Direct & Indirect Posterior Tooth Coloured Restorations:
“a guide to functional and aesthetic success”

General Synopsis

The reduction in the carious disease incidence and the growing concern of patients for potential toxicity of metals and dental aesthetics, have called the profession for developing restorative options adapted to new demands. Composites and adhesive techniques have then become the foundation of modern restorative dentistry, following tremendous improvements in material mechanical performances, wear resistance and aesthetic potential. Composite resins are currently used in a broad range of situations, including the treatment of initial decays to the restoration of extended and serial cavities, including the aesthetic and functional rehabilitation of patients with severe tooth wear. However, polymerisation shrinkage of the resin matrix and in-mouth material application still are crucial issues which impose certain limitations to the use of direct techniques. Therefore, other restorative options such as semidirect and indirect techniques have to be considered for large and deep cavity configurations or non-vital teeth. The lecture will overview decision criteria for the treatment of posterior teeth with direct or indirect techniques and discuss the main incremental options as well as recent “simplified” filling techniques. New, improved concepts related to tooth preparation and cavity lining, as well as luting procedures will be presented, which lead to a simplification of clinical procedures and superior results in indirect restorations. The material choice in consideration to tooth biomechanical status will be discussed in detail with special focus on the “cracked tooth syndrome” and non-vital teeth. The program will provide a comprehensive description of related clinical procedures.
## Program duration (according to the organisation needs)

From 3 to 6-8 hours

## Typical program content

<table>
<thead>
<tr>
<th>Topics covered</th>
<th>6-8:00</th>
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<tbody>
<tr>
<td>General indications of tooth coloured restorations</td>
<td>✔</td>
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<tr>
<td>The bio-mechanical balance</td>
<td>✔</td>
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<tr>
<td>Comprehensive treatment rationale</td>
<td>✔</td>
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</tbody>
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### Direct techniques:
- adhesive concept & systems ✔
- base & liners ✔
- simplified application techniques (bulkