

# Stability of the Implant/Abutment Joint in a Single-Tooth External-Hexagon Implant System: Clinical and Mechanical Review

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## ABSTRACT

Rigorous efforts have recently been made to reduce the recurrence of implant/abutment joint failure in single-tooth implant restorations. However, the current knowledge about the stability of implant/abutment joints in an external hexagon implant system is incomplete. We reviewed clinical data regarding single-tooth implant treatment with Brånemark implants, specifically the CeraOne® abutment system (Nobel Biocare AB, Göteborg, Sweden). In vitro studies on joint stability were systematically assessed. Bending overload and the presence of misfit at the implant/abutment joint interface are the critical mechanical conditions that can make the joint unstable. Appropriate joint fitness and proper alignment of the implant should be assessed, and occlusal adjustment by narrowing the restoration width and flattening cuspal inclination should be applied to avoid bending moments caused by the lateral component of occlusal forces. Sufficient clinical reports of longer duration that evaluate and verify longer-term success of the newly manufactured joint components were unavailable.

**KEY WORDS:** abutment screw, embedment relaxation, external hexagon implant, fatigue, implant abutment interface, misfit, preload, screw loosening, settling

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Application of the 0.7 mm external-hexagon implant (introduced in the Brånemark System [Nobel Biocare AB, Göteborg, Sweden]) to patients who are missing a single tooth has increased in clinical practice.<sup>1–15</sup> This application allows the crowns to be cemented directly onto the implant abutment, and the abutment can be modified in the laboratory or even in the patient's mouth.<sup>16,17</sup> However, implant/abutment joint instability (specifically, abutment screw loosening

and/or fracture) in single-tooth implant restorations is a commonly encountered complication.<sup>2,4,10,13</sup> Clinicians and manufacturers have made rigorous efforts to reduce the recurrence of this problem.<sup>18–24</sup> For the Brånemark implant system, the manufacturer kept the implant external hexagon whereas the titanium abutment screw was replaced by a gold alloy screw with a new design. The latter allows a higher tightening torque and thus a greater preload that keeps the implant/abutment joint more stable. Other attempts by the manufacturer were made through adding anti-rotational elements or designs to the implant components, particularly to the implant/abutment joint. The maker of Steri-Oss® (Nobel Biocare USA, Yorba Linda, CA, USA) has adopted a 1 mm external hexagon on the abutment system as an antirotational element. In an attempt to eliminate rotational misfit at the implant/abutment joint, the manufacturer of the Spline™ implant (Sulzer Calcitek Inc, Carlsbad, CA, USA) has produced the “close-sliding fit” for a stronger and more stable joint.<sup>25</sup>

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From a mechanical point of view, two important factors may be described as major elements in external-hexagon implant/abutment joint stability: the screw joint preload, and the antirotational element.

## PRELOAD

*Abutment screw preload* is defined as the tensile force that is built up in the screw from the head to the threads as a product of screw tightening.<sup>18,26–28</sup> It creates a compressive (contact) force at the abutment–screw head, abutment-implant, and abutment screw–implant mating thread interfaces. Preload depends primarily on the applied torque and secondarily on the component material, the design of the screw head and thread, and surface roughness. The magnitude of the applied torque is limited by the screw's yield strength and the strength of the bone-implant interface that is the biologic limit of the applied torque.<sup>29,30</sup> Animal studies suggest that the applied torque to the bone-implant interface should be within 30 to 35 Ncm.<sup>31</sup>

## Relationship between Applied Torque and Preload

Several authors<sup>32–36</sup> have discussed the relationship between applied torque and preload. The influence of frictional forces make torque and preload indirectly proportional to one another.<sup>34</sup> Some of the factors that the coefficient of friction depends on are the hardness of the threads, the surface finish, the presence of lubricant, and the speed of tightening. The coefficient of friction increases with increasing hardness of the material, surface roughness, dryness of situation, and speed of tightening. In addition, geometry and material properties may affect the coefficient of friction to a lesser extent.<sup>34</sup> Motash reported that only 10% of the torque applied to the initial tightening of a screw system remains to induce preload whereas 90% is used to overcome friction between the mating components.<sup>37</sup> This means that a small difference in applied torque may have a major effect on preload.<sup>38</sup> Moreover, repeated cycles of tightening and loosening were found to decrease thread friction during torque application. This is because of burnishing of the microroughness at the contacting surfaces, which consequently increases the axial preload levels.<sup>37</sup> Studies comparing preload between as-received and finished mating-surface abutments reported preloads of 97 N<sup>39</sup> and 322 N,<sup>40</sup> respectively. Preload is reduced when applied torque is used

