

POND SQUARE DENTAL

ICON

What Is ICON Dental Treatment?

ICON (Infiltration Concept) is a minimally invasive dental treatment for early-stage tooth decay and white spot lesions.

It involves no drilling, no filling material, and offers a quick and comfortable procedure. The treatment works by infiltrating a low-viscosity resin into the porous enamel, masking white spots and strengthening enamel from within.

What Are White Spots?

White spots may appear during tooth development or after eruption. They can vary in size, shape, and opacity, and sometimes include brown or purple discolouration.

Common causes include:

Dental fluorosis caused by excessive fluoride exposure during childhood

Enamel hypoplasia and other developmental enamel defects

Early enamel demineralisation due to poor oral hygiene or diet, often around orthodontic brackets or Invisalign attachments

White spots can be more noticeable following orthodontic treatment, so maintaining good oral hygiene and regular hygienist visits is essential.

When Is ICON Used?

ICON is used to treat white spots caused by:

Early decay around orthodontic brackets

Fluorosis

Enamel hypoplasia or demineralisation

The treatment can improve the appearance of teeth, strengthen superficial enamel, and address enamel irregularities that affect confidence.

How Does ICON Work?

A special resin is applied to the enamel surface. This resin infiltrates the porous enamel structure, blending white spots from within. Once cured with light, the resin integrates with the enamel, creating a smoother, more uniform surface while preserving natural tooth tissue.

LOVE YOUR SMILE

What Is Involved in ICON Treatment?

Assessment – The clinician examines the teeth, takes photographs, assesses shade, and may take X-rays. Gum condition, tooth wear, and decay are recorded to determine suitability.

Whitening (optional) – Tooth whitening may be recommended before ICON treatment to optimise the aesthetic result.

Preparation – Teeth are cleaned and dried thoroughly.

Infiltration – A conditioning gel opens the enamel pores, followed by ICON resin application to infiltrate the lesion.

Bonding – The resin is light-cured, integrating seamlessly with the enamel.

Is ICON Painful?

ICON treatment is usually painless, as it does not involve drilling. Local anaesthetic is not typically required, but can be provided if preferred. Some temporary sensitivity may occur but generally resolves quickly.

ICON vs Composite Bonding

Feature	ICON Resin Infiltration	Composite Bonding
Tooth Preservation	No drilling, non-invasive	Some enamel removal
Aesthetics	Blends within enamel	Covers enamel surface
Durability	Long-lasting with good care	May need maintenance
Time	Usually one quick visit	Requires shaping and layering

Benefits of ICON

Minimally invasive, preserving natural tooth structure

Quick and comfortable, often completed in one visit

Produces a natural, seamless result

Long-lasting outcomes with good oral hygiene

Summary

ICON resin infiltration is a clinically proven, conservative treatment for white spot lesions and early enamel changes. It is particularly suitable for patients who want to preserve natural tooth structure while improving the appearance of their smile.

A clinical assessment is essential to confirm suitability and plan appropriate care for individual needs.

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