Principles for Setting Denture Teeth for Lingualized Occlusion

Developing & Adjusting CENTRIC Contacts

Goals:
- Even distribution on all posterior teeth
- No anterior contacts in centric position
- No posterior buccal cusp contacts: 1mm of space between buccal cusps
  - 1-2mm of buccal overjet
- Evenness of contacts
- Max Lingual cusp tip to FLAT mandibular contact area (fossa, marg ridge)
- No contact on marginal ridge 1st PM

Rules for whether to MOVE TEETH IN WAX or ADJUST WITH A BUR:

**Adjust with bur if:**
- All contacts showing in close to proper position (center of mandibular ridge)
- All contacts present but not even in weight
- Contact(s) not in proper position, but minor reshaping will move them
- Contacts not all showing, but appear close to contacting
- Contact(s) is/are on an incline, and can be adjusted to move to flat area

**Move teeth in wax if:**
- Lack of contact or position of contact will take a lot of time to correct
- Lots of adjustment is required to correct
- Tooth is rotated/tilted so contacts/relationships/appearance is/are poor

Principles for Adjusting CENTRIC Contacts

- Incisal pin should be just barely out of contact with the incisal table
- Don’t lose occlusal vertical dimension (note pin setting)
- Mark with articulating paper on both sides of the arch simultaneously
- Don’t tap too hard – could cause teeth to move, lose occlusal vertical dimension
- Use fresh articulating paper
- Heaviest contacts will have a ‘target’ or bulls-eye appearance (dark ring with empty center); heavy contacts are darker and wider. Adjust these to establish similar size and darkness as other contacts
- Use medium Brasseler H79 bur tip easy for adjusting, sides flat for recontouring
- Remove marks with dry gauze – avoid getting pigment in wax
- **Adjust centric stops before adjusting excursions:**
  - Deepen/reshape mandibular contact area first
  - Reshape maxillary cusps if on inclines, or need greater amount of adjustment
  - Ensure no buccal cusp contacts, adequate overjet
  - When completed, note a solid sound (sharp rap, woodpecker knocking on tree)
  - Contacts should not feel bouncy or sound dull on the articulator
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Developing & Adjusting ECCENTRIC Contacts

Rule: Develop acceptable centric stops before adjusting excursive contacts. Ensure centric stop contacts are not removed during adjustments in excursions.

Goals:
- Even distribution of contacts on teeth on contralateral sides in excursions for balancing occlusion.
- Anterior contacts in excursions should not disclude posterior teeth.
- NO MAXILLARY POSTERIOR BUCCAL cusp contacts in excursions.
- At least one working and one balancing contact on each mandibular posterior.
- Balancing contacts should never be heavier than working contacts.
- In protrusion, anterior and posterior teeth should contact simultaneously on both sides of the arch.
- Excursive contacts should appear as lines (not dots) on mandibular teeth.
- Adjusted occlusion should feel very smooth in excursions on the articulator, and intraorally. No jumps or bumps should exist.

Rules for MOVING TEETH in wax versus ADJUSTING WITH A BUR are the same as for centric contacts.

Principles for Adjusting Excursive Contacts:
- Incisal pin should be just barely out of contact with the incisal table.
- Mark with articulating paper on both sides of the arch simultaneously.
- Mark excursive contacts in one colour, then mark centric stops with a different colour prior to adjusting, so centric stops can be identified, and not eliminated.
- Use fresh articulating paper.
- Use medium Brasseler H79 bur tip easy for adjusting, sides flat for recontouring.
- Remove marks with dry gauze – no water, no toothbrush – avoid getting pigment into wax.
- There should be NO CONTACT ON MAXILLARY BUCCAL cusps in any excursions for lingualized occlusion.
- If there are inadequate excursive contacts (uneven weight, missing) then lighten existing excursive contacts by making cuspal inclines more shallow, removing heavy contacts, reshaping cusps.
- IIF – balancing contacts will be on Inner Inclines of Functional Cusps.
- Reshape mandibular teeth first. Only adjust the maxillary lingual cusp if there are heavy contacts on inclines, or if a greater amount of adjustment is needed.
- Eliminate any posterior contacts between denture bases or between denture teeth and the opposing denture base.

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