

Rests & Rest Seats

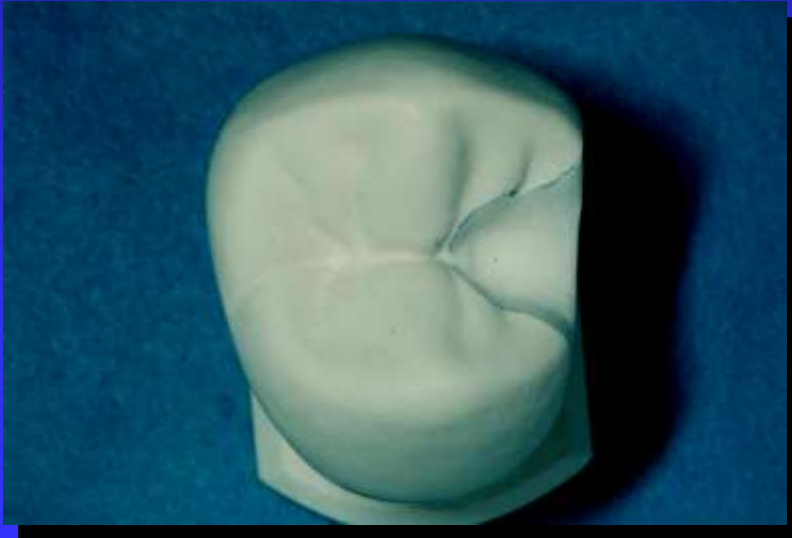
Rest

- A rigid component resting in a recessed preparation on the occlusal, lingual or incisal surface
- Provides vertical support



