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Advanced 3Y-TZP bioceramic doped with Al₂O₃ and CeO₂ potentially for biomedical implant applications

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ABSTRACT

This research studies 3 mol% yttria-stabilized zirconia (3Y-TZP) investigating the effects of Al_2O_3 and CeO_2 dopants on the stability of tetragonal phase and the microstructure of 3Y-TZP determined over the operating temperature ranging from 1250°C to 1550°C. It is found that the mechanical properties of 3Y-TZP are dependent on the sintering temperature and the dopant amount. The current study reveals that the optimum sintering temperature is 1450°C for all 3Y-TZP samples while attaining more than 98% of the theoretical density (6.1g/cm³). With optimum dopants, the 3Y-TZP ceramic samples demonstrate the Vickers hardness of 10.9 GPa and fracture toughness (K_{IC}) of 10 MPa.m^{1/2}. Fracture toughness increases with the dopant content, indicating that the annihilation of oxygen vacancies in 3Y-TZP is responsible for the instability of the t-ZrO₂ lattice. To investigate the biocompatibility of 3Y-TZP, cell culture study was performed using osteoblast cells. The results demonstrate a high percentage of cell attachment and proliferation that confirmed the biocompatibility of synthesized 3Y-TZP. ARTICLE HISTORY Received 3 October 2018 Accepted 21 January 2019

KEYWORDS

Bioceramic; 3Y-TZP; cell morphology; cell proliferation; cytotoxicity; mechanical properties

Introduction

Biomaterials are implanted in human bodies to replace damaged/diseased tissues. As for the developments in implantology field, many materials have been invented to improve prostheses quality applied for either fixing or replacing the body tissues. Since most of the biomaterials used for this purpose are ceramics, metals and polymers, spectacular improvements have occurred in many cases such as bone reconstruction, and replacing joints or teeth. The overall innovations on both surface properties and bulk modifications in this regards are enormous. When prosthesis is placed within the body, it interacts with the living organs. Therefore, it is important that the material should be biocompatible, e.g. a successful implant provides enough material tolerance to support a higher biocompatibility grade. A biomaterial can be produced from various sources such as metal, polymer or ceramic, depending on its functionality [1-5]. There are advantages and limitations associated with each material category. For example, ceramic is well-known for its biocompatibility. However, it is frequently characterized by its high hardness and low resistance to fracture. On the other hand, bioceramics such as 3 mol% yttria-stabilized zirconia (3Y-TZP), porcelain are often used in dental applications due to their biocompatibility and promising mechanical properties [6-8]. More importantly, very fine grain microstructures may be obtained (particle size ~0.5 µm) from Y-TZP powders. The fracture toughness, hardness and fracture strength of 3Y-TZP are 4–8 MPa.m^{1/2}, 10–12 GPa and 900–1200 MPa, respectively [9], which are relatively high as compared to those of other bioceramics [10]. The superior fracture toughness exhibited by Y-TZP ceramics are due to the transformation toughening mechanism, which involves spontaneous phase transformation from tetragonal (t) to monoclinic (m) zirconia occurring as a crack propagates through the material, a mechanism known as transformation toughening [11].

However, one of the major limitations of Y-TZP ceramics as engineering materials is the undesirable surface-initiated phase transformation from the (t) to (m) symmetry accompanied by property degradation during exposure in humid atmosphere (water and steam) at temperatures ranging from 20°C to 500°C. Besides, ceramic can undergo a slow, tetragonal to monoclinic phase transformation at the samples surface in a humid atmosphere followed by microcracking and a serious loss in strength, a phenomenon subsequently known as ageing or low-temperature degradation (LTD) [12–14].

To overcome LTD in Y-TZP, inclusion of sintering additives such as TiO_2 , SiO_2 , Al_2O_3 , MgO, CeO_2 , etc. have been investigated by many researchers since this is the most effective and simplest way to achieve a dense body at low-temperature sintering, thus helps to

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improve the mechanical properties of the sintered material [15–20]. Samodurova [21] reported that combined effect of alumina and silica (up to 0.25 wt%) co-doping to 3Y-TZP results in improved resistance to ageing without affecting the mechanical properties. Small addition of Al_2O_3 (<5%) is able to promote densification of Y-TZP ceramic. It is observed that small addition of Al_2O_3 could enhance sintering at low temperatures and cause impressive grain growth at higher sintering temperatures.

