light and makes it sparkle like a diamond.

Unlike earlier methods which involved drilling and setting the jewel into the tooth, today a little composite material can attach the crystal onto the teeth and lasts up to year or longer

FAQ's that clients ask

How much do they cost?

Tooth Gems generally cost \$60 for one, \$95 for two, \$130 for three, custom pricing is up to you. However, you set your prices, precious metals such as gold start at \$100 plus cost of jewellery

How are they applied?

Tooth gems are applied using professional dentistry adhesive, the same way an orthodontic bracket is attached to the teeth.

How long do tooth gems last?

Tooth gems can last anywhere from 6 weeks to 24 months.

Swarovski Crystals, Brilliance Crystals and Shaped Crystals, usually last 6 months to 24 months.

Real Gold Charms & Real Diamonds last 6 Months -12 Months. Due to the extra Weight on these Specific Charms

Most tooth gems will fall off naturally from six weeks to a year, although they can last years and years. If they happen to fall off they can be replaced.

Since there are many factors that affect the amount of time of retention, do not guarantee them for longer than a year, but you can offer resetting them for a lower fee.

How do I remove a Tooth Gem?

If client doesn't want the gem anymore, and it does not come off naturally, they should then consult their dentist.

Are tooth gems harmful to my teeth?

No, the jewel is bonded to the teeth the same way an orthodontic bracket is applied. The procedure and removal are the same processes. When removed it will simply pop off and polishing or brushing will remove any remaining bonding material.

Can I brush my teeth as normal?

Yes, but do not use an electric toothbrush or ultrasonic toothbrush **24 hours after** the jewel is applied. Brush as normal, because a tooth gem does offer an extra place for food or bacteria to hide. Proper dental care will ensure you have no issues.

Can I still have my teeth cleaned by my dentist/hygienist?

Yes, you can and should still have your teeth cleaned by a professional. Tooth gems will not cause a problem for the hygienist cleaning your teeth. The area underneath the jewel is sealed like a filling and will not let in any bacteria. The hygienist can easily polish on top and around the jewel with a soft point.

Can my I feel the gems on my tooth?

Tooth gems are only 0.4mm or 0.9mm thick and 1.8mm to 3mm in diameter. Initially something on your tooth will feel different, but a few days after the application you will get used to the new feeling.

What if the jewel falls off and I swallow it?

The jewels are tiny glass crystals or gold. They have no sharp edges. It will basically come out "the natural way" the same as it went inside your body.

Tooth gems size and options

As mentioned previously tooth gems are crystals glass mounted on a thin foil of aluminum to create the attractive spark available in different colors'. There are a number of brands on the market. Brands and sizes include Skyce are clear and sapphire –white or blue crystals.

Brilliance tooth jewelry is available in 3 different colors crystal clear, sapphire blue, ruby red and is of two sizes - 1.8mm, 2.6mm

Rainbow crystals are the least expensive version of tooth jewelry. They're ideally for short term attachment, to try the new service in your practice or for the customer with a smaller budget rainbow crystals are available in 10 different colors and two sizes (1.8mm and 2.5mm).

Twinkles has a variety of crystal, and both white and yellow gold tooth gems.

Client Consultation and Preparation

Quick Client Tooth Analysis

(Disclaimer: We are not Dental Providers we can only suggest client consult a dentist prior to application if they have any concerns)

Tooth jewellery should be advised only in patients with good oral hygiene maintenance. This is because the attachment area of the jewellery to teeth is highly prone for plaque accumulation. The area has to be kept extremely clean as possible. It should not be advised in a patient with high caries index

When attaching precious stones elaborate etching of enamel should be avoided.

Step 1: Client Enquiry – Booking In the Client

The perfect time to up sell is prior to meeting with the client, try offering more than 1 gem application. Discuss with the client your fantastic tooth gem system and its benefits

Suggested Pricing to entice a customer to purchase more than one gem

Step 2. Setting Up the Room

Prior to the client arriving ensure the room is clean, neat and well presented. Some people use aromatherapy, which further enhance the clients experience. This is individual to each salon, however nice touches such as these are remembered by the client.

