

DENTAL TRIBUNE

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Personality 'disorder'?
Learn how personality types affect the office.
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Lasers in dental hygiene
Learn why this author won't work without a laser.
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Same-day inlay/onlay technique

Want to save teeth and time and improve your practice?

By Lorin Berland, DDS, FAACD

I'm always looking for ways to help my patients get the dentistry they want and deserve. More and more patients are demanding esthetic, reliable alternatives for their old, defective amalgams.

They still want to avoid crowns, root canals and multiple visits. This is why I've been providing reliable, durable and much appreciated biomimetic same-day inlays and onlays for years.

What is biomimetic dentistry?

Biomimetic dentistry is conser-

vative, preservative dentistry. We treat weak, fractured and decayed teeth in a way that conserves tooth structure and helps preserve strength.

This helps provide resistance to bacterial invasion. It reduces the need to drill down teeth for crowns and will reduce postoperative discomfort, as well as the need for two appointments, and possible endodontic treatment.

In essence, it is utilizing the latest in dental materials and technology to keep what we've got for as long as we've got — just as nature intended. Unlike other

parts of our bodies, our teeth do not mend on their own.

It is, therefore, imperative to conserve as much natural tooth structure as possible. We strive to do this with same-day inlays/onlays.

This means no excessive tooth removal, no cumbersome temporaries and no time-consuming and uncomfortable second visits.

Biomimetic: to copy/mimic nature

Nature is our ideal model. In order

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Fig. 1: Large, broken-down amalgam.



Fig. 2: Immediate post-op, occlusal.

Archived hygiene Webinars: Earn 3 C.E. credits!



The DT Study Club Webinar series "Simple Advanced Treatment Modalities for the Dependent Patient" with Hygiene Tribune Editor in Chief Angie Stone, left, and Dental Tribune author Shirley Gutkowski is available online for viewing at a time that suits your schedule. → See page 19A

The oral body connection

By Fred Michmershuizen, Online Editor

What does oral health have to do with heart health? Quite a bit if you ask some of the leading experts in their respective fields.

Evidence has long shown that those with diseased mouths are at a higher risk for heart attacks and strokes.

More recent findings indicate that improving a person's oral health reduces the risk of atherosclerosis or

plaque in arteries. The evidence is so strong that leading experts in periodontology and cardiology are teaming up to encourage other dental and medical professionals to work together.

"The immense power we have as dentists to impact not just our patients' oral condition but their entire general state of health is becoming clearer in the science when it comes to reducing

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AD



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Fig. 3: Immediate post-op, buccal.



Fig. 4: Broken, unhappy tooth No. 19.



Fig. 5: Amalgam and caries removed showing dentinal floor fracture.



Fig. 6: Self-etch primer.



Fig. 7: Final prep.



Fig. 8: Onlay on model.



Fig. 9: Happy tooth, happy patient.



Fig. 10: Same day inlay/onlay CD-ROM cover.

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to mimic nature, we must understand what nature looks and feels like.

We need to know how it moves and functions. In other words, we study nature's properties so that we can better replicate it. We want stronger dental units — teeth and restorations — not just stronger crowns.

Now it is possible to rebuild teeth with newer materials and techniques that more closely simulate natural teeth and hold up better to the hearty demands of life.

Through advances in dental adhesives, we strive to make the compromised tooth whole, using materials that best mimic dentin and enamel.

Our patients can testify that biomimetic restorations look and feel much better than traditional dental restorations.

Biomimetic dentistry is conservative

Modern adhesives and bonding techniques are the driving force of biomimetic dentistry.

With traditional dentistry, healthy tooth structure is destroyed and/or removed in order to retain a new restoration.

By using advanced adhesive techniques and properly fashioned inlays and onlays, dentists can help save their patients' teeth, time and money.

We could say that preservation and conservation lie at the heart of biomimetic dentistry. It is a win-win situation for everyone.

I think every dentist who sees a lot of old amalgams should consider offering these restorations. Most dentists probably have almost everything they need to do so, including the patients.

