Same-day inlay/onlay technique
Want to save teeth and time and improve your practice?

By Lorin Berland, DDS, FAACD

I’m always looking for ways to help my patients get the dentistry they want and deserve. More and more patients are demanding esthetic, reliable alternatives for their old, defective amalgams.

They still want to avoid crowns, root canals and multiple visits. This is why I’ve been providing reliable, durable and much appreciated biomimetic same-day inlays and onlays for years.

What is biomimetic dentistry?
Biomimetic dentistry is conservative, preservative dentistry. We treat weak, fractured and decayed teeth in a way that conserves tooth structure and helps preserve strength.

This helps provide resistance to bacterial invasion. It reduces the need to drill down teeth for crowns and will reduce postoperative discomfort, as well as the need for two appointments, and possible endodontic treatment.

In essence, it is utilizing the latest in dental materials and technology to keep what we’ve got for as long as we’ve got — just as nature intended. Unlike other parts of our bodies, our teeth do not mend on their own.

It is, therefore, imperative to conserve as much natural tooth structure as possible. We strive to do this with same-day inlays/onlays.

This means no excessive tooth removal, no cumbersome temporaries and no time-consuming and uncomfortable second visits.

Biomimetic: to copy/mimic nature
Nature is our ideal model. In order to be a biomimetic dentist, you need to understand the anatomy of the tooth and mouth. You need to understand how the tooth relates to the jaw and how the jaw relates to the rest of the face.

By Fred Michmershuizen, Online Editor

What does oral health have to do with heart health? Quite a bit if you ask some of the leading experts in their respective fields.

Evidence has long shown that those with diseased mouths are at a higher risk for heart attacks and strokes. More recent findings indicate that improving a person’s oral health reduces the risk of atherosclerosis or plaque in arteries. The evidence is so strong that leading experts in periodontology and cardiology are teaming up to encourage other dental and medical professionals to work together.

“The immense power we have as dentists to impact not just our patients’ oral condition but their entire general state of health is becoming clearer in the science when it comes to reducing...