



Worn Dentition restoration with direct and indirect approach

The evolution of adhesive materials has radically changed the restorative approach of dental elements by defining a new boundary line between conservative and prosthetic dentistry. The different direct and indirect therapeutic options for the restoration of elements with variable degree of wear in the anterior and posterior sectors will be analyzed. The direct restorations can be performed with a free-hand technique, stratified with the aid of a matrix template, or with injection technique of a highly loaded flowable composite through transparent silicone masks. The different direct techniques can be applied in cases with limited number of elements but also in extreme cases of arch rehabilitations. The need for extreme restorations can be dictated by financial reasons, but it also represents the most conservative approach possible. It is evident that the indirect technique is first choice in the case of "full mouth adhesive rehabilitation", associated with a correct treatment planning that involves aesthetic analysis by means of DSD, adhesive mock-up and minimal preparations guided by the mock-up. The increase in vertical height allows to reduce the amount of the preparations finding the right space for the restoration materials (mainly Lithium Disilicate on conventional or digital impressions). The procedure will also be illustrated with a video.

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