Preparation of a Lingual Rest Seat Using Adhesive Composite Resin

Ohkubo C., Kurihara D., Shimpo H., Sakurai T., Nakata T.
Tsurumi University School of Dental Medicine, Japan

**Objectives:** To improve the support of removable partial dentures (RPD), lingual rests are prepared on anterior teeth and canines. In our removable prosthodontic treatment, cingulum rest seats have been provided with minimal removal of tooth structure and using adhesive procedures and composite resins. **Materials and Methods:** Lingual rest seat preparations in enamel are rarely satisfactory on anterior teeth because the enamel lacks the necessary thickness. Thus, a cingulum rest seat has been provided using the following procedure: 1) A small groove is prepared as the floor of the rest seat on the lingual surface of an incisor or canine; 2) Final impression is taken; 3) The form for the supportive rest seat is waxed above the groove on the lingual surface of the working cast; 4) After duplicating the cast, the framework is cast and the RPD is completed; 5) After the RPD is delivered and adjusted, composite resin is used as filling material between the lingual surface and the inner surface of the lingual rest of the framework; and 6) The composite resin is cured under occlusal force. **Results:** Advantages of this method are as follows: 1) The lingual rest seat can be prepared with minimal cutting of the tooth; 2) An adequate rest seat can be formed by the laboratory technician; 3) Functional fitting can be obtained by curing the composite resin under occlusal force; and 4) Veneer crowns or brackets are not necessary. **Conclusions:** An adequate rest seat form can be prepared on the working cast and a cingulum rest can be provided with minimal sacrifice of tooth structure. **Clinical Significance:** Using composite resin, an appropriate cingulum rest can be prepared not only for mandibular canines but also for maxillary central incisors.