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ABSTRACT

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THE “CHAIRSIDE” CONCEPT IN THE TREATMENT OF ORTHOPEDIC DENTAL PATHOLOGY (LITERATURE REVIEW)

Introduction. Today, digital dentistry is represented by a wide range of equipment, techniques, concepts, and services that have emerged as a result of the introduction of modern technologies into dental practice. This also refers to the “chairside” concept. The aim of this study was to search for and analyse relevant data on the use of the “chairside” concept for the treatment of orthopedic dental pathology.

Methods. The literature review was conducted using PubMed, Web of Science, SCOPUS, and Google Scholar until 1 October 2024. There were no restrictions on the date of publication or language of scientific sources. Searches were conducted using the MeSH (Medical Subject Headings) terms using the following search terms: “chairside concept”, “chairside dentistry”, “digital dentistry”, “additive manufacturing”. Methods used: bibliographic and analytical.

Results and discussion. The concept of “chairside” within the framework of prosthetic dentistry is the process of restoring lost hard tooth tissue by placing structures made directly in the clinic near the patient. This is possible due to the use of an intraoral scanner, modelling software and equipment for manufacturing of future restoration. All procedures are performed in 1 session. In addition, the advantages include: the possibility of making modifications to the future restoration at different stages of the workflow; the survival rate of such restorations is approximately 90%; finished restorations are not inferior in accuracy to laboratory restorations and fully meet clinical requirements. However, the concept has a few disadvantages, including the need for specific equipment, limitations in the number of restorations that can be made in 1 session, and the types of orthopedic structures.

Conclusion. The “chairside” concept is a progressive approach to the treatment of orthopedic pathologies, which makes the prosthesis

possible in 1 day. However, this concept is still lacking in its drawbacks. The “chairside” concept requires further study and improvement.

Keywords: chairside concept, chairside dentistry, digital dentistry, additive manufacturing.

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РЕЗЮМЕ

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ВИКОРИСТАННЯ КОНЦЕПЦІЇ «CHAIRSIDE» В ЛІКУВАННІ ОРТОПЕДИЧНОЇ СТОМАТОЛОГІЧНОЇ ПАТОЛОГІЇ (ОГЛЯД ЛІТЕРАТУРИ)

Вступ. На сьогоднішній день цифрова стоматологія представлена широким асортиментом обладнання, методик, концептів та послуг, які з’явилися саме завдяки введенню сучасних технологій у стоматологічну практику. Це стосується і концепції «chairside». Метою даної роботи був пошук та аналіз актуальних даних щодо використання концепції «chairside» для лікуванні ортопедичної стоматологічної патології.

Методи. Огляд літератури проводився за допомогою PubMed, Web of Science, SCOPUS, Google Scholar до 1 жовтня 2024 року. Не було обмежень щодо дати публікації чи мови наукових джерел. Пошуки проводилися за термінами MeSH (Medical Subject Headings) з використанням таких пошукових термінів: "chairside concept", "chairside dentistry", "digital dentistry", "additive manufacturing". Використані методи: бібліографічний та аналітичний.

Результати та їх обговорення. Концепція «chairside» в межах ортопедичної стоматології представляє собою процес відновлення втрачених твердих тканин зубів шляхом встановлення конструкцій, що виготовлені безпосередньо в клініці, біля пацієнта. Це можливо завдяки використанню інтраорального сканеру, програмного забезпечення для моделювання реставрацій та апарату для виготовлення віртуальної моделі реставрації. Всі процедури відбуваються за 1 сеанс. Окрім цього, до переваг можна віднести: можливість вносити модифікації в майбутню реставрацію на різних стадіях робочого процесу; виживаність таких реставрацій складає приблизно 90%; готові реставрації не поступаються в точності лабораторним та повністю задовольняють клінічні вимоги. Однак, концепція має ряд недоліків, серед яких потреба в наявності специфічного обладнання, обмеження в кількості реставрацій, що можуть бути виготовлені за 1 сеанс, та видах ортопедичних конструкцій.

Висновок. Концепція «chairside» є прогресивним підходом в лікуванні ортопедичних патологій, який робить можливим протезування за 1 день. Однак, ця концепція не позбавлена недоліків. Концепція «chairside» потребує подальших вивчення та вдосконалення.