Rest Seat

- Portion of a tooth prepared to receive a rest



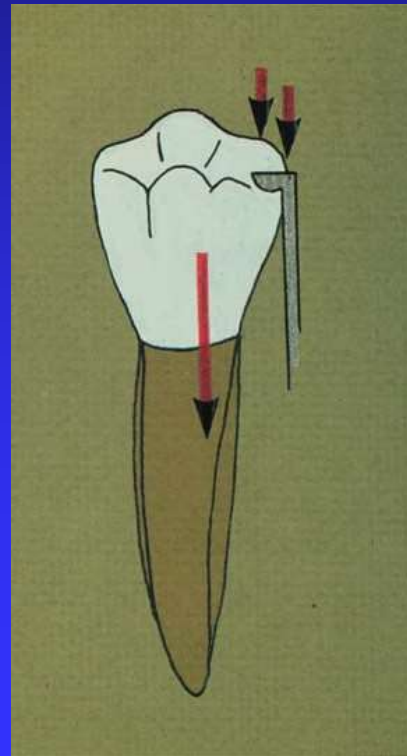
Intracoronary (Precision) Rest

- Precision manufactured attachments placed within a crown or retainer



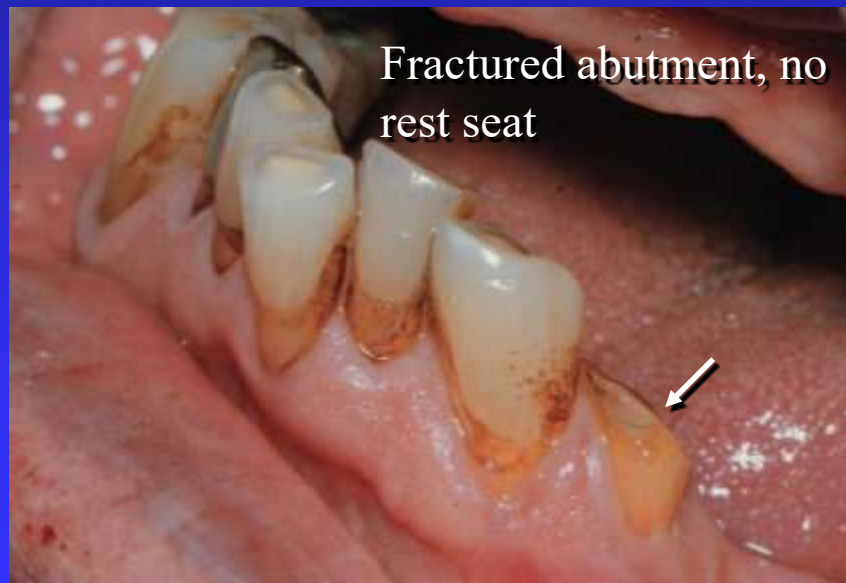
Functions

- Direct forces along long axis of abutment



Functions

- **SUPPORT** - prevents denture base from moving cervically & impinging gingiva



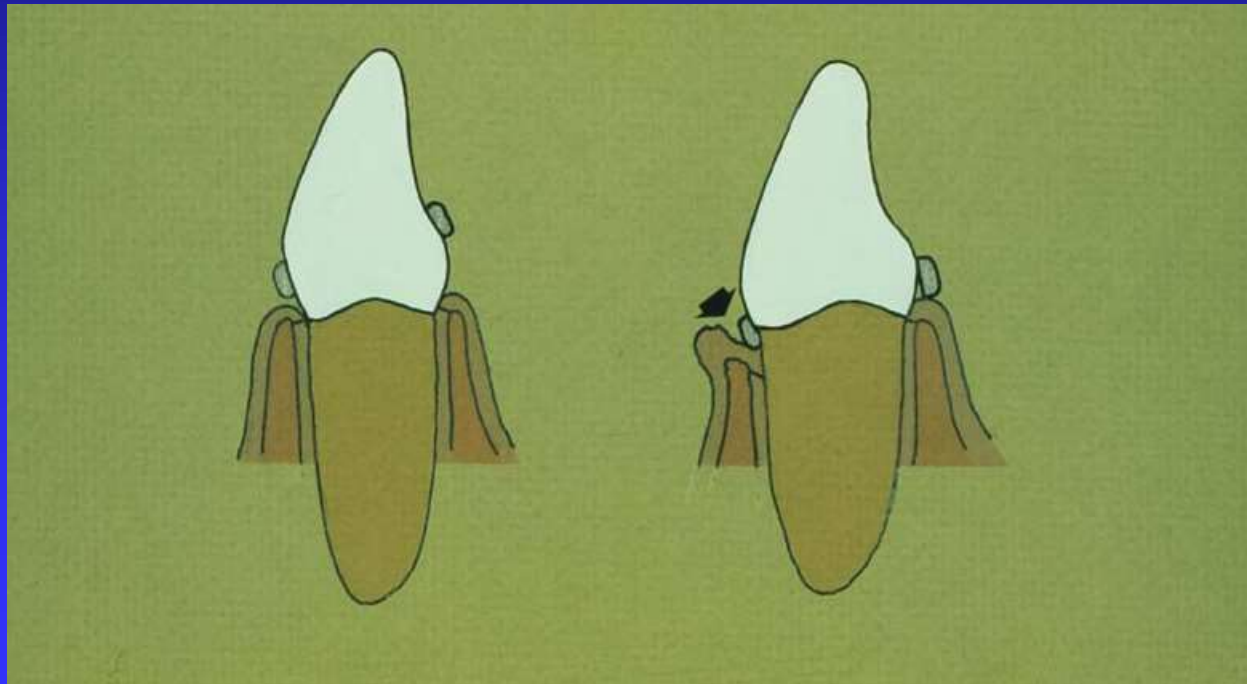
Major connector imbeds into tissue





Functions

- **Maintain a clasp -tooth relationship**



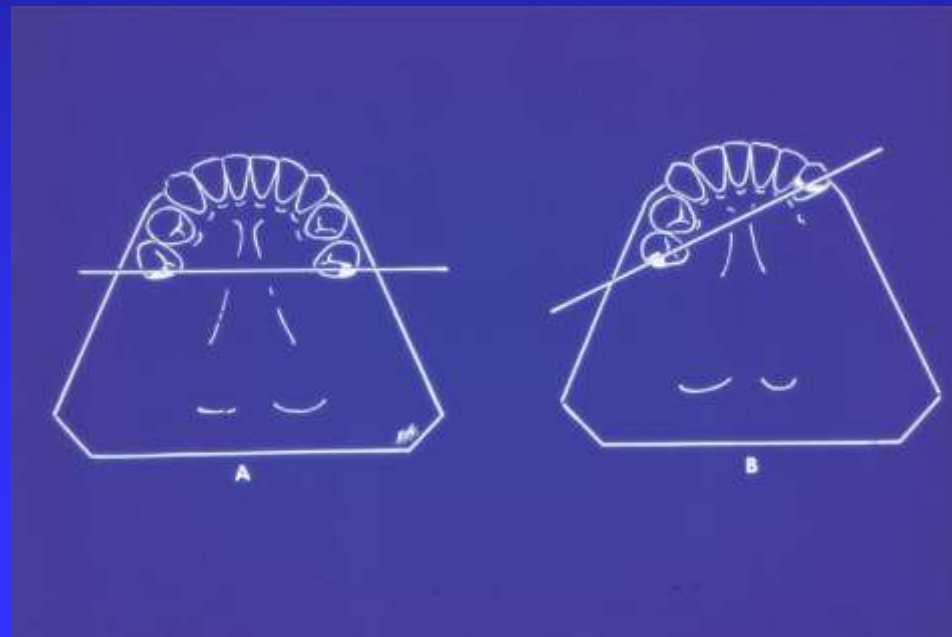
Functions

- Prevent extrusion of abutments
- Provide reference for relines or impressions



Functions

- Act as indirect retainer
 - Prevents rotation (Class I or II RPD's only)