Microstructure of the ceramics can be altered, leading to dispersion strengthening through various mechanisms [22-24] that eventually enhances the mechanical property of the material. The effects of Al₂O₃ and 3Y-TZP ceramic composites in vivo environment have been studied by Santos et al. [25]. This analysis showed promising results, because the viability of 90% of the composite material was clearly above the 80% viability limit, which indicates an excellent biocompatibility of the material. Therefore, it can be affirmed that the 3Y-TZP-Al₂O₃ composite material can be classified as non-cytotoxic and therefore having great potential for possible applications as implants. Another attractive dopant for the stabilization of 3Y-TZP is cerium oxide. It has been reported that the minor addition of cerium oxide (up to 0.5 wt %) to 3Y-TZP results in improved resistance to ageing without affecting the mechanical properties. Rejab et al. [26] indicated that through increasing CeO₂ content the bulk density was increased and the percentage of porosity was decreased. This can improve the toughness of the materials.

The aim of this work is to study the influence of the combined effects of aluminium oxide and cerium oxide co-doping on the densification, Vickers hardness, fracture toughness and cytotoxicity of 3 mol% yttria-stabilized zirconia materials commonly utilized in the implants.

Experimental procedures

Synthesis of 3Y-TZP ceramic and preparation of test samples

The starting materials used were as-received commercial 3 mol% Y-TZP (Kyoritsu, Japan) cerium oxide and aluminium oxide powders of 99.9% purity (Sigma Aldrich). The 3 mol% Y-TZP powder was combined with various percentages of aluminium oxide and cerium oxide powders; i.e. undoped, 0.3wt% and 0.5wt% using a wet-milling method. The raw materials were weighed in appropriate quantities, ball milled in ethanol using zirconia balls as the milling media. The resulting slurry was oven dried and sieved to obtain micro-scale ready-to-press powder. Samples were pressed accordingly into discs (20 mm diameter) and bars (4mmx 13mmx32mm) and underwent cold-isostatic pressing at 200 MPa before being sintered at various temperatures ($1250^{\circ}C - 1550^{\circ}C$), with a ramp rate of $10^{\circ}C/min$ and holding time of 2 h.

Physical and mechanical characterizations

The bulk densities of samples were determined using the Archimedes method (Mettler-Toledo AG204). Firstly, the samples were polished before their Vickers hardness (Hv) values were measured using micro-indentation. During the test, a load of 1 kg was exerted using a pyramidal jewel indenter for 10 s. Ten measurements were performed on each sample. On the other hand, the K_{IC} values of all samples were determined by measuring the cracks created upon exerting a load of 2 kg for 10 s. The crack was analyzed by using an image analysis program. Here, the equation proposed by Niihara et al. was employed [27]. The measurement was repeated 10 times for each sample.

Cell culture study

2x10⁵ cultured human osteoblasts (Passage 3 or 4) were seeded onto each Al₂O₃/CeO₂ (either with the ratio of 0.3/0.3 or 0.3/0.5) disc placed in a 24 well plate. After 24 h, seeded discs were shifted to a new 24-well plate. At day 1, day 4 and day 7, the seeded discs were transferred to a new plate. At the respective time points, 40ul of PrestoBlue™ Reagent (Invitrogen, USA) was added directly into the well with 360ul of culture medium containing the seeded discs. The seeded disc samples placed into the well-plate were incubated for 2 h at 37°C. After incubation, the well-plate was shaken mildly for more uniform distribution of seeded cells into the disc samples, and transferred 100ul of the reaction mix (in triplicates) into a 96-well plate. Absorbance was read at 570nm with a reference wavelength of 600nm using a microplate reader (BioTek, USA). Living cells that are metabolically active will reduce the non-fluorescent dye resazurin to a strongly fluorescent dye resorufin. Absorbance is proportional to the number of viable cells. Seeded discs after the Presto Blue assay at Day 7, were subsequently incubated in culture media twice for 24 h at 37°C in CO₂ incubator. After 24 h, the seeded discs were rinsed with Dubellco's phosphatebuffered solution (DPBS) for 5 min and incubated with pre-warmed LIVE/DEAD assay reagents for 30-45 min at room temperature. Following incubation, the seeded discs were rinsed with DPBS and viewed under the confocal laser scanning microscope (Nikon A1, Nikon, Japan).