1. Prepare Bed/Chair
2. Prepare your trolley with the following items
 - a. water
 - b. cotton rolls
 - c. Vaseline or gem picks
 - d. Etching liquid
 - e. edge bonding with a micro brush
 - f. flow
 - g. probe
 - h. Light carrier.
3. Waste paper bin with plastic bag and your Training and Information Manual.

Step 3: Prior to Treatment – Booking In the Client

When you book in the client ask them to clean their teeth prior to the appointment

Discuss with the client about the following:

- Appointment time – approx 15minutes
- Clean teeth prior.

Step 4: Prior to Treatment – Preparation of Client

It is important for the client to be well informed and feel comfortable that all staff are trained and knowledgeable about the tooth gem process. It is also important that staff look professional and are confident in dealing with the client.

Introduce yourself to the client and let them know you will be looking after them today throughout the entire process.

Step 5: Client Treatment

1. Take the client to the pre-set room and sit down with them to discuss the process.
2. Give the client the information sheet to read.
3. Ask the client to fill out the Consent Form.
4. Take a few minutes to explain the benefits of the tooth gems over others.
5. Go over the procedure for the client.
6. Discuss and use a mirror and confirm the location and tooth that the clients wants the gem placed
7. Seat the client comfortably and lean the chair back.
8. Inspect the tooth make sure it is health, with no cracks or decay
9. Note these details on the client treatment card.
10. Ensure the clients head is tilted back as saliva can drip from the mouth. Explain to the client that this is normal.
11. Put on gloves.
12. If client has not brushed their teeth give the client one of the finger teeth wipes so he/she brushes his/her teeth. Discard into rubbish.

The procedure and bonding instructions

Most tooth gems can only be mounted on a real tooth.
Refer to instructions that come with bonding agents used

1. Place on your gloves
2. Place all components on a side table
3. Remove the protective tip from the light carrier and keep the protective shield at hand
4. Make sure that the gem is facing front side up
5. Make sure you're in agreement with your customer on which tooth and where on the tooth the jewel is to be positioned
6. for durability we recommend tooth number two or three
7. Apply a cotton roll under the lip above the tooth this is to prevent the lip getting in the way and moistening the tooth
8. Clean the whole tooth by rubbing a dry cotton roll in steady sweeps in a downward direction
9. Apply the etching gel in an area slightly larger than the gem and leave it on for 20 seconds
10. Take a clean cotton roll and wipe off the gel in a downward motion
11. Wet a cotton roll to moisten the surface (by dipping it in water) apply with a downward motion to assure all edge is removed
12. Use a dry cotton roll and wipe the tooth dry until you have a white milky surface this is vital to achieve a firm attachment if you don't get the frosty surface repeat the procedure
13. Apply a thin layer of the bonding with a micro brush but only to the frosty area of the tooth
14. Apply the flowable composite to an area a little larger than the jewel and about the same thickness
15. Dip the other end of the micro brush slightly in Vaseline or use a disposable gem pick and apply it to the front of the gem to pick it up make sure you can tell top from the bottom.

16. Do not touch the jewel with your fingers once it's removed from the case. To guarantee maximum adhesiveness, it is essential to avoid skin contact with the special coating on the backside of the jewel.
17. Place the gem in the middle of the composite, once in place it will stick to the flow and you can remove the pick or micro brush by slightly twisting it
18. Use the probe to slightly push the gem around to allow the flow to cover the sides of the jewel this is especially important with gem to prevent the glass from separating from the foil. The composite should cover halfway up the sides of the jewel then thin out around the jewel, but not flow outside the prepared area
19. Now you can adjust the gem, show your client the placement of the gem with a mirror, make any adjustments as necessary.
20. When correctly positioned press the gem carefully with a rounded part of the probe against the tooth to set it as closely to the enamel as possible, avoid getting any composite on top of the gem
21. Light cure in a 45 degree angle in all four directions for 20 seconds each a total of 80 seconds don't look directly into the lights and use the orange shield as protection. This process locks the gem mechanically in place.
22. **The light should not be touching tooth, keep it about a ½ inch away**
23. Clean Residue of bonding agent off with dental cotton.
24. With practice this procedure will take you less than 15 minutes

Important bonding information

The etch should be well cleaned off. You only need a blob on the tooth twice the size of the gem and leave it for 20-30 second. Clean it off well but try to avoid touching any gum. Check for the milky spot after you dried the tooth well. (you won't see this on any false teeth or caps and the bonding will not work)

The bonding is the most expensive component - you only need one drop. Only stick the microbrush down in the bottle, turn it quick to get the tip wet and there you have enough to cover the milky spot.