Preparation of Rest Seats

- Light pressure
- High-speed handpiece
- +/- Waterspray
- Minimal heat is generated

Preparation of Rest Seats

- **Keep in enamel**
- **No anesthesia**

Preparation of Rest Seats

- **Occlusal Rest Seats**
 - **Diamonds**
 - 8801- 014
 - 38006 -135
 - **Medium round carbide burs**
 - #2, #4



Preparation of Rest Seats

- **Cingulum Rest Seats & Guiding Planes**
 - **Long, medium diameter cylindrical bur or diamond (e.g. #57L; 8837K-014)**



Rest Seat Form

- Smooth flowing outline form (i.e. no sharp line angles)



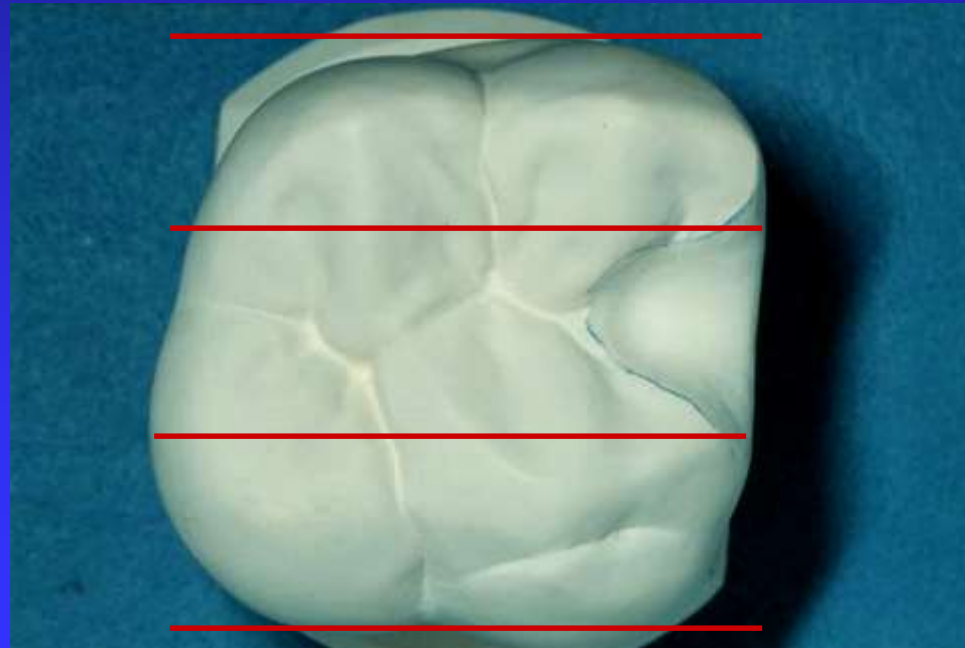
Occlusal Rest Seat Form

- Rounded triangular shape
 - **Apex near center of tooth**



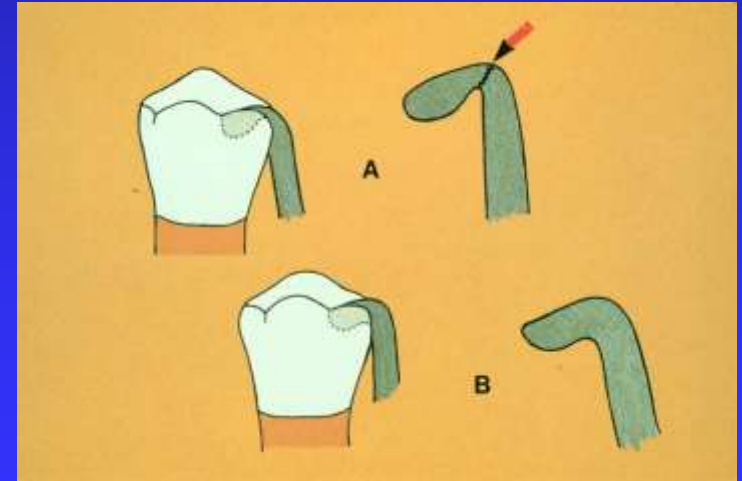
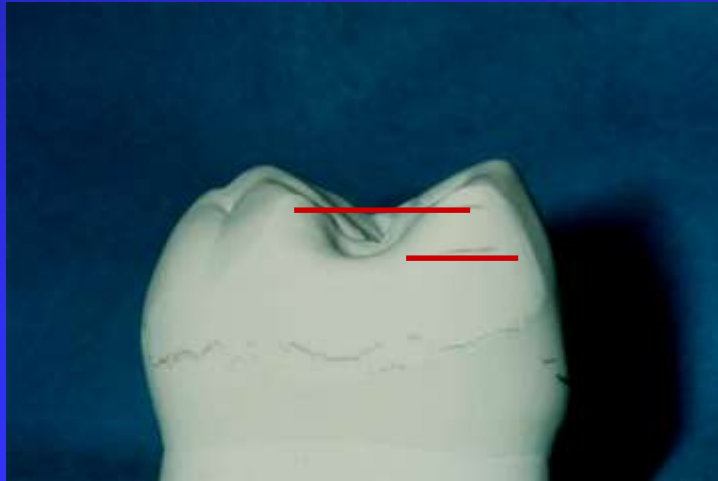
Occlusal Rest Seat Form