Qualitative observation of live/dead cell

Seeded discs after the Presto Blue assay at Day 7 were incubated in a culture media. The incubation was performed twice in a CO₂ incubator operating at 37°C. After 1 day, the seeded discs were rinsed in the Dubellco's Phosphate-Buffered Solution (DPBS) for 5 min. Subsequently, the discs were incubated at room temperature with the prewarmed LIVE/DEAD assay reagents for 30-45 min. After that, the seeded discs were rinsed with DPBS and viewed under the confocal laser scanning microscope (Nikon A1, Nikon, Japan). Indeed, the cell viability depends on its physical and biochemical characteristics. Frequent intracellular esterase activity and enzymatic conversion of the nonfluorescent cell-permeant calcein AM to the fluorescent calcein are common in a live cell. Also, green fluorescence is produced intensively in a live cell (ex/em ~495 nm/~515 nm) due to the ubiquitous polyanionic dye calcein. By magnifying the dying/ dead cells using 40x enhancement of fluorescence (upon attaching the cells to the nucleic acids), EthD-1 accesses the damaged membranes of these cells by examining the bright red fluorescence formed (ex/em ~495 nm/~635 nm). EthD-1 is not considered in live cells. Table 1 reports the quality of cell attachment and the grade of cell viability on the disc.

Cell morphology and cell-material interphase

Cell-seeded constructs were immediately fixed in 4% cold glutaraldehyde in phosphate buffer, pH 7.5, stored at 4°C, and then rinsed 3 times with PBS and dehydrated in a graded ethanol series. The samples were then post-fixed with 1% osmium tetraoxide for 2 h at 4°C and dehydrated with increasing concentration of acetone (35%, 50%, 75%, and 95% for 10 min each and three changes in 100% for 15 min). The dehydrated samples were transferred into specimen basket and immersed in 100% acetone, and dried with critical point dryer (Baltec 030 CPD, Liechtenstein, Switzerland) for approximately 30 min. Thereafter, the samples were mounted on copper stub using double-sided carbon tape and sputter coated (Polaron E5100 sputter coater, Milan, Italy) with gold-palladium. The samples were then examined using Phenom G2 Pro Desktop scanning electron microscope (Phenom-World, Netherlands).

Table 1. Grading for cell attachment on the material.

Quality of cell attachment	Description	
High	All most the entire area are covered with cells	
Moderate	Much area covered with cells	
Low	Little area covered with cells	
Nil	No cell attachment can be observed	

Results and discussions

Bulk density

The variation of bulk density for 3Y-TZP with different amounts of Al_2O_3 and CeO_2 sintered between 1250°C and 1550°C is presented in Figure 1. The result shows that both compositions exhibited a common densification trend. The 0.3wt% $CeO_2/0.3wt$ % Al_2O_3 -3Y-TZP composition achieved considerably higher values of approximately 97.5% (5.956 g/cm³) of the theoretical density (6.1 g/cm³) when sintered at 1450°C as compared to density achieved for the undoped ceramic 94% (5.88 g/cm³).

Vickers hardness

The influence of sintering temperature and inclusion of CeO_2 and Al_2O_3 on the Vickers hardness of 3Y-TZP is demonstrated in Figure 1. It was observed that the hardness of doped 3Y-TZPs showed a trend similar to the bulk density in Figure 2. The results obtained confirmed that the addition of CeO_2 and Al_2O_3 enhanced the hardness of 3Y-TZP when sintered at 1450°C. The hardness was found to be the lowest (~7 GPa) when sintered at 1250° C and increased to ~8.4 GPa at the sintering temperature of 1350°C before reaching the maximum value of ~9.8 GPa at the sintering temperature of 1450°C.

Besides that, the hardness values of all the CeO₂ and Al_2O_3 doped specimens was observed to be higher than that of the undoped material when sintered between 1250°C and 1550°C. The hardness value trend of the 0.3wt% $Al_2O_3/0.3$ wt% CeO₂ and 0.3wt% $Al_2O_3/0.5$ wt% CeO₂ doped specimens was almost similar, i.e. increasing rapidly from ~9.7 GPa to ~9.4 GPa, when sintered at 1250°C to the values of more than 10.7 GPa and 10.9 GPa at 1450°C, respectively.

