



Saturday, 9th May 12:45 pm-1:30 pm

Bleaching

ESTHETICS BEYOND BLEACHING REMINERALIZATION-BASED STRATEGIES

Tooth whitening is one of the most requested esthetic treatments, yet color alone does not define a beautiful smile. Enamel quality, surface integrity, and mineral balance significantly influence both optical properties and long-term oral health. This presentation explores evidence-based remineralization strategies that enhance esthetics while strengthening enamel biology. The biological mechanisms of demineralization and remineralization will be reviewed, highlighting the role of bioavailable calcium, phosphate, and fluoride. Professional and home-care technologies will be discussed, including fluoride varnishes, calcium-phosphate systems (CPP-ACP and functionalized tricalcium phosphate) and biomimetic hydroxyapatite. Emphasis will be placed on integrating minimally invasive preventive protocols into daily practice to improve enamel resilience, support long-term mineral stability, and achieve brighter, more natural esthetic outcomes beyond bleaching alone.

SILVIA BORTOLOTTI



Dr. Bortolotti is a dental hygienist who graduated from the University of Milan. She continued her education with a Master's degree in "Advanced Technologies in Oral Hygiene Sciences" at Sapienza University of Rome and a Master's degree in "Pathology of Gingival Mucosa Not Induced by Bacterial Plaque" at the Dental School of Turin. She is a lecturer in the clinical cariology course "Winning the Caries" by Dr. Sammarco and is co-author of the book "Clinical Cariology." She regularly speaks at national courses and conferences, with a particular focus on innovative approaches to cariology and minimally invasive strategies. In parallel, she is also involved in international volunteer work with the association APA – Amici per l'Africa (Friends for Africa), participating in healthcare projects in Tanzania.

KATARINA MINARSKI



Dr. Katarina Minarski is a dental hygienist who graduated from the University of Verona, where she obtained her degree in Dental Hygiene in 2020, after completing a traditional Scientific High School diploma. During her professional career, she has distinguished herself both in clinical practice and in educational and scientific activities. Since 2023 she has been a lecturer in the course "Winning the Caries," and since 2024 she has served as Regional Councilor of AIDI for Trentino-Alto Adige. In 2025 she participated as co-author in the volume "Clinical Cariology," edited by Giovanni Sammarco, and has spoken at several educational events and conferences, including the "Black Stain" Masterclass by Tartaro, the Dompè meeting dedicated to "Systemic Patients and Oral Hygiene," and the SIE event on "The Hygienist's Protocols in the Maintenance of the Cariology Patient."