- Base of triangle should be one third the bucco-lingual width of the tooth



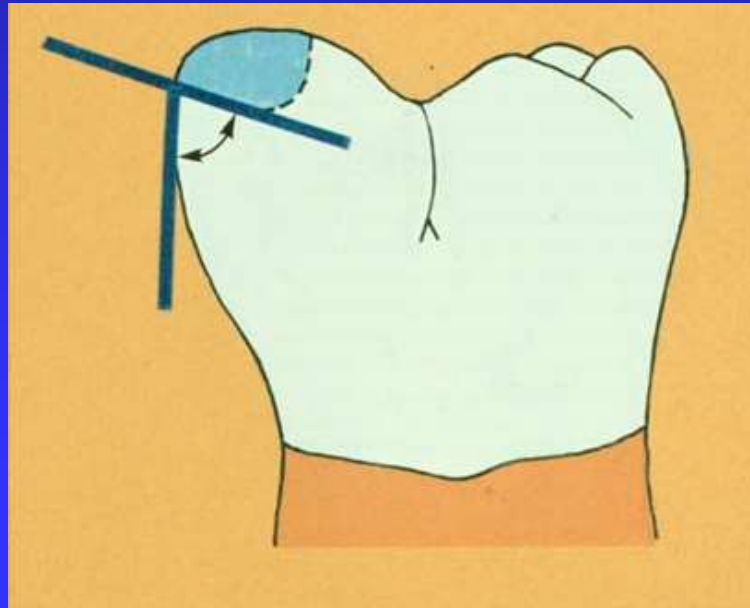
Occlusal Rest Seat Form

- Marginal ridge must be lowered and rounded 1-1.5mm
 - **Bulk of metal to prevent fracture**



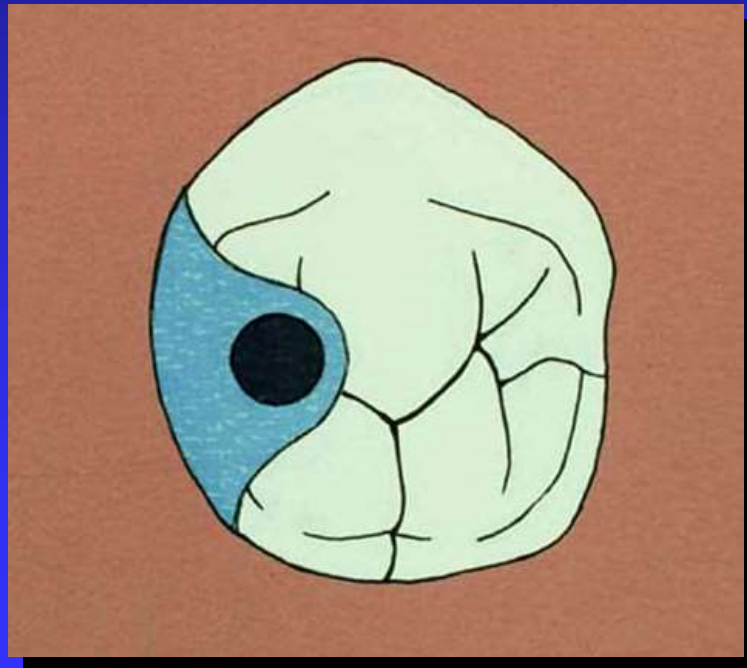
Occlusal Rest Seat Form

- Floor inclined towards the center
- Angle formed by rest and minor connector should be less than 90°