Ключові слова: концепція «chairside», стоматологія у кабінеті лікаря, цифрова стоматологія, технологія адитивного виробництва.

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ABBREVIATIONS

MeSH – Medical Subject Headings
 DT – digital technologies
 DD – digital dentistry
 IOS – intraoral scanners

INTRODUCTION

Humanity has long since passed the point in history when digital technologies (DT) were something unusual, unknown, and unimaginable. Step by step, DT has been and continues to be closely intertwined with various aspects of life, professions and sciences, thus creating something new. Digital dentistry (DD) is no exception. A feature of this area of dentistry is the use of DT at any stage of interaction with the patient, beginning with the initial examination and ending with the final visit [1]. Examples: preparation, diagnostics, planning and forecasting of future results of the chosen treatment plan [1, 2, 3, 4, 5, 6, 7, 8, 9]; manufacturing of models, individual impression spoons, temporary and permanent structures, splints, mouth guards, aligners [5, 10, 11, 12, 13, 14]; plastic surgery of soft and hard tissues, reconstructive surgery (bone augmentation, replacement of defects and fragments of bones of the maxillofacial apparatus with printed biocompatible objects, etc.) [1, 5, 15, 16]. These are just a few examples of the use of DT, and they all have one thing in common: facilitating both the work of a doctor and improving the quality of services provided.

Despite numerous innovations over the past few decades, the time spent on dentist – dental technician, as well as doctor – patient interaction, remains a burning issue. Manufacturing and fixation of indirect restorations takes several visits, as the dentist makes impressions and sends them to a dental laboratory. The pursuit of ways to shorten the workflow without affecting the quality of the final structure has given rise to a new concept, the “ideology” of which is prosthetics in one visit. It is called “chairside”.

The aim of the work: search, accumulation and analysis of relevant data based on a review of literature sources on the use of the “chairside” concept for the indirect restoration of lost hard tooth tissues.

MATERIAL AND METHODS

A literature review was carried out to identify publications on application of the “chairside” concept for the indirect restoration of lost hard tooth tissues. The bibliographic research was conducted between May 1 2024 and October 1 2024 to analyse the most recent evidence. Searches using the MeSH (Medical Subject Headings) terms were conducted using synonyms and combinations of the following search terms: “chairside concept”, “chairside dentistry”, “digital dentistry”, “additive manufacturing”. In addition to the electronic

search, an analogical search was carried out in the bibliographic references of the selected articles. Used methods: bibliographic and analytical.

RESULTS AND DISCUSSION

Chairside Dentistry, or the “chairside” concept as a phenomenon, appeared more than 40 years ago [8]. This term has synonyms less scientific and more advertising-oriented, but conveying the meaning correctly, so they are used abroad both in the scientific community and in advertising: “*Same Day Crowns*”, “*Same Day Dentistry*” and “*Single Visit Dentistry*”. Different names, yet the essence is the same – prosthetics in one visit [8, 17], with the doctor personally managing the entire process, from start to finish [10].

Despite the fact that the first systems, such as Chairside Economical Restoration of Esthetic Ceramic (CEREC), appeared in the 1980s [18], this principle did not immediately receive wide support from clinicians – the procedure for scanning teeth took a long time; intraoral scanners (IOS) had limitations in accuracy [19]; only inlays and onlays could be manufactured [1, 8, 20], while first crown was printed 15 years later [1]. However, the idea itself gave (boost) to the further development of the DD. The elements of this system were developed and improved both as independent units and by intersecting with each other [9, 11, 20]. When these elements reached an accuracy that met clinical requirements, researchers and clinicians returned to the chairside concept, armed with new data and capabilities [1, 18, 21, 22].

The components of the “chairside” concept are:

1. IOS;
2. Software;
3. Equipment that directly produces the object [1, 9].

The cycle of the “chairside” system has the following sequence. The patient comes to the clinic and, if prescribed and conditioned, has his teeth milled. After the tooth/teeth preparation, the operator scans the upper and lower dentition, compares their three-dimensional models in the central occlusion position. After checking the digital impression, the doctor or assistant preliminarily designs, checks, and marks the boundaries of the future restoration. The next step is to send the file to the equipment located in the clinic [9]. The most common format is STL (stereolithography, Standard Triangle Language) [19, 23]. After manufacturing (in the same clinic) [24], the future restoration is corrected and modified if necessary [25], additionally baked,

polished [26] and fixed. If the clinic does not have the necessary equipment, the doctor sends the file to a dental laboratory and can receive the finished restoration within 48 hours, even if the laboratory is in another city [27].