Fracture toughness

The variation of fracture toughness for Al₂O₃ and CeO₂ doped 3Y-TZP against sintering temperature is shown in Figure 3. The results indicated that both compositions appeared to have negligible effect on the fracture toughness of 3Y-TZP at temperatures from 1250°C to 1350°C. The fracture toughness values were found to be between 4 MPam^{1/2} and 6 MPam^{1/2}. The phenomenon that the fracture toughness (K_{IC}) value did not vary significantly with sintering temperature indicated that the additions of CeO₂ and Al₂O₃ below 1350°C did not affect the resistance of 3Y-TZP in propagating crack. However, when sintered above 1350°C, the K_{IC} of the doped compositions started to increase with increasing temperature; e.g. 0.3wt% Al₂O₃ and 0.5wt% CeO₂doped 3Y-TZP and 0.3wt% Al₂O₃ and 0.3wt% CeO₂doped 3Y-TZP exhibiting a significant increase from 5.2 $MPa.m^{1/2}$ to 9 MPa.m^{1/2} and 4.7 MPa.m^{1/2} to 10 MPa. $m^{1/2}$, respectively.



Figure 1. Effect of CeO₂ and Al₂O₃ additions on the bulk density of 3Y-TZP sintered between 1250–1550°C.



Figure 2. Effect of CeO₂ and Al₂O₃ additions on the Vickers hardness of 3Y-TZP sintered from 1250°C to 1550°C.



Figure 3. Influence of dopant additions and sintering temperature on the fracture toughness of 3Y-TZP.

Cell viability and proliferation assay (quantitative)

Cell proliferation of human osteoblasts grown on 3Y-TZP surfaces at days 1, 4 and 7 is presented in Figure 4. There was no change in cell culture at each culture time. The MTT assay showed no significant differences among the samples at days 1 and 4, supporting the epifluorescence images of cultures. Additionally, cells adhered better to culture plastic dish (control sample) compared to both compositions.

Cell leachate study

Figure 5(a-c) shows the cell numbers of $0.3Al_2O_3$ / $0.3CeO_2$ and $0.3Al_2O_3/0.5CeO_2$ doped-3Y-TZP samples over leachate exposure time. At Day 1, the material containing $0.3Al_2O_3/0.5CeO_2$ showed greater viability than its counterpart as there was an increase in cell amount in compared to the control specimen. Eventually, there was a 10% increase in cell proliferation by the end of Week 1. The other values are shown in Table 2. At the end of day 4, it was observed that the cell had proliferated by 8%, and at the end of day 7, the cells proliferated by 1.5%. Though



Figure 4. Cell viability (absorbance reading) on Al₂O₃ and CeO₂ discs vs plastic culture dishes.

 Table 2. Percentage difference from negative control for each material specimen (week 4 only).

Day	Percentage deviation from control(0.3:0.3)	Percentage deviation from control(0.3:0.5)
1	-8%	+10%
4	-2%	+8%
7	-11%	+1.5%

there was a decrease in proliferation rate as compared to day 1, the specimen still indicated a positive proliferation rate as compared to the control specimens.

As for the 0.3wt% $Al_2O_3/0.3wt$ % CeO_2 material, it was seeded with 20,000 cells during initial testing and the cells rapidly multiplied to approximately 48,000 cells. However, at the end of day 1, a slight decrease in the amount of cells (8%) was detected. At day 4, a decrease of 2% of cells were reported and finally at day 7, a decrease of (11%) of cells were reported. Although at the end of day 7 a consistent decrease in cell proliferation was reported. However, this value was above the control sample which still indicates the samples 0.3wt% $Al_2O_3/0.3wt$ % CeO₂ material is not toxic.

Live-dead detection of cells (qualitative imaging)

Images of the stained seeded disc under the confocal laser scanning microscope were captured using a high-resolution CCD camera as shown in Figures 6 and 7. The features of cell attachment and cell viability on the discs viewed under the fluorescent microscope. It was found that the sample containing 0.3wt% Al₂O₃/0.5wt% CeO₂ seemed to be more variable in terms of percentage of cell attachment and cell viability. In general, both materials showed a high percentage of cell attachment and moderate cell viability.