Time to move fast before your client's breath will get the tooth moist. I don't lightcure the bonding - it is optional - cover the bonding immediately with the composite and place the gem in the middle. Use the tip of the probe to slide the crystal around in the composite to cover the sides of the gem. This is crucial to avoid the glass from separating from the foil. Then you use the curb of the probe and push the gem gently towards the tooth. (the tip might have composite on, and you don't want that on top of the gem. Next light cure and your done.

Rebonding

You can't rebond a fallen out gem, if it has any composite on the back it will not stick. Only a dental professional has the polisher to remove the gem and any composite on the tooth.

Supply Set Up If you are going to be a mobile technician

We advise you to bring a small table to set up and a camping chair, It shows that you are organized, it shows professionalism and cleanliness, all the things a paying client expects. It also looks great for your Brand.

1. Always Disinfect your Table
2. Wear gloves
3. Then lay a clean paper towel over the area you will be placing your supplies.
4. Only take out supplies you will be using on that client, place on paper towel
5. Hand Sanitize, then Give your client a toothbrush and cup of Listerine to Prep.
6. Apply Syringe tips
7. Start Application Process as discussed above

Health and Safety

Being a Tooth Gem Technician requires you to access the inside of a client's mouth.

For your safety and your client's safety always wear gloves.

- Always be sure to have your client brush their teeth and rinse with Listerine.
- Always do a quick analysis of the client's teeth.
- Hand sanitize as much as you may need to if you touch other objects.
- For any issues or reactions, always advise client to seek medical attention or see their Dentist

Please watch the video infection control and correct handwashing techniques, as these form part of your assesment

Product Knowledge

You can use any etching and resin product you would like, as long as it is dental safe.

Always be sure to do your research and test new products to ensure your clients safety

Product 1- Best Etch- Etching Gel is used to make the enamel of the tooth rougher for better adhesion of the bonding agent.

Product 2- Fusion Flo-Fusion Flo is a bonding agent used to attach and bond the Gem to the tooth.

Product 3- Composite Flow -acts as stress buffers and improve the adaptability of the subsequent layer

Swarovski Crystals – These are the only crystals that we recommend. They have been tested and used by many Tooth Gem Technicians.

Troubleshooting

The composites does not cure (harden)

The cap on top of the light guard is to protect the tip when stored! Take it off when curing and avoid looking at the light.

To test put a drop of composite on a piece of paper and light cure it for 30 seconds. If the composite is ok it should be rock hard.

The gem falls off within a week.

1. you can only bond to a live tooth. Caps, porcelain etc can't be etched and the glue will not grab on.

2. If no composite remains on the tooth, the etching was not sufficient or the tooth not completely dry before adding the bonding.

After the procedure is done, clean the tooth with a moist cotton roll and rub firmly over the gem. If it is not done right it will loosen, done right you won't be able to remove it. For that you need a dentist's polisher. So don't be afraid of rubbing, better have a failure immediately than having the client come back a week later.

After Care Instructions

- Do not touch or play with tooth gems with fingers or tongue
- Do not eat or drink for 1 hour following application
- Avoid Brushing teeth for 12 hours following application
- Avoid chewing hard food for 12 hours following application
- Avoid consuming highly acidic drinks for 12 hours
- Tooth Gems are low maintenance; your client just needs to make sure that they brush and floss daily and see their dentist for regular preventative services.