Intraoral scanning. Digital impressions obtained are created by optically measuring the shape of the surface of the patient's teeth or tissues directly in the mouth. The data obtained through IOS is synthesised into a three-dimensional model using software. To make changes to this model (modelling, editing, creating restorations), other software is required [9].

There are two large groups of scanners: for use in the clinic (intraoral) and in the dental laboratory (extraoral). In the "chairside" context, it is the IOS that is used. Firstly, it is specially designed for interaction with patient. Secondly, it has a more realistic reproduction of the situation in the oral cavity than an extraoral scanner [28].

IOS is divided into two subgroups: with the use of special powders (the scanning surface is coated) and powder free. Most modern scanners are those that do not require additional tools [9].

What difficulties do a doctor and a patient face during such a manipulation as classic impression taking? Why did clinicians start looking for an alternative? Classic procedure is stressful and psychologically challenging, as the patient has to sit with the mouth open for a while, fighting the urge to close it, swallow saliva, or perform any other action. The process can also be complicated by a gag reflex [7, 9]. This may affect the quality of the models and increase the chance of repeated manipulation.

Scanning is devoid of this drawback. This is primarily due to the minimal contact of the scanner with the patient's oral tissues. The chance of a gag reflex and the risk of infection to the patient are reduced for the patients [9]. Working time also plays a crucial role. The procedure for obtaining digital impressions takes almost as much time [7] or even less than the conventional impression taking [8, 19, 29], what is more pleasant for patients [7, 8, 9, 10, 19, 21].

The quality of digital impressions is equal to the quality of impressions obtained by the traditional method or demonstrates even greater accuracy [1, 8, 21, 30, 31]. The same statement will be true when comparing extraoral and IOS [32].

If we talk about the characteristics of IOS, the devices on the market are on the same quality level. There are flagships among them, indeed, but most devices have a minimal difference in accuracy [33].

Software. The role of software as a connecting link for the interaction of the two previous elements is difficult to overestimate. After all, the disclosure of their potential directly depended on the available functions of the software [34].

Software for modelling dental constructions has virtual tooth form libraries, which are used as templates; then operators adjust and modify them according to the clinical situation of each individual patient [1, 8, 35, 36].

It should be noted that there are several digital tools that make it possible to customise designs for each individual case.

These include:

- Bioreference – the design of the future restoration takes into account the anatomical features of the teeth on the opposite side [23] (if any);
- Biocopy – an exact reproduction of the tooth(s) before the intervention [14, 37, 38];
- Biogeneric – the software analyses the morphology of existing teeth to predict the correct form and function [39, 40, 41].

It is fair to say that each new generation of software becomes smarter, more user-friendly [1, 8, 11] and is constantly updated with new digital tools [8, 14, 21, 35, 36, 41, 42].

Equipment for the manufacturing of restorations in the clinic. Historically, scientists and researchers have been working on both equipment for the manufacturing of restorations and its improvements, as well as materials used for this purpose [18].

Milling is a widespread technology for manufacturing (prosthetic) structures [11]. A block of material, under water cooling, is processed according to the specified parameters by burs that move in three planes around it, thereby cutting out a structure of the required shape and size [8]. The blocks differ in shape (rectangular, oval) and size (for the manufacture of a single structure (crown or bridge) or several structures) [8, 38].

Milling machines can be large-sized (for industrial production/dental laboratories) and compact (for manufacturing structures in a medical facilities). The size of the equipment is directly proportional to the capacity of the units [8, 43].

Zirconium dioxide was the first material used to manufacture prosthetic structures in this way, because zirconium restorations combine the advantages of metal restorations, namely minimal invasive tooth preparation and ease of cementation; low thermal conductivity, as in all-ceramic crowns, and even higher aesthetic characteristics [44].

Today, there are entire groups of materials used for restorations in the clinic, some of them have several subgroups and great number of representatives in the dental market [18, 22, 45].

In the last 10 years, the technology of additive manufacturing/rapid prototyping (AM/RP) has emerged. Structures are literally "printed", which is why AM has

become an alternative to milling [1]. It is already possible to print a zirconia restoration [46] that will meet clinical requirements and will be no worse than a milled one [1].

