



Direct and indirect approach in the Worn Dentition

The development and reliability of modern composites and adhesive systems has offered clinicians an additional option for managing surface dental tissue loss. Patients with minimal, moderate and severe hard tissue wear in the posterior and anterior areas can be treated on the basis of the application of the techniques of minimally invasive composite restorations. This lecture presents the "Index Technique", a new very conservative approach for the management of worn dentition. The technique, through the "Biodentistry" concept, allows a purely additive treatment without sacrificing the remaining healthy hard tissue. It follows the principles of bioeconomy (maximum preservation of healthy tissue) and reinforcement of the residual dental structure. This lecture, through the index technique, proposes a rapid and conservative approach for the planning and management of a full-mouth adhesive treatment in all cases of worn dentition. This technique, thanks to a "copy/paste" approach, is based on directly molding the composite resin on the tooth surface, using a transparent mask created by the technician on full-mouth waxing after an increase of the vertical occlusal dimension (OVD) initially planned on the basis of an aesthetic - functional analysis.

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Graduated in Dentistry at the University of Genoa in 1999. He attended the Department of Conservative Dentistry of the University of Zurich, under the guidance of Prof. F. Lutz, deepening topics related in particular to adhesive dentistry and their applications in conservative and prosthetic dentistry. He is an active member of the European Academy Esthetic Dentistry (EAED); active member of the Italian Academy of Conservative and Restorative Dentistry (AIC); active member of the Italian Academy Esthetic Dentistry (IAED).

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