Balancing Efficiency and Esthetics – Maximizing Today’s Modern Materials

By Dr. Cory Glenn, DDS, USA

As many dentists in busy practices might know, being efficient during each procedure is a key to success on a day-to-day basis. I continually strive to hone my skills to make procedures faster and better, and a large part of my ability to do this is my product mix. And although efficiency is extremely important to me, I never choose a set of products even if they offer great efficiency, if the end result becomes compromised.

A large part of my practice is performing direct posterior restorations, which can often become time consuming. For me, the need for multiple steps and multiple composite layers. Over the years I’ve been incrementally placing composites with great results, but I wanted something easier for my posterior restorations. To make restorations simpler, I began researching new products marketing themselves as efficient and esthetic. I’m not the type to simply switch everything over to one new product without ample research and science backing up the product, so I began testing a select group of products I thought would work well.

I began experimenting with a new adhesive, a new composite material, a new cutting light, and a new finishing and polishing system. After the first few restorations I began achieving great results quickly and easily.

Characteristics of Adhesive

Universal adhesives have been available for several years and their goal is to be exactly what they say: universal. In most cases, there’s no need for multiple bottles for different indications and most can be used in self, selective, and total-etch mode. After some initial research and talking with colleagues I began trying Single Bond Universal Adhesive. In order to lessen the risk of using a new product, I began using it for a few procedures at first to gauge its performance and kept my old adhesive material on standby.

Finding the Right Bulk Fill

I’ve been intrigued with the advent of bulk fill composite in the last few years and their ability to be placed in one increment. But my experience with this is my product mix. And although efficiency is extremely important to me, I never choose a set of products even if they offer great efficiency, if the end result becomes compromised. A large part of my practice is performing direct posterior restorations, which can often become time consuming. For me, the need for multiple steps and multiple composite layers. Over the years I’ve been incrementally placing composites with great results, but I wanted something easier for my posterior restorations. To make restorations simpler, I began researching new products marketing themselves as efficient and esthetic. I’m not the type to simply switch everything over to one new product without ample research and science backing up the product, so I began testing a select group of products I thought would work well.

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