As a result of processing the collected data, the authors concluded that there is a growing scientific interest in the use of 3D printing for dental purposes. After obtaining positive results in a pilot study of the accuracy of printed inlays [47], the authors pointed out the need for further research.

Due to the growth in the use of AM in general, the popularity of RP in dentistry has also increased [15,48]. Most of printers are used in dental laboratories, as AM products are useful at any laboratory stage: printing models, prototypes for casting, metal frames, temporary and permanent crowns, etc.

The printing capabilities of dental products, such as the number of units, speed, accuracy, etc., are limited only by the printing technology that is used. Representatives: Stereolithography, Digital Light Projection, Fused Deposition Modelling, Selective Laser Sintering, Photopolymer Jetting, Powder Binder Printer, Computed Axial Lithography, and others [46].

Unlike milling machines, 3D-printers have a wider range of applications: prototypes of future structures, frameworks for fixed and removable dentures, temporary and permanent restorations, post-and-cores, surgical guides, templates, replica dental models and models for training [1, 5, 11, 15, 38, 46, 48, 49, 50, 51, 52].

In the context of the comparison between milling and AM, we present data from several studies. A recent article claims that printed crowns are slightly lower in accuracy than milled structures, which have a better marginal fit and a thinner cement layer [53]. Subsequently, another group of researchers published data showing that 3D printing yields better results than milling [54].

The concept of “chairside” and non-standard clinical situations. The uniqueness of DT lies in the possibility of implementation of creative approaches to solving clinical problems not only in the field of prosthetics, but also in other areas of dentistry [11, 21]. Here are just some examples of clinical cases where the “chairside” concept is used in an original way:

- A clinician could not accurately determine the required shade for a future restoration. Therefore, he printed a model with different shades in the clinic, experimented with dyes, and after choosing the right one, he sent the data to the laboratory. The resulting restorations did not require any changes[55];
- A patient came to the clinic to have a single tooth covered with a crown. But the situation was complicated by the fact that this tooth was used

for the fixation of bugle prosthesis. The doctor decided to scan the tooth before preparation, and after preparation and re-scanning, he made an exact copy. The result was positive: the quality of fixation of the bugle prosthesis remained unchanged, which indicates the accuracy and effectiveness of DT[56];

- After performing a pulpotomy, the doctor placed biomaterial at the bottom of the cavity and, instead of a filling or restoration, fabricated an endocrown and fixed it during the same visit. Within 12 months, there were no symptoms of pulpitis or other complications. Also, comparing the X-rays in the dynamics, the formation of protective dentin was noted [12].
- The doctors were faced with the task of removing a tumour located on the lower jaw. Due to its size, it was necessary to perform resection and reconstruction of hard tissues for further rehabilitation of the patient. To study the anatomical features in detail, plan and prepare for the operation, a three-dimensional model of the jaw was created and printed. The next step was to compare the prototype with the surgical template, which was used to plan the surgery [15].
- There is data about the success of manufacturing restorations in one visit for an entire quadrant of teeth. The experiment was successful, and the patient expressed a desire to undergo this procedure for other quadrants of teeth [57].

Advantages and disadvantages of working according to the “chairside” concept

The advantages include:

- *Accuracy.* “Chairside” restorations do not inferior in the accuracy of marginal fit and strength [54, 58] to those made in a dental laboratory. Other studies indicate that “clinical” restorations can be even more accurate, as the decisive factor is clinical experience, not experience with CAD (Computer-aided design) [59]. The doctor determines and corrects the occlusion, the density of the contact points [24] and the edges of the future restoration [60]. Such restorations fully met clinical requirements [21, 61, 62] and ISO standards [63].
- *Survival rate.* According to available data, 95–98.66% of structures successfully perform their function during the first 7 years of operation [64, 65, 66, 67, 68, 69], and 85–95% – for 10 years or more [10, 65, 70, 71].
- *Redistribution of time and resources.* The use of this technology saves time [72], optimises the

workflow and increases the doctor's "efficiency" [7, 73, 74].

- *Production time.* All designs are made during the day, in the clinic, in a single visit [8, 10, 72].
- *Convenience.* Chairside procedures are user and patient friendly. [7, 8, 9, 10, 19, 21].

