

Enhancing smiles

Rahul Doshi explains how maximum aesthetics can be achieved with minimal intervention.

There is no doubt that veneers can create beautiful smiles when done correctly. However, the tooth preparation, which sometimes involves the cutting and drilling of healthy enamel, not only damages and weakens teeth, but it also reaffirms the stigma that cosmetic dentistry is harmful.

Minimally invasive (MI) dentistry is about preserving as much healthy tooth structure as possible. As caring professionals, it is great that materials and techniques are now available which allow us to provide veneers to patients with little or no tooth preparation necessary. Nowadays, no-preparation veneers or ultrathin veneers provide a functional, highly aesthetic and durable alternative that is conservative of tooth structure. For example, I regularly use Ivoclar Vivadent's IPS e.max Lithium Disilicate glass ceramic, which creates solid, strong, thin veneers and requires minimal invasive preparation for treatment, therefore making it gentle to tooth structure.

Thanks to celebrities and the media, the public is becoming increasingly discerning; they demand and expect the best, natural looking results. Therefore it is important that dentists are appropriately trained to meet these demands. Learning specific techniques to create beautiful smiles without reducing enamel or with minimal intervention is invaluable.

However, it's not just about buying equipment or the materials that constitutes successful MI dentistry. It's important to learn the full process; from diagnosis to cementation, and be able to:

- Treatment plan for an aesthetic and functional perspective.
- Complete examination and diagnosis

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of a patient, utilising several diagnostic recording and evaluation tools.

- Understand and complete a 'Smile Analysis'.
- Plan for the most common type of cases.
- Understand minimal tooth preparation.
- Understand minimal preparation techniques for adhesive dentistry, including crowns, veneers and onlays, avoiding cutting away too much enamel.
- Understand the important occlusal principles in smile design.
- Select and use the correct burs for minimal teeth preparation.
- Utilise diagnostic wax-ups to achieve an aesthetic and functionally correct 'trial smile'.
- Understand the use of lasers to

enhance the gingival outline.

Artistry is important when completing veneers. If dentists can visualise the final result and recognise which teeth need preparation and which do not, this will help create final restorations that meet aesthetic and functional expectations. Likewise, a fantastic working partnership between the clinician and laboratory is vital to creating the best results for patients.

Many dentists understand MI dentistry, but don't know how to provide it to their patients. It's also useful for DCPs to understand such techniques so they can explain treatments to patients and answer any queries. Minimal Intervention dentistry is the way forward in creating the perfect smile for patients whilst preserving healthy enamel.

Demonstrating how the dental team can create beautiful smiles without reducing enamel or with minimal intervention, Rob Storrar and I will be hosting a hands-on workshop entitled, 'Designing smiles with no-preparation veneers' at the ICDE 2013 Anniversary. We will show the dental team what can be achieved with MI dentistry, using the most up-to-date techniques and materials available. We aim to help professionals understand the processes and advantages of this increasingly popular type of treatment.

The ICDE 2013 Anniversary is taking place June 28-29 at the International Centre for Dental Education, Enderby, Leicestershire. For information on how to book a place turn to our contacts section on page 106