Figure 5. The comparison of cell number versus cell leachate for samples containing 0.3wt% Al₂O₃/0.3wt% CeO₂ and 0.3wt % Al₂O₃/0.5wt% CeO₂ over 7 days.



Figure 6. Fluorescent micrographs of cells seeded of 0.3wt% Al₂O₃/0.3wt% CeO₂. (Green cells are live cells Red cells are dead or dying cells).



Figure 7. Fluorescent micrographs of cells seeded of 0.3wt% Al₂O₃/0.5wt% CeO₂. (green cells are live cells, red cells are dead or dying cells and blue are nucleus).

Cell morphology and cell-material interphase study

Seeded human osteoblasts appeared to be well attached on the surface of both types of specimens. At day 1, cells appeared to be plump (rounded), similar to young cells and many had developed extensive pseudopodia as shown in Figure 8. At day 3, cells appeared to be slightly more flattened which is likened to a more mature phenotype of osteoblast. At day 7, cells appeared to be even more flattened, with some demonstrating crust-like surface that appeared like mineral deposition. The final grain size and cell shape determined for all specimens are shown in Table 3. No clear distinction could be made between the morphology of cells seeded on either disc type. No cells were seen penetrating into the inner spaces of the material.

 Table 3. Summary of the final grain size and cell shape determined for all specimens.

Specimen	Avg. Grain Size(µm)	Shape of Cell
A1	452.04	Plump
B1	390.15	
A2	437.98	Slightly flattened
B2	493.1	
A3	504.42	Slightly flattened
B3	446.2	- /

Discussion

Physical characterization

The results showed that the addition of Al₂O₃ and CeO₂ dopants had a large effect on the mechanical properties of 3Y-TZP. The densification behaviour of the material in terms of density was studied under various conditions of sintering temperature as well as dopant content. The achievement of a higher density is most likely due to the reduction in porosity through high sintering temperatures. Due to the higher amount of heat energy, there is an increased fusion rate of particles experienced by the material. It is interesting to note that the addition of aluminium oxide and cerium oxide (sintered in between 1350°C and 1450°C) can increase the density of 3Y-TZP by 2–5%. This finding is consistent with previous studies [28,29], where both CeO_2 and Al_2O_3 have been used as sintering additives in Y-TZP. The same additives have been previously used in ceramic matrices as well. By performing sintering at 1400°C for 1 h, Kimura et al. [30] reported that additives such as CuO and MnO₂ (with 0.1wt%-0.5wt% of MnO₂) could improve the bulk density as well. This favourable effect happens at a lower temperature as well that renders the microstructural property of Al₂O₃ highly homogeneous. Beyond 1400°C, density reduction is







Figure 8. Cell Morphology and Cell-Material Interphase Study for specimens containing at $0.3wt\% Al_2O_3/0.3wt\% CeO_2$ and $0.3wt\% Al_2O_3/0.5wt\% CeO_2$ at day 1(A1 & B1), day 3(A2 & B2) and day 7(A3 & B3) respectively.

observed due to the increase in grain size and intergranular cracking within the samples.

Mechanical characterization

The mechanical properties of the sintered material were evaluated for their hardness and fracture toughness as a function of dopant content as well as sintering temperature which were plotted in Figures 1 and 3, respectively. It is evident that when Al_2O_3 and CeO_2 were added to 3Y-TZP, they resulted in a gradual increase in hardness and fracture toughness, with a relatively high rate of increase at 1450°C. However, it was seen that regardless of dopant additions, the hardness and fracture toughness of all the 3Y-TZPs started to decrease when sintered above 1450°C. This trend of increasing hardness until a maximum at a certain sintering temperature followed by a continuous decline

thereafter with further sintering as seen in the present study is in agreement with the work of Ramesh et al. [31]. Two possible explanations can be made for the decline in hardness of this sample when sintered above 1400°C. Firstly, hardness is strongly dependent on bulk density, which decreased considerably during the temperature range as shown in Figure 2 and secondly, it can be associated with the reduction of tetragonal phase content and an increase in the cubic phase formation in the zirconia matrix with increasing temperature.

