



## Update three-step technique

The 3 STEP technique arises from an intuition, and from the classic and light perseverance of a curious and stubborn mind. Over the years it becomes a way of seeing, an also risky stance, which essentially aims at maximizing the preservation of healthy tissues. Today this reconstructive technique that involves patients with dental wear opens up to the prosthesis in its entirety, becoming rehabilitative, as a diagnostic method, before being therapeutic. A way to stimulate minds to why it happens, and not just to how to repair. A discipline therefore, that, without disdaining the aesthetics, brings clinicians closer to function, through the semiotics that apply to real practice. The aim of this presentation will be to talk about this. 3 STEP as a preliminary element in prosthetic phases, as a diagnostic weapon. As an alternative, applicable, possible way.

### Francesca Vailati (Geneve, CH)



After receiving her medical degree from the University of Bari (Italy) in 1996, Dr. Vailati left Europe to pursue her dental education in the United States. In 2000 she received her dental degree from the University of Pennsylvania (USA) and in 2003, she earned a certificate in Prosthodontics along with with a M.S.D. degree from the University of Connecticut (USA). Returning to Europe in 2004, she joined the department of Fixed Prosthodontic headed by Prof. Urs Belser at the University of Geneva (Switzerland), where she is now in charge of the Geneva Erosion study, under the direction of Prof. Irena Sailer. Dr. Vailati maintains a part-time private practice in Geneva, dedicated to rehabilitation of worn down dentitions, using adhesive Prosthodontics and ADDITIVE Dentistry. She has developed a protocol, the 3STEP technique, which allows clinicians to face full-mouth rehabilitations in a more predictable manner.

Finally, Dr. Vailati has created her own Academy, the 3STEP Academy, with different centres around Europe. Her main location, however, remains next to Geneva, her home base, Annecy, France, where theoretical-practical courses are held on Additive Dentistry and functional rehabilitation of patients affected by erosion and parafunctional habits.