to overcome friction and to flatten rough mating surfaces rather than to elongate the screw and generate preload. Rigorous efforts have been made to reduce the recurrence of this phenomenon. For instance, Implant Innovations Inc. (Palm Beach Gardens, FL, USA) added a solid-lubricant thin-gold coating to the abutment screw surface (Gold-Tite™ abutment screw) to decrease the coefficient of friction on torque application and to increase preload values.<sup>41,42</sup> Another example is the Steri-Oss implant system (Nobel Biocare USA, Yorba Linda, CA, USA), which adopted a new surface technology (Torq Tite™) for the titanium abutment screw in order to decrease friction on torque application and to prolong fatigue life.<sup>43</sup>

Burguete and colleagues<sup>34</sup> highlighted two major aims for tightening screwed joints in the implant system. First, the joint components must be clamped together by applying a recommended torque on the joint screw. For this to be achieved, an optimum preload should be applied, providing a practical level of protection against loosening and providing a more stable anchorage. The abutment screw should be thought of as a “spring.” When torque is applied, the “spring” elongates and places the shank and threads into tension. The elastic recovery of the screw creates the clamping force that brings the joint components together.<sup>34,44</sup> The second major aim is to prolong the screw's fatigue life. The greater the preload applied to the screw (up to 60% of the ultimate tensile strength),<sup>26</sup> the longer will be the screw's fatigue life. Junker and Wallace<sup>45</sup> highlighted the same implication for eccentrically loaded threaded joints. However, when the total of the preload and the external forces goes above the yield strength of the screw, the screw becomes plastically deformed, and the joint starts to open. Consequently fatigue performance drops drastically, and the screw joint fails. In addition the clamping effect is lost when the axial compressive load on the abutment exceeds the clamping force.<sup>44</sup>

Rodkey<sup>46</sup> described the phenomenon of screw loosening by the following sequence. Once the functional loads are applied, the mating surfaces are compressed against each other, thereby reducing the frictional forces between the threads. Consequently the clamping effect will be lost. When the threads disengage and the preload declines, the screw loosens. Bickford<sup>38</sup> described the screw joint failure as occurring in two stages. In the initial phase the applied

external forces cause small slippages between the mating threads, resulting in a reduction of the frictional forces in the threads, and some of the preload is thereby lost. At this phase the only way for the joint to resist slippage is to have a maximum preload up to the ultimate strength that offers greater friction forces so that a larger force is required to cause slippage. In the second phase the external force rapidly erodes the remaining preload because of vibration and micromovement that cause the threads to “back off” and consequently diminish the ability of the screw to sustain joint stability. Once this stage has been reached, the screw joint has failed.

### Factors Affecting the Reduction of Preload on the Abutment Screw

The complexity of abutment screw loosening has made it difficult for many researchers to specify causes of this problem. The loosening problem was generally attributed to the complexity of masticatory loading conditions since they can induce varying and complex stresses throughout the implant restorations.<sup>47,48</sup> Some possible causative factors that affect the reduction of the preload on the screw and thus screw joint instability are described in the following text.

*Bending Overload.* Bending is a critical load situation that can make the screw joint unstable. A bending force larger than the yield strength of the screw results in plastic deformation that leads to preload loss. The yielding point of a gold alloy screw is 1,370 N, calculated according to screw dimensions and material specifications.<sup>18</sup>

*Fatigue.* Fatigue is the progressive crack propagation that finally results in a catastrophic fracture under repeated loading below the yield stress.<sup>49</sup> In implant systems dynamic fatigue occurs when cyclic loading is applied to the system at a level below the yield strength of the abutment screw material. Versluis and colleagues<sup>50</sup> reported that the abutment screw might loosen or fracture when fatigued or overloaded. In their report fatigue was a major possible cause of preload loss and implant/abutment joint instability.

