

# VIEW FROM THE PRACTICE

## COSMETIC DENTISTRY

**Ahead of his hands-on aesthetics course this year, Rahul Doshi runs through the basic principles and priorities of cosmetic dentistry**

**A**dvancements in adhesive dentistry have brought about numerous design choices and technical options for the dental clinician when considering cosmetic dentistry. This has now become the pivotal foundation of aesthetic dentistry. But exactly how far down the line are we really and what aspects do we need to keep in mind?

A sound understanding of bonding and what it involves becomes essential learning if we are to stay ahead in cosmetic dentistry. Core knowledge boils down to the differences between the techniques and materials when bonding to enamel or dentine. The subtleties of the techniques become even more important when choosing materials and dentine-bonding agents. Indeed, direct composite restorations have been proven to provide a successful and predictable way of creating minimally invasive cosmetic enhancements using adhesive dentistry.

However, the success is as much dependent on technique as it is knowledge of materials.

### **SORTING YOUR PRIORITIES**

The following points become critical if aesthetics are a priority:

**1. Macro-aesthetics.** Understanding of the final shape and form involves using technique to create the desired shape and size of any tooth. This is particularly important when multiple teeth are involved and you are conforming to a particular occlusion. The methods used become especially important when using a palatal matrix to create the

occlusal and incisal form thus leaving the occlusion without interferences and producing longer-lasting restorations.

**2. Micro-aesthetics.** Understanding how to produce character via texture from horizontal striations, effects of mammelon at the incisal edge, and also the fine detail at the incisal edge. Micro-aesthetics allows the introduction of personality and character into the teeth, which is also a vital piece in the jigsaw puzzle of ultimate aesthetics.

**3. Shade and colour.** The correct shade will enhance any restoration. Planning also becomes critical when selecting the shade of teeth and the final restorations. Here we need understanding of the layering techniques and manipulation of materials for the correct shade of dentine and enamel, as well as knowing what effects to create with special colours.

**4. Material selection.** Understanding the physical and chemical properties of different materials is vital when treatment planning for a lasting result. The choice of bonding material has an effect on the use of either composite material or porcelains, in respect of shade, consistency, strength and aesthetic properties, eg the Enamel Plus HRI (Optident) is a new material out on the market, based on nano-technology that possesses the same refractive index as natural enamel, which means that an invisible margin is more predictable without a 'glass effect'. This is often responsible for a lower value of the restoration.

**5. Preparation technique.** Technique is critical to the final result when creating direct/indirect restorations. For direct restorations, the requirement is to create not a retentive restoration, but one with an invisible junction to the natural tooth.

For indirect restorations, good preparation techniques allows the ceramist to create the desired results to the full satisfaction of the patient. For example, insufficient space for the

correct build up in the incisal third area or insufficient occlusal clearance or poor margins, not only produce porcelain restorations that do not fit, but also poor aesthetics at the margin.

**6. Minimal and/or 'reversible' options.** Treatments that involve no preparation, minimal preparation, or even direct alternatives to traditional veneers, have also been carved out from adhesive dentistry. Correct understanding of form and aesthetics can create beautiful outcomes with minimal intervention but maximum aesthetics.

### **WINNING OUTCOME**

Aesthetic dentistry is about embracing all that the true cosmetic dental artist can create with technique. By following correct guidelines and improving on knowledge of aesthetic dentistry, the dentist can create a satisfactory outcome that commands the correct financial rewards, as well as self satisfaction of creating fine artistic dentistry.

Rahul will be speaking at Cosmetic Dentistry UK, a six-day hands-on aesthetic course, along with Phil Broughton and Andrew McLean.  
Dates: North (Manchester): 30-31 March, 13-14 April, 20-21 July. South (London): 15-16 June, 13-14 July, 7-8 September.  
Visiy [www.independentseminars.co.uk](http://www.independentseminars.co.uk)

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