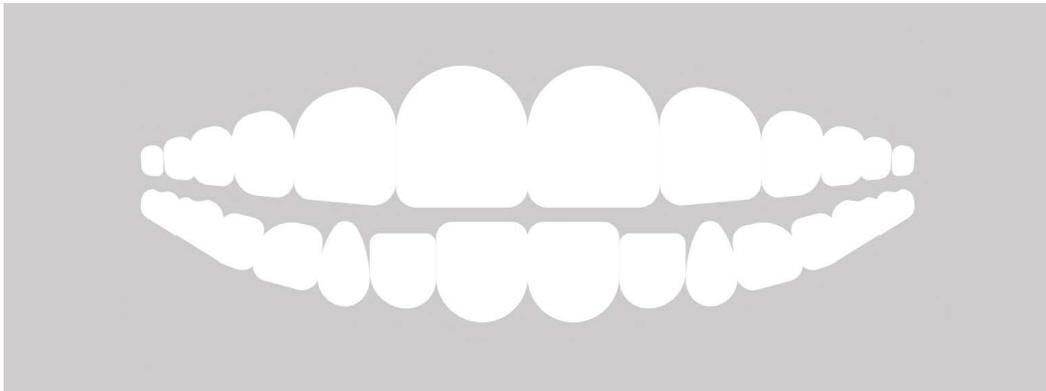
Tooth Gem Intake Form

General Information

Name _____ Birthday _____
Address _____
City _____ State/Province _____ Zip/Postal Code _____
Phone # _____ Email _____
Occupation _____
Emergency Contact Name _____ Phone # _____
Would you like to be added to our email list for specials and discounts? Yes No
How did you hear about us? _____

Medical/Dental History

Are you currently taking any medications? Yes No
If yes, please explain: _____
Do you have any allergies? Yes No
If yes, please explain: _____
Do you have sensitive teeth? Yes No
I authorize the technician to apply a tooth gem with dental adhesive to the following tooth/teeth (check all that apply):



By signing below, I agree to the following:

I have completed this form to the best of my ability and knowledge. I agree to inform the technician of any changes in the above information. I agree that I do not have any condition(s) that would make the requested treatment unsuitable. I will inform the technician of any discomfort I may experience at any time during my treatment to allow them to adjust accordingly. I agree to waive all liability toward my technician for any injury or damages incurred due to any misrepresentation of my health.

Name Printed

Signature

Date

Tooth Gem Informed Consent Form & Liability Waiver

_____ I have voluntarily elected to undergo the tooth gem application procedure after the nature and purpose of this treatment has been explained to me.

_____ I understand and acknowledge that there are risks involved with the treatment I will be receiving. Although it is impossible to list every potential risk and complication, I have been informed of possible benefits, risks, and complications, and I have had the opportunity to ask questions regarding these risks and other possible complications

_____ I understand that tooth gems must be placed on a real and flat tooth.

_____ I understand that a tooth that is a false, crowned, or capped is not a good candidate for a tooth gem because the glue will not adhere to a false tooth.

_____ I understand that the tooth gem must be placed high on the tooth, or in the center, because the low part of the tooth is what sinks into food when biting.

_____ I understand that once the tooth gem is adhered, there may be some dental adhesive surrounding the tooth gem on the tooth. I understand that this will wear off within a couple of weeks from normal brushing and eating.

_____ I understand that tooth gems can last between four months to a year and are not meant to be permanent.

_____ I understand that I should not try to remove my tooth gem myself and should have it professionally removed by a dental professional.

_____ I understand that when my tooth gem falls off naturally, there may still be residual adhesive left on my tooth.

_____ I understand that if I get my teeth whitened or use whitening strips, the area under my tooth gem will not receive the whitening treatment while the tooth gem is on.

_____ I understand that any aftercare of the tooth gem will be done by my dental professional.

_____ I have, to the best of my knowledge, given an accurate account of my medical history, including all known allergies or prescription drugs or products I am currently ingesting or using topically.

By signing below, I agree that I have read and fully understand this agreement and all information detailed above. I understand the procedure and accept the risks. I agree I will assume the risk and full responsibility for any and all injuries, losses, side effects, or damages which might occur to me while I am undergoing this procedure. I do not hold the technician, whose signature appears below, responsible for any of my conditions that were present, but not disclosed at the time of this procedure, which may be affected by the treatment performed today.

Printed Name

Signature

Date

Technician Name

Signature

Date
