

# A Survey on Preference of Restorations among Undergraduate Dental Students

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**Abstract:** *Dental caries is the most common disease of oral cavity. It should be restored properly to prevent pulpal involvement and to restore the anatomy, function and aesthetics of the tooth structure. Different restorative materials are available to the dental practitioners with different properties. There are two types of tooth restorations: direct and indirect. Direct tooth restorations involve dental filling materials and usually require single sitting. Indirect tooth restorations involve inlays, onlays, crowns, bridges, etc. and usually require at least two sittings.*

**Keywords:** Restoration, gic, composite, amalgam

## 1. Prescription information for Nicotine Replacement Therapy (Gums)

- Two strengths of NRT gum are available: 2 mg and 4 mg; people who are highly dependent should use 4 mg gum.
- Not all of the nicotine from the gum is absorbed (the 2 mg gum yields only about 1 mg of nicotine, whereas the 4 mg gum yields about 2 mg).
- People should aim to use between 10 and 15 pieces of gum a day.
- Instructing them to use one piece of gum per hour is a convenient way to encourage the correct dosage.
- Each piece should be chewed slowly to release the nicotine, and a hot peppery taste will be experienced. The gum should then be 'parked' between the cheek and gums so that the nicotine can be absorbed. After a few minutes, the gum can be chewed again, then parked and the process repeated, for 20–30 minutes.

## 2. Notes on oral NRT

- ❖ Nicotine absorption from oral NRT products, is via the buccal mucosa (lining of the mouth).
- ❖ While these products can be used on a regular (for example, hourly) basis, they can all be used more frequently or when urges to smoke are more intense or more frequent.
- ❖ An initial unpleasant taste is common to all these products, and this can be a barrier to correct use. People can be reassured that they will become tolerant of this taste after a short period (usually a couple of days).
- ❖ Incorrect use of oral products, for example, chewing gum too vigorously, usually results in more nicotine being swallowed. This is not hazardous but means that less nicotine is absorbed and may cause local irritation and hiccups.
- ❖ Drinking fluids while using these oral products should be avoided.
- ❖ Advise lactating mothers to use after breast feeding wherever possible.

## 3. Contra-indications for Nicotine Replacement Therapy (Gums)

- ✖ Severe cardiovascular disease; recent myocardial infarction; severe cardiac arrhythmias, recent cerebrovascular accident and transient ischaemic attacks; Recent myocardial infarction & unstable or progressive angina pectoris
- ✖ Acute phase stroke
- ✖ Pregnancy & breast feeding
- ✖ Children under 12 years
- ✖ Caution should be taken in patients with peripheral vascular disease, diabetes mellitus, hyperthyroidism, history of gastritis/peptic ulceration and phaeochromocytoma.

## 4. Side Effects of NRT use (Gums)

Common side effects of nicotine gum may include:

A tingling feeling on the tongue while chewing the gum.

Jaw pain caused by chewing. Nicotine gum is not recommended for people who have problems with the jaw joint (temporomandibular, or TM, disorders).

Headache, nausea, dizziness, palpitations, dyspepsia, hiccups, insomnia, myalgia, anxiety, irritability, and poor concentration. Aphthous ulceration, throat irritation; cough, pharyngitis, stomatitis, sinusitis and unpleasant taste.

## 5. How do I know that the dose of NRT is appropriate?

- **If the NRT dose is adequate**, patients should feel relatively comfortable between cravings. In other words, they may still have strong urges during the day, but most of the time they will not feel physical cravings or discomfort.
- **If the dose is inadequate**, the patient will experience some of the ongoing physical discomfort of withdrawal, including irritability, dysphoria, restlessness, anxiety, insomnia, headache, myalgias, decreased concentration and strong cravings.

➤ **If the dose is too high**, the patient will experience symptoms of nicotine overdose, including nausea, cramps, dizziness, palpitations and/or dysphoria.

## 6. Important points

- ✓ 4mg nicotine gum may be more effective than 2mg gum, in aiding heavy smokers (>20 cigarettes per day) to stop.
- ✓ There is currently insufficient research on the use of NRT in light smokers (<10 cigarettes per day), smokers under 18 years and pregnant smokers.
- ✓ NRT can be recommended for patients with cardiovascular disease, but only with agreement of the client's physician if the disease is acute or poorly controlled.
- ✓ Treatment with NRT should normally be continued for 10-12 weeks with gradual withdrawal over this period.