All that is most likely needed is an indirect composite and curing system, a portable hydrocolloid impression method, silicone injectables for die and model work and disposable articulators. That's it.

In addition, once a dentist has all that, in addition to same-day inlays/onlays, the dentists will be ready to provide patients with lab-quality transitionals and temporaries as well as custom trays on an immediate, low-cost basis.

That means better dentistry. Sound good?

We know it's the right thing to do. It's what we would do for ourselves. Gordon Christensen says, "The lack of use of tooth-colored onlays is one of the most frustrating situations I see in current restorative dentistry."

People hate temporaries. The worst aspect about temporizing inlays and onlays is they always come out when you don't want them to and sometimes won't come out when you do want them to at the second, or "bond" visit.

Patients hate having to come back to get numb for yet another

uncomfortable appointment.

Moreover, that second visit is what keeps many people from being proactive about replacing all of their old amalgams. In addition, it's also what makes it so costly — for your patients and for you.

That's why if you incorporate these restorations in your practice, your overhead goes down and your profits increase — all while taking better care of your patients.

Same-day inlay/onlays will definitely benefit your patients and your practice.

For a minimum investment in new equipment and materials, and a very short and easy learning curve, you and your assistants can quickly begin to replace defective amalgam restorations and at the same time conserve and reinforce remaining tooth structure — and so much more!

Your quadrant and full-mouth dentistry will definitely increase along with patient satisfaction, referrals and profits.

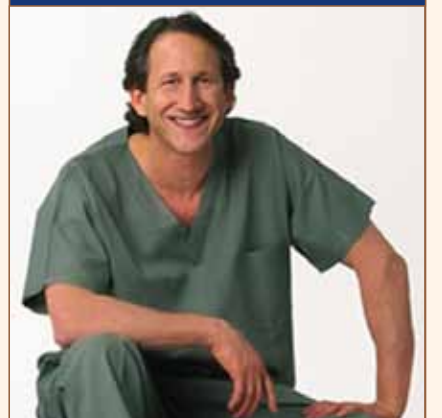
Look at the benefits for you and your patients:

- No temporaries means no "lost temporary" emergencies between appointments.
- No costly second appointments means patients appreciate getting it all done the same day.
- No lab bill means reduced overhead costs.

If you'd like more information on the Biomimetic Same Day Inlay/Onlays 8-AGD credit CD-ROM that

outlines the materials, equipment and techniques, please call (214) 999-0110 or e-mail ashley@dallas-dentalspa.com. DT

About the author



Dr. Lorin Berland, a fellow of the AACD, pioneered the Dental Spa concept in his multi-doctor practice in the Dallas Arts District. In 2008, he was honored by the AACD for his contributions to the art and science of cosmetic dentistry.

For more information on The Lorin Library Smile Style Guide, www.denturewearers.com, a "Full-mouth Rehab in 2 Visits" DVD and Biomimetic Same-day Inlay/Onlay 8 AGD Credits CD-ROM, call (214) 999-0110 or visit www.berlanddentalarts.com.

Fight oral cancer!

Visit www.OralCancerSelfExam.com

Did you know that dentists are one of the most trusted professionals to give advice? Thus, no other medical professionals are in a better position to show patients that they are committed to detecting and treating oral cancer.

Prove to your patients just how committed you are to fighting this disease by signing up to be

listed at www.oralcancerselfexam.com. This Web site was developed for consumers in order to show them how to do self-examinations for oral cancer.

Self-examination can help your patients to detect abnormalities or incipient oral cancer lesions early. Early detection in the fight against cancer is crucial and a primary benefit in encouraging your

patients to engage in self-examinations. Secondly, as dental patients become more familiar with their oral cavity, it will stimulate them to receive treatment much faster.

Conducting your own inspection of patients' oral cavities provides the perfect opportunity to mention that this is something they can easily do themselves as well.

You can explain the procedure

in brief and then let them know about the Web site, www.oralcancerselfexam.com, that can provide them with all the details they need.

If dental professionals do not take the lead in the fight against oral cancer, who will? And in the eyes of our patients, they likely would not expect anyone else to do so — would you?