In a theoretical analysis, Patterson and Johns<sup>51</sup> reported two locations that are likely sites for the initiation of fatigue failure in the abutment screw. The first is at the change of section between the shank and the screw head. The second, where the highest stress concentration occurs, is at the root of the screw's

first thread. The concentration of stress on the first loaded thread was explained as being a result of the different changes in thread pitch produced by the tensile strain in the bolt or screw and compressive strain in the clamped parts. This was concluded by Khraisat and colleagues,<sup>52</sup> who found that the first thread of the abutment screw was the site of fatigue fracture in Brånemark implants. In their study the fatigue resistance to a lateral load of 100 N was compared between two implant-abutment combinations: (1) the 4 mm Brånemark implant with a hexagon-mediated butt joint and (2) the 4.1 mm ITI Dental Implant System<sup>®</sup> implant (Straumann AG, Waldenburg, Switzerland) with an 8° internal conical-interface design (taper joint). In all tested specimens the abutment screw in the butt joint design fractured at between  $1.2 \times 10^6$  and  $1.7 \times 10^6$  cycles whereas the taper joint design did not fail until a defined target of  $1.8 \times 10^6$  cycles.<sup>52</sup> In the butt joint design all failures occurred at the junction between the unthreaded and threaded parts of the abutment screw. It was postulated that the axial preload of the screw in the butt joint was the determining factor for joint stability. In particular, a misfit at the implant-abutment interface might allow micromovement of the abutment screw, leading to the increase of its tensile stress and thus the decrease of its preload.

*Settling, or Embedment Relaxation.* Several authors have discussed embedment relaxation as a major mechanism of screw loosening.<sup>18,37,53–56</sup> Embedment relaxation might be defined as wear or flattening of the microscopically rough high spots at the contacting surfaces, caused by micromovement when the joint is subjected to external loads and vibrations. This effect is based on the facts that no surface is completely smooth and that every machined surface exhibits some degree of microroughness. Wear (of a nonabrasive type) at the contact areas may bring the two surfaces closer to each other. Therefore, when the total settling effect exceeds the elastic elongation of the screw, the screw loosens owing to the loss of tension in the shank, and the contact forces (preload) under the head and on the threads thus cease. For this reason, it was recommended that the abutment screw be retightened after the initial insertion and periodically whenever possible for verification of proper tautness.<sup>18,26,37,44,53–56</sup> The magnitude of settling was described as being dependent on surface roughness, surface hardness of the implant and screw, time, and magnitude of the functional

loads.<sup>18,53</sup> It was estimated that 2 to 10% of the initial preload is lost because of the settling effect<sup>55</sup>; consequently a lower torque value (compared to the initial tightening one) is required for loosening the screw.<sup>55-59</sup> In an attempt to reduce the settling effect, a 10-minute interval between tightening and retightening measurements was inserted according to the protocol suggested by Dixon and colleagues<sup>57</sup> and by Breeding and colleagues.<sup>58</sup>

**Vibration or Damping.** Junker and Wallace<sup>45</sup> were the first to describe a recent theory with regard to screw self-loosening. They reported that vibratory micromovements caused by shear force (specifically in the transverse plane) are responsible for screw self-loosening. Vibratory motion flexes or bends the screw, which causes a disengagement or loss of contact between the screw threads and implant internal threads, as well as at the undersurface of the screw head and the abutment body (ie, loss of preload). This explanation was supported by Bickford,<sup>38</sup> who explained that the direction of the functional load is not considerable as long as the load is sufficient to reduce frictional resistance between the threads and the undersurface of the screw head and thus sufficient to cause thread slippage. Intraoral shear forces occur in the last part of the closing phase and in the initial part of the opening phase during mastication as the cusps of maxillary and mandibular teeth slide along one another.<sup>60</sup> Moreover, in an analysis of physiologic tremor and muscle activity, Timmer and colleagues<sup>48</sup> stated that any muscle-controlled movement is accompanied by vibratory micromovement because of the nature of muscle unit contraction. This also applies to the masticatory muscles during mastication.<sup>48,61</sup> Thus implant and tooth contacts may transfer the resultant vibratory micromovements to the screw joint during jaw function, and screw self-loosening might occur as a result.<sup>62</sup> Many factors may affect the potential for screw self-loosening; in the oral cavity, for instance, these factors are the quality of bone and periodontal ligament, the condition of the temporomandibular joint, and the masticatory mass of the muscles. In addition, factors related to the screw itself, such as the yield strength, the screw's design and material, and the potential for fatigue, may possibly play a part in initiating screw self-loosening.<sup>62</sup>