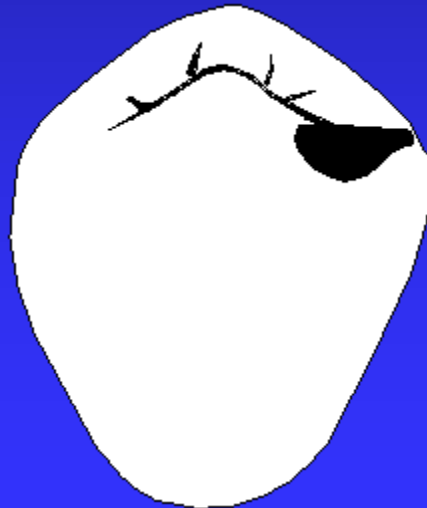
Occlusal Rest Seat Form

- Deepest portion is central



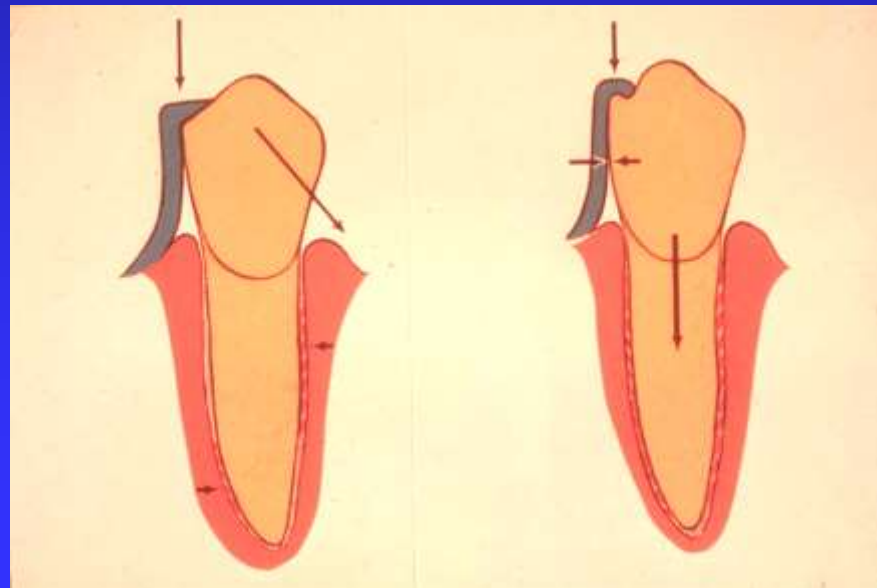
Occlusal Rest Seat Form

- Floor should be concave or spoon shaped ball-&-socket joint
- Prevents horizontal stresses & torque



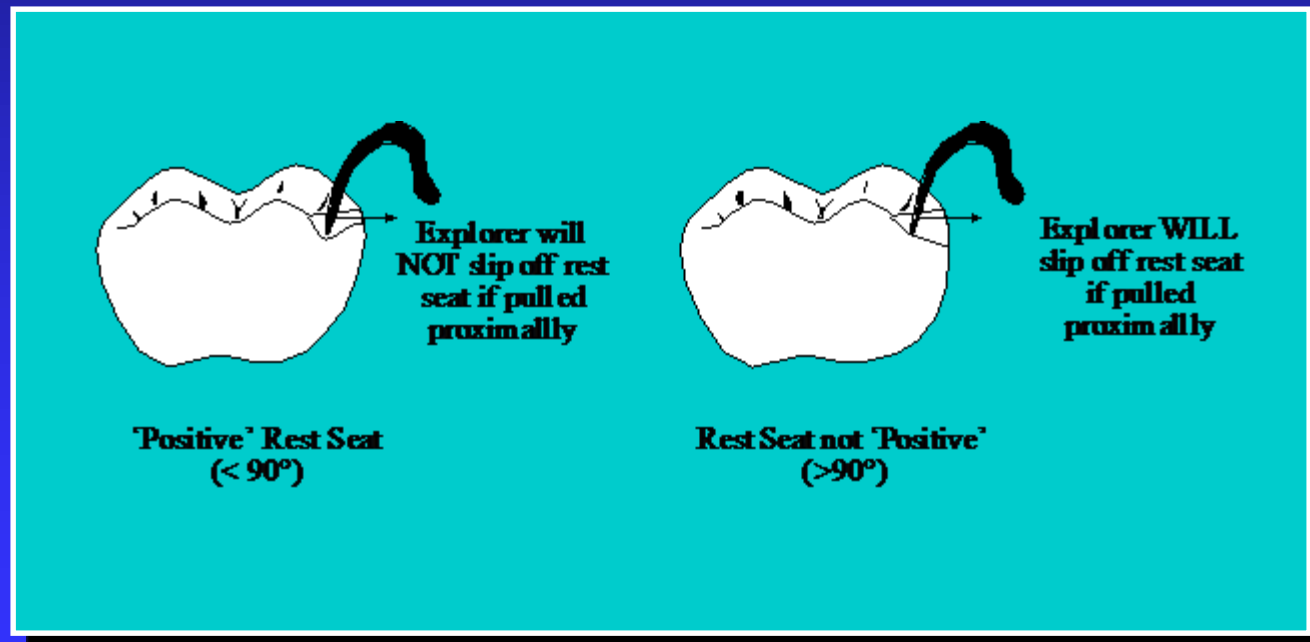
Occlusal Rest Seat Form

- Directs the occlusal forces along the long axis of the tooth
- Prevent orthodontic movement



