

Proposed treatment decision plan for MIH teeth

Taken from: NA Lygidakis, 2010, Eur. Arch. Paed. Dent., 11, 65-74

Mild Defects		Moderate/Severe Defects	
Enamel opacities without break-down, no/slight sensitivity, mild aesthetic problems, no caries		Enamel break-down, atypical restorations, sensitivity, caries, aesthetic problems	
Molars	Incisors if needed	Molars	Incisors if needed
Fluoride varnish in partially erupted teeth	In brownish-yellow defects, etch-bleach-seal approach in younger children, or chair-side bleaching with 10% carbamide peroxide in older.	Consider extractions	Wait until the defect gets better, since a degree of enamel mineralisation may occur in the salivary environment
When fully erupted, sealants with prior adhesives	In whitish defects, micro-abrasion followed if needed by CR restoration	Fluoride varnish or GIC in partially erupted teeth	CR restorations or veneers following micro-abrasion or enamel reduction and intermediate opaque resins
CR restorations if break-down or caries occur	CR restorations following enamel reduction	CR restorations for up to 3 surfaces	Porcelain veneers if needed in adulthood
Full porcelain crowns, if needed, in adulthood		PM crowns or copings for more than 3 surfaces Full porcelain crowns in adulthood	
Ongoing preventive care for all cases			