
Dr. Monteiro is coming to Middle East to lecture on direct restorations of anterior and posterior teeth, with special focus on new bulk fill resins and he shared with us his opinion on modern dentistry evolution and latest technologies used in dental materials.

Following the IDS Cologne we see a big change in the dental industry, towards which direction do you see dentistry heading?

**Dr. Monteiro:** Modern Dentistry walks towards the maximum conservation of dental tissues (enamel and dentin). Accordingly, materials which are able to emulate the natural tooth tissues in aesthetics and function have been developed.

We have witnessed in recent years a technological revolution in dentistry. With more and more applications, technology in dentistry open us new doors, new ways to go. With no doubt the technology is not only the present but is the future of dentistry.

**Being an international speaker, what is the most important message you would like to portray to the audience?**

Dentistry is constantly developing and there is a need to update regularly.

In this sense, we should not be stuck in the past, trying to follow new trends if properly supported by scientific evidence. Don’t be afraid of new technologies, new products, new dental restorative techniques. All this came to help us to simplify our daily clinical work.

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**What is your impression of Dentistry in the Middle East?**

I have not had direct contact with dentistry in Middle East, as this will be my first time I will travel to these countries. However, I have followed the work of some colleagues in this region, which have a very high level of excellence. So I have a very positive opinion.

**Can you tell us about your upcoming lecture in Saudi Arabia?**

I am excited about the opportunity to visit and lecture in Saudi Arabia.

In these lectures we will discuss the new materials and techniques for direct restorations of anterior and posterior teeth, with special focus on new bulk fill resins. We will also discuss simple techniques to make direct restorations with a high aesthetic level.

You will love how simple it is to make an aesthetic restoration.

What is your opinion regarding bulk fill posterior restorative materials? What are the major advantages and disadvantages?

I really like the bulk fill resins. As a main advantage - the possibility of using large thickness of material, lower shrinkage and easy application. The disadvantages... Honestly only to be slightly translucent material to allow the light pass through.

In which case would you prefer to use bulk fill composite in the posterior area?

To be honest, in direct restorations I currently use almost always the bulk fill resin in posterior teeth.

**What is the risk of post-operative sensitivity with bulk fill posterior composites vs traditional composites using traditional layering technique?**

With bulk fill the risk is much lower, due to lower polymerization shrinkage.

What are the key success factors when working with bulk fill posterior composites?

Choosing the right composite resin and apply it correctly. There are bulk fill resins that are very fluid. Usually all these more fluid resins need to be coated with a conventional composite resin, due to suffering more occlusal wear. This is not the case with the latest versions, for example with Filtek™ Bulk Fill Posterior, as those are materials that can be used with a lower occlusal wear.

I would choose a resin composite that is not so fluid and which allows me in the same time a good and proper compaction in the cavity and an easy modeling.

Dr. Paulo Monteiro obtained his degree as a Doctor of Dental Medicine at the Instituto Superior de Ciências da Saúde-Egas Moniz (ISCSEM) in Caparica, Portugal. He completed post-graduate training in Aesthetic and Restorative Dentistry at ISCSEM.

Currently, he works there as an Assistant Professor responsible for the post-graduate program in Aesthetic and Restorative Dentistry and is occupied in a dental practice. In addition Dr. Monteiro is a PhD student in Dentistry at the University of Santiago de Compostela, Spain. He is involved in research of new dental materials, including composite resins, dental adhesives, dental ceramics and new digital technologies.