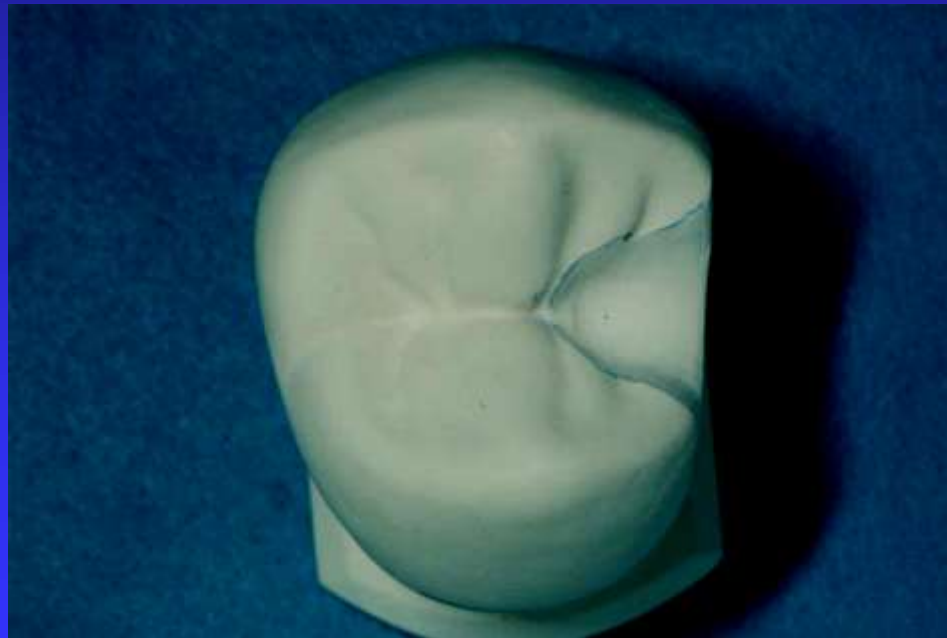
“Positive” Rest Seats

- An explorer tip will not slide off the rest seat



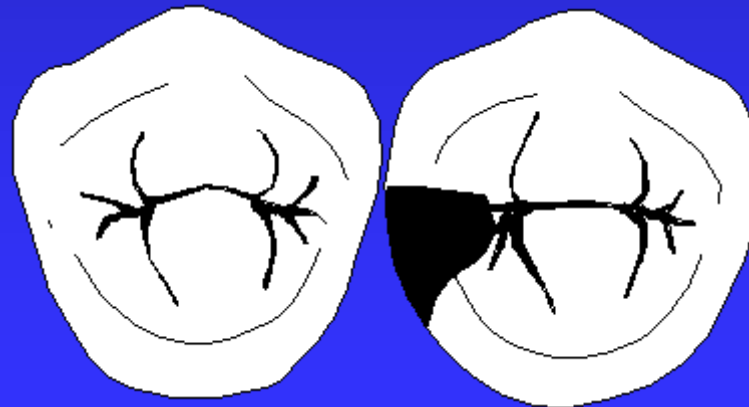
Occlusal Rest Seat Form

- Conventional Form



Occlusal Rest Seat Form

- **Adjacent Tooth**
 - **Rest not flared to facial line angle**
 - **Lingual flared more - space for minor connector**



Double Embrasure Rest Seat Form

- Adjacent teeth, the form is also modified
- Flared more dramatically on facial and lingual line angles



Double Embrasure Rest Seat Form

- Provides space for the retentive & bracing arms
- Ensure all line angles are smoothed



Lingual Rest Seats

- Usually the canine, due to its well-developed cingulum
- When canine is not available, an incisor may be used



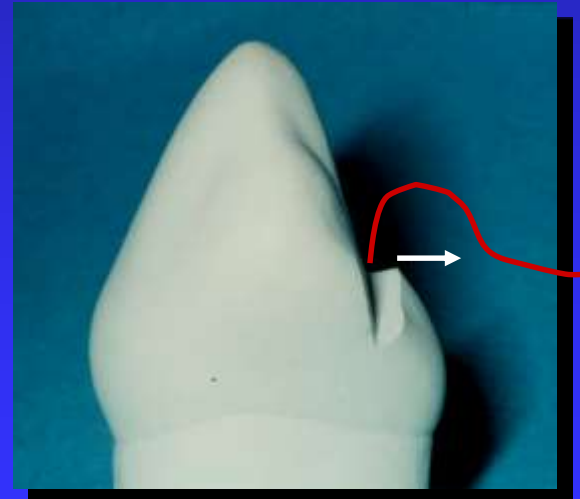
Cingulum Rest Seat Form

- Inverted “V”
- $< 90^{\circ}$



Cingulum Rest Seat Form

- Slightly rounded to avoid sharp line angles
- Test as 'positive' with explorer tip
- 1mm depth