Despite its advantages, the "chairside" concept has a number of disadvantages. These include:

- *Lack of esthetics.* Dental technicians, due to their specialty, have more experience in modelling than clinicians, and therefore create more aesthetically pleasing restorations. At the same time, the clinical experience [59], the availability of virtual libraries [1, 8, 35, 36] and the possibility of involving the patient at the designing process [1, 25, 35], play an important role.
- *Complications.* More than 90% of "chairside" restorations successfully perform their function, but there is a certain percentage of failures. This is due to various complications: The fracture of the restorations or/and the teeth they are fixed on; removal of structures due to hard and soft tissue damage (caries and endodontic problems); the shape of the restoration and the group of teeth; decontamination and increased sensitivity after fixation of the restoration; increased abrasion of antagonists [64, 65, 66, 67, 68, 69, 71, 75, 76, 77], which is also common for constructions, which are manufactured according to the conventional protocols.
- *Marketing.* It is necessary to be critical of any product on the dental market, as marketing techniques are also used in the medical field. Not always the declared characteristics are true. In the context of the "chairside" concept, the following examples are given: sometimes "novelties" perform worse than materials that have long proven themselves [78]; some materials for the manufacturing of restorations has been on the dental market for only a few years, and there is no reliable data on the long-term results of its use [18]; polishing tool kits designed specifically for working with temporary printed crowns do not always produce the results stated by the manufacturer [79].

Obstacles in applying the "chairside" concept. There are a number of obstacles and limitations that clinicians face when trying to implement DD. These include:

1. *Material support.* In order to be able to manufacture structures in a clinical setting, appropriate equipment is needed, namely: IOS; a computer with the

capacity to process and work with the array of data obtained through digital impressions and work with virtual models; licensed software; milling machine/3D printer; sintering oven and consumables; grinding and polishing kit; equipment maintenance, calibration; space for storage and use of equipment, etc.[80]

All these elements are essential. Without any position, it is impossible to fully work according to the "chairside" concept. And each element has its own price. So, significant investments are required to get started [9, 10, 11, 43]. Sometimes, this is the reason why doctors do not use CAD/CAM capabilities [81].

2. *Lack of virtual modelling skills.* It should be remembered that regardless of the technology used, the accuracy and quality of the final restoration depends on the clinical skills, the operator's skill [82] and his ability to use CAD/CAM capabilities to achieve the optimal clinical result. According to researchers, a minimum of 12 scans [83] and the same number of modelling procedures are required to start getting positive results. It should be noted that the type of IOS chosen and the quality of the scan do not matter if the residual tooth is inadequately prepared [84];

3. *Adaptation period.* A dentist who decides to use digital dentistry should make the necessary changes in their practice [10], as well as spend time learning the intricacies of the production process and software [85]. A good example is an intraoral scanning session. Initially, this manipulation takes a lot of time, but with experience, scanning two jaws will take a few minutes [9]. That is, it takes a certain period of time to master the technology;

4. *Unsatisfactory production capacity.* Clinical milling machines and 3D-printers have lower production capacity than the equipment of dental laboratories. Depending on the model, it is possible to produce up to 3 units in 1 session in a clinical setting, while in the laboratory this figure is much higher (20 units per 1 milling session) [43]. On the other hand, a doctor can make and fix a structure in a day, and if doctor cooperate with a laboratory, the process will take several visits.

5. *Internal psychological barriers.* Fears about possible negative consequences due to the refusal of the usual format of work, fear of the unknown, difficulty in mastering digital tools [74], the size of the equipment, uncertainty about the chosen colour, staining, strength and durability of the restorations [10].

CONCLUSIONS

The "chairside" concept is a modern and progressive approach to the treatment of prosthetic pathologies, which makes prosthetics possible in one day. This is confirmed by the published research and scientific papers. However, this concept is not without its

drawbacks. To start working with it, you need to meet a number of conditions related to the material base and changes in the usual work schedule. The range of designs is limited, as well as the number of units that can be produced in a single session. The chairside concept

requires further research. We believe that the priority areas are the research and development of 3D-printing technologies, expanding the constructions assortment, and the creation of technologies that lower the threshold for entry into modern digital treatment protocols.

AUTHOR CONTRIBUTIONS

All authors substantively contributed to the drafting of the initial and revised versions of this paper. They take full responsibility for the integrity of all aspects of the work.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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