**Other Factors.** Other factors<sup>11,18,19,51,53,63-65</sup> mentioned as probable contributing mechanisms of screw

loosening are inadequate screw tightening, which can lead to insufficient preload generation in the abutment screw; improper screw design and/or material; a poorly machined component that leads to a poor fit; and an improperly aligned abutment and implant, which would increase the lever arm and bending moments. Finally, elasticity of bone at the implant receptor site was also believed to influence screw joint stability.<sup>53,56,65</sup> A significant difference in screw stability in the maxilla compared to that in the mandible was reported.<sup>2</sup> Greater functional deformation of maxillary cancellous bone would result in significantly more stress at the implant bone level and consequently at the implant/abutment joint.<sup>53</sup>

### The Role of the Antirotational Element

The original purpose of this 0.7 mm hexagon extension was to provide a rotational torque-transferring mechanism that secures the implant on its mount during surgical placement into the bone at the implant receptor site. With the recent introduction of single-tooth implant applications, this purpose has been changed to the provision of a prosthesis indexing and antirotational mechanism.<sup>26,66</sup> Moreover, the implant hexagon extension is also used as an orientation device for the impression coping, to transfer the exact oral relationship of the implant to the working cast.<sup>67</sup>

The manufacturer of the Brånemark implant has stated that "freedom of fit" between implant components, incorporated into their design, would allow horizontal and rotational movement so that any horizontal fitting errors would be tolerated.<sup>68</sup> On the other hand White<sup>69</sup> reported that horizontal misfits can cause "implants and their internal screw parts to deform on tightening" and consequently affect screw joint stability. In addition, rotational misfit at the implant-abutment hexagon interface has been considered a major factor in screw joint failure.<sup>70,71</sup> In a study completed by Binon and McHugh,<sup>71</sup> the implant-abutment rotational misfit was reduced, and the specimens underwent eccentric axial cyclic loading. The results indicated a direct correlation between the implant-abutment rotational misfit and the screw loosening. The investigators concluded that the elimination of rotational misfit would make the screw joint more resistive to screw loosening. In another study conducted by Binon,<sup>70</sup> incrementally larger sizes of abutment hexagons with corresponding increased

rotational misfits were cyclically loaded until joint failure occurred. The greater the size discrepancy, the greater the rotational misfit and the smaller the interhexagon flat-to-flat contact area at the implant-abutment interface. The study results showed a direct correlation between implant-abutment rotational misfit and screw joint failure. It was concluded that the tighter the fit between the implant hexagon extension and its abutment counterpart, the greater the number of cycles to screw joint failure. Data from the same study indicated a significant improvement in screw joint stability when the implant-abutment rotational misfit was less than  $2^\circ$ .<sup>70</sup>

Another study investigated the influence of two patterns of lateral cyclic loading on abutment screw loosening in a hexagon-mediated butt joint system.<sup>72</sup> In this study a lateral load of 50 N was centrally applied to the first-group specimens for  $1.0 \times 10^6$  cycles whereas the same load was eccentrically applied to the second-group specimens in the untightening direction for  $1.0 \times 10^6$  cycles. Before and after cyclic loading, the reverse torque of the abutment screw was measured and compared between the two loaded groups and one unloaded group (control). The data obtained indicated that the centric-loading period decreased the reverse torque significantly whereas the eccentric load affected it insignificantly. These results might be related to the presence of play at the hexagon interface, which aggravated screw fatigue in the centric-loading group. On the other hand the eccentric lateral load made the implant hexagon engage with the abutment counterpart and supplied a lock effect, which dispersed bending forces away from the abutment screw and reserved the screw torque.<sup>72</sup>

In an evaluation of machining accuracy and consistency, Binon<sup>73</sup> reported that the implant-abutment hexagon fit is important in single-tooth restorations "where exact seating is critical to attaining repeatable interproximal contacts and optimal anti-rotational characteristics." The machining tolerance of the present technology was described as reaching 3 to 5  $\mu\text{m}$  with computer numeric controlled screw machines.<sup>26</sup> However, the tungsten carbide cutting tool can become dull and must then be replaced; the tolerances of the machined components will decrease in accuracy if the tool is not replaced.

Implant hexagon extension height has been implicated as an important factor in maintaining the anti-

rotational stability of the screw joint.<sup>26,66</sup> English<sup>26</sup> reported that the external hexagon theoretically requires a minimum height of 1.2 mm to attain the optimal antirotational effect.