Correct Preparation



Preparation Too High

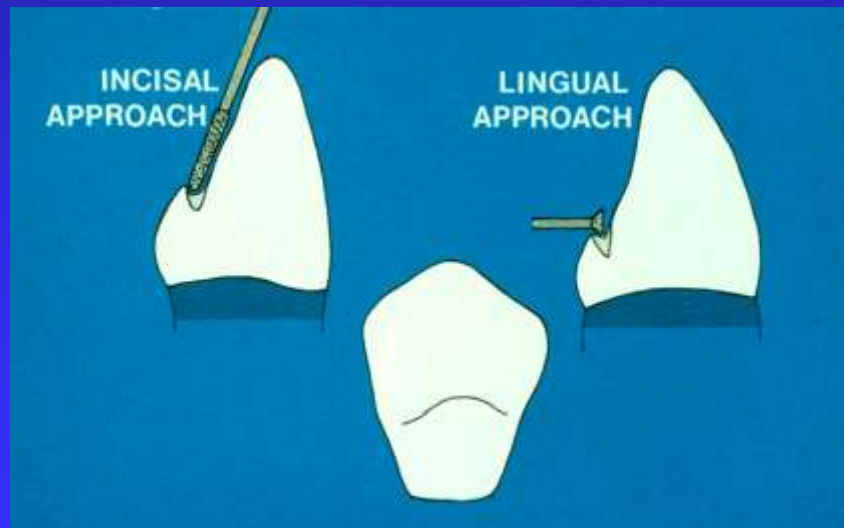


Preparation Too Low



Cingulum Rest Preparation

- Do not create an enamel undercut
- Cylindrical bur along the long axis of the tooth

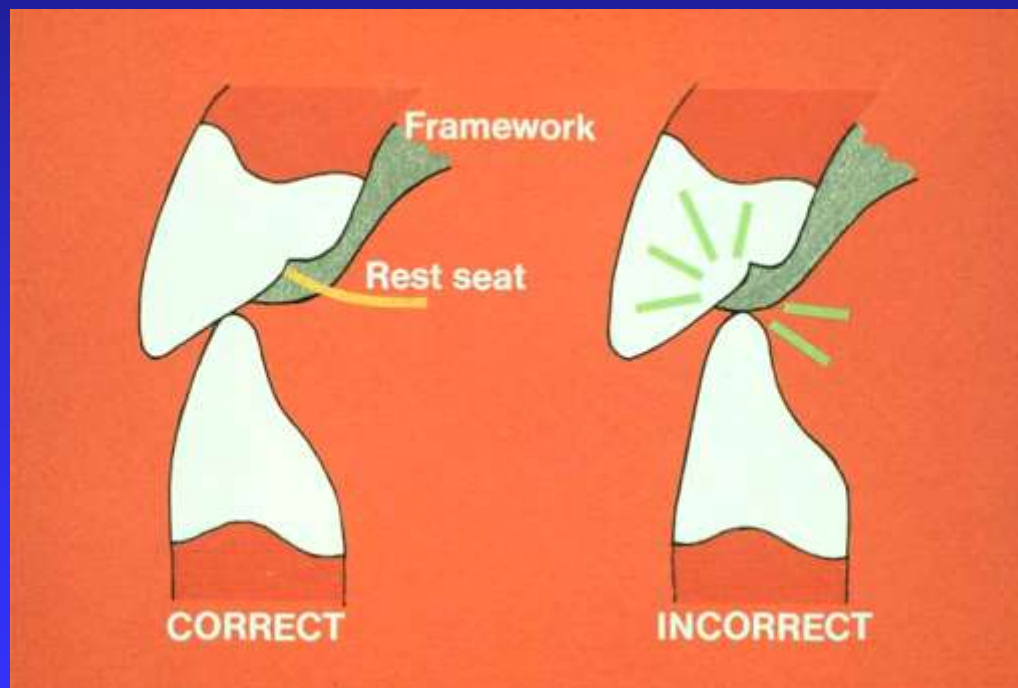


Cingulum Rest Seat Placement

- Place in sound tooth structure or restorations
- Not on amalgam restorations
- If not prominent or large pulp
 - Use different tooth
 - Bonded rest seat
 - Onlay or crown

