Same-day inlay/onlay technique

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 remove 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 want — 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 mimic nature, we must understand what nature looks and feels like.

We need to know how it moves and functions. In other words, we study nature’s properties so that we can better replicate it. We want stronger dental units — teeth and restorations — not just stronger crowns.

Now it is possible to rebuild teeth with newer materials and techniques that more closely simulate natural teeth and hold up better to the heavy demands of life.

Through advances in dental adhesives, we strive to make the compromised tooth whole, using materials that best mimic dentin and enamel.

Our patients can testify that biomimetic restorations look and feel much better than traditional dental restorations.

Biomimetic dentistry is conservative

Modern adhesives and bonding techniques are the driving force of biomimetic dentistry.

With traditional dentistry, healthy tooth structure is destroyed and/or removed in order to retain a new restoration.

By using advanced adhesive techniques and properly fashioned inlays and onlays, dentists can help save their patients’ teeth, time and money.

We could say that preservation and conservation lie at the heart of biomimetic dentistry. It is a win-win situation for everyone.

I think every dentist who sees a lot of old amalgams should consider offering these restorations. Most dentists probably have almost everything they need to do so, including the patients.

All that is most likely needed is an indirect composite and curing system, a portable hydrocolloid impression method, silicone injectables for die and model work and disposable articulators. That’s it.

In addition, once a dentist has all that, in addition to same-day inlays/onlays, the dentist’s office will be ready to provide patients with labor-quality transitional and temporaries as well as custom trays on an immediate, low-cost basis.

That means better dentistry. Sound good?

We know it’s the right thing to do. It’s what we would do for ourselves. Gordon Christensen says, “The lack of use of tooth-colored onlays is one of the most frustrating situations I see in current restorative dentistry.”

People hate temporaries. The worst aspect about temporizing inlays and onlays is they always come out when you don’t want them to and sometimes won’t come out when you do want them to at the second, or “bond” visit.

Patients hate having to come back to get numb for yet another uncomfortable appointment.

Moreover, that second visit is what keeps many patients from being proactive about replacing all of their old amalgams. In addition, it’s also what makes it so costly — for your patients and for you.

That’s why if you incorporate these restorations in your practice, your overhead goes down and your profits increase — all while taking better care of your patients.

Same-day inlay/onlays will definitely benefit your patients and your practice.

For a minimum investment in new equipment and materials, and a very short and easy learning curve, you and your assistants can quickly begin to replace defective amalgam restorations and at the same time conserve and reinforce remaining tooth structure — and so much more!

Your quadrant and full-mouth dentistry will definitely increase along with patient satisfaction, referrals and profits.

Look at the benefits for you and your patients:

• No temporary means no “lost appointments.”

• No costly second appointments means patients appreciate getting it all done the same day.

• No lab bill means reduced overhead costs.

If you’d like more information

Dr. Lorin Berland, a fellow of the Aacd, pioneered the Dental Spa concept in his multi-doctor practice in the Dallas Arts District. In 2008, he was honored by the Aacd for his contributions to the art and science of cosmetic dentistry.

For more information on The Lorin Library Smile Style Guide, www.denturesavearears.com, a “Full-mouth Rehab in 2 Visits” DVD and on the Biomimetic Same Day Inlay/Onlays 8 AGD credit CD-ROM that outlines the materials, equipment and techniques, please call (214) 999-0110 or e-mail ashley@dallasdentalspa.com.