

Interproximal Reduction (IPR)

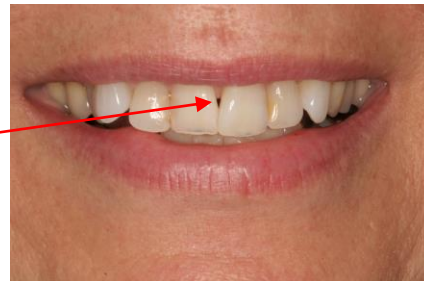
What is interproximal reduction (IPR)?

Interproximal reduction is the removal of 0.2 - .05mm of enamel between the teeth. The process is also often referred to as slenderizing, enamel reduction or stripping.

Why is IPR done?

IPR can be carried out between teeth to provide additional space for tooth alignment. On occasion, IPR can eliminate the need for tooth removal and still create adequate space for tooth alignment. IPR is also carried out to reshape teeth that have contact points farther from the gum line. In these instances, triangular shaped teeth, can present with triangular spaces at the gum line. Re-shaping the teeth with IPR will move the contact point between the teeth closer to the gum margin and eliminate the appearance of a black triangle. This re-shaping can actually restore the normal gum appearance and health in these regions.

Black Triangle



How is IPR carried out?

A motorized disk or small flexible file strips are used to remove the small amount of enamel between teeth. The surfaces are then polished with polishing strips and concentrated fluoride is applied to seal the enamel surface.

What is the effect on the teeth?

The cap of enamel covering teeth is generally 1.5mm in thickness. A small amount of enamel removed (0.2 -0.5mm) will still leave adequate enamel thickness between teeth that will prevent sensitivity or exposure to hot or cold substances.

Fluoride application done by our qualified staff, will re-seal the enamel surface. These enamel surfaces are no more susceptible to decay or cavities than any other tooth surface.