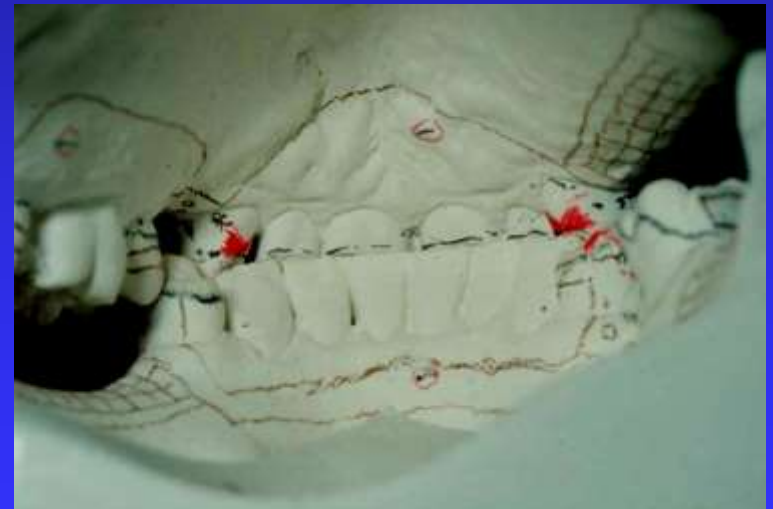
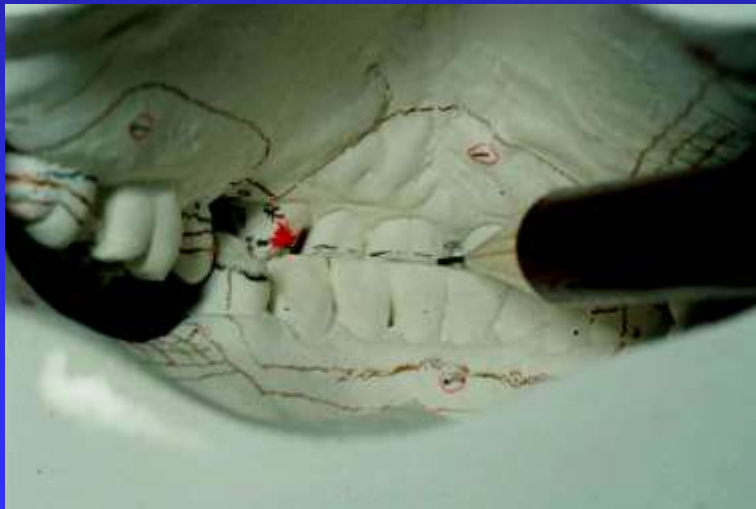
Maxillary Cingulum Rest Seats

- Avoid opposing occlusion



Maxillary Cingulum Rest Seats

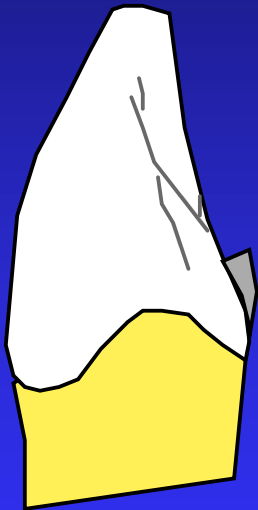
- 1.5 - 2.0 mm clearance for metal
- Check with articulated models



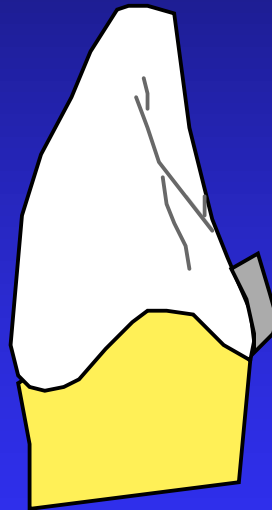
Bonded Cingulum Rests

- Flat emergence profile
- Pumice, rinse, etch, bond using rubber dam
- Ensure cervical composite well adapted

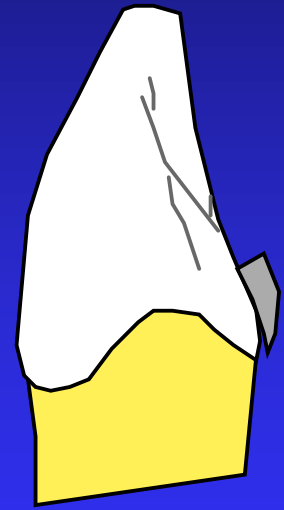
Composite Bonded Rest Seat Form



Correct



Overcontoured



**Overcontoured
Open margin**

Round Lingual Rest Seat Form

- Mesial of the canine teeth when typical cingulum rest contraindicated
 - **Large restoration**
 - **Lack of clearance with the opposing teeth**
 - **Poor cingulum**



Round Lingual Rest Seat Form

- Spoon shaped, similar to occlusal rest seat
- More difficult due to the incline of the lingual surface
- Easily incorporated into crowns



Incisal Rests

- Inferior mechanically & esthetically
- Lingual rest is nearer to the center of rotation
 - **Less torquing potential**