The significant increase of K_{IC} in these compositions might be attributed to the transformation toughening effect. The influx of yttria to certain tetragonal grains during sintering tends to tighten the tetragonal grains and lead to excessive grain growth. Subsequently, the yttria-rich cubic phase is formed. Upon cooling (to room temperature), the minority grains suffering from intense yttria dissolution would undergo phase transformation, i.e. from (t) to (m) phase. The tetragonal grains that have undergone slight yttria depletion would become metastable and remain in their tetragonal forms. These metastable grains are likely to undergo transformation toughening (upon indentation) leading to large fracture toughness. The above finding has been supported by Kimura et al. [30].

Assessment of in vitro bioactivity

Upon dopant additions, the bioactivity of 3Y-TZP was analyzed using a few types of test such as cell viability and proliferation assay (Quantitative), cell leachate, live-dead detection (Imaging) and cell morphology and cell-material interphase study (Scanning Electron Microscopic Evaluation). The physical and mechanical properties were taken into account when selecting the samples used for the in vitro study; 3Y-TZP samples containing 0.3wt% Al_2O_3 and 0.5wt% CeO₂ sintered at 1450°C were used because they displayed highest densification behaviour and superior mechanical properties.

Cell viability and proliferation assay

At days 1 and 4, no significant differences in terms of cell morphology were detected between the two compositions; cells exhibited polygonal shapes with long cytoplasmic extensions. A slightly lower cell number on day 4 can be observed for the 0.3wt% Al₂O₃/0.5wt% CeO₂ composition however at day 7; cell multilayering took place for both compositions. The MTT results confirmed a major progression of human osteoblasts cell cultures on the 0.3Al₂O₃ /0.5CeO₂ doped-3Y-TZP surface, as revealed by significantly higher values of 0.22 at day 7 compared to the 0.3Al₂O₃/0.3CeO₂ surface with absorbance rate of 0.18. Strickstrock et.al [32]. conducted a cell viability test using 3Y-TZP for a period of 7 days. Investigated samples demonstrated high cell viability (>95%) with no signs of cytotoxic effects. Similar results were also reported for fully differentiated primary human osteoblasts. Ardlin et.al [33] also investigated cell viability on various types of 3Y-TZP composition materials discovered that cellular viability showed a significant increase upon immersion of about 2 to 3 days.

Cell leachate

At the end of Week 1, there was 10% increase in cell proliferation on 0.3Al₂O₃/0.5CeO₂ samples as compared to 0.3Al₂O₃/0.3CeO₂ samples. It was also found that cell number increased almost two times of the original cell number after day 1 of immersion. A positive value indicates that the cell number exceeds the control and a negative value reflects a reduction in proliferation rate of the cells. The 0.3Al₂O₃/0.3CeO₂ samples, however, showed a contrast in cell proliferation, as the numbers of cells were seen to have reduced by about 11%. It is evident that the 0.3Al₂O₃/0.5CeO₂ material had higher proliferation rate as compared to the 0.3Al₂ O₃/0.3CeO₂ material. Despite of having contrasting values, it can be concluded that both 0.3wt% Al₂O₃ /0.5wt% CeO2 and 0.3Al2O3/0.3CeO2 materials' rate of cell proliferation clearly indicate that the material is not toxic.

Cell morphology and cell-material interphase study Both compositions of Al_2O_3/CeO_2 doped 3Y-TZP appears to be biocompatible to human osteoblasts. It provided a nodular surface that supported cell attachment and proliferation. As pore sizes were in average less than 2 µm, cells (approximately 100 µm) did not penetrate into the inner cavity of the material but remain on the material surface. In a study conducted by Garcia et.al [34]., it was found that 3Y-TZP samples compared to Zr-Ti samples adhered better to the cell surfaces. Previous also confirmed that a better osteoblast behaviour is observed on zirconia as compared to titanium [35,36].

Conclusions

The incorporation of Al_2O_3 and CeO_2 dopants had direct influences on the physical and biomechanical properties of the synthesized 3 mol% yttriastabilized zirconia (3Y-TZP). Generally, the dopants enhanced the tetragonal ZrO₂ stability and the microstructure of 3Y-TZP. The doped 3Y-TZP samples had smaller grain sizes and thus higher hardness values as compared to the undoped samples. The doped 3Y-TZP bioceramic also demonstrated higher cell proliferation than that of undoped samples. Overall, the 3Y-TZP doped with 0.3wt% Al₂O₃ and 0.5wt% CeO₂ holds high potential as an advanced bioceramic for biomedical implant applications.

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Disclosure statement

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