In a 3-year clinical follow-up study, 23 Brånemark single-implant restorations were placed in 16 patients.<sup>1</sup> It was reported that 13 of 23 (57%) abutment screws went loose in the first year, 7 of 23 (30%) abutment screws loosened during the second year, and 1 of 20 (5%) abutment screws loosened during the third year. In the same study 8 of 23 (35%) abutment screws continued functioning without loosening during the 3-year follow-up period. Another 3-year retrospective study, which used 93 Brånemark single-tooth implants in 77 patients, reported 40 (43%) cases of abutment screw loosening; 28 screws loosened once while the other 12 screws loosened two or more times during a 3-year period.<sup>5</sup> In a 3-year follow-up study completed by Jemt and Pettersson,<sup>3</sup> 70 Brånemark single-tooth implants were placed in 50 patients; 45% of the abutment screws had to be retightened at least once during the follow-up period.

In a prospective study 107 single-tooth implant restorations supported by Brånemark implants were observed for 5 years.<sup>2,4,10</sup> It was reported that 26% of the abutment screws were retightened during the first year. Seventeen of the abutment screws were loose at the 1-week follow-up visit, 7 were loose at 1 month, 5 were loose at 6 months, and 5 were loose at 1 year. During the third year of observation, 11% of the abutment screws loosened in 10 patients. Moreover, one titanium abutment screw fractured after 3 years, and 13 were replaced by the new gold alloy screw. Another prospective study presented the results achieved with 65 CeraOne® abutments (Nobel Biocare AB) after 5 years of loading.<sup>11</sup> It was concluded that tightening the new gold abutment screw to 32 Ncm in the CeraOne system eliminated the problem of screw loosening or fracture.

In fact the new gold alloy abutment screw in the CeraOne abutment significantly decreased the loosening phenomenon but did not eliminate it. A recent 5-year multicenter study of 97 single-tooth implants using the CeraOne system reported the loosening of 4 (4.1%) abutment screws.<sup>13</sup>

In the clinical studies mentioned above, the new gold alloy abutment screw in the CeraOne abutment significantly decreased the occurrence of screw loosening



and/or fracture. This was attributed to the higher amount of frictional forces produced between the gold alloy screw and the titanium implant component. Furthermore, the tensile and yield strengths are greater for the gold alloy than for titanium; a greater preload can thus be generated in the gold screw. Jörn  s and colleagues<sup>18</sup> reported ultimate tensile and yield strengths of 1,450 N and 1,370 N, respectively, for the CeraOne gold alloy abutment screw. These values are more than two times those for the titanium grade 1 screw (630 N and 470 N, respectively). Ultimate tensile strength is the maximum stress that an alloy can sustain without fracture; yield strength is the measure of the alloy's resistance to plastic deformation. Yield strength is an important measurement clinically because once a restoration is deformed, it is structurally compromised and at significant risk.<sup>26</sup> Tan and Nicholls<sup>32</sup> reported a mean screw joint preload of 643.4 N for the CeraOne 2 mm gold abutment screw with a recommended tightening torque of 32 Ncm. This preload value was the highest recorded among the investigated seven external-hexagon abutment systems. In another study, McGlumphy and colleagues<sup>33</sup> reported a mean preload value of 539.6 N for the CeraOne abutment screw torqued to 32 Ncm. In spite of the difference between the two studies, both values are well within the safety margin of the screw fatigue life.

Finally, when the implant/abutment joint is unstable owing to any of the aforementioned factors, deleterious complications may occur. Gap creation at the abutment screw–abutment interface,<sup>74</sup> loosening or fracture of the abutment screw,<sup>75</sup> implant fatigue or fracture,<sup>19</sup> marginal bone loss,<sup>76,77</sup> and bone fracture<sup>78</sup> were reported as results of an unstable implant/abutment joint.

Because single-molar implants might have a high susceptibility to bending overload and shearing stress at the implant/abutment screw joint,<sup>5,8,19,22,37,79,80</sup> a number of guidelines were suggested for better stability,<sup>19,22,61–63,79–86</sup> such as (1) placing the implant in a location such that the occlusal loads are directed alongside the longitudinal axis of the implant, (2) centering the occlusal contact (for the reason mentioned above), and (3) flattening the cuspal inclination, to decrease bending moments caused by the lateral component of occlusal forces as well as intraoral shear forces that cause vibration. Other guidelines were also suggested,<sup>79–86</sup> such as narrowing the buccolingual and

mesiodistal widths of the restoration (ie, reducing cantilevers and the consequent bending moments) and properly tightening the abutment screw for optimal preload generation in the screw shaft, thus obtaining a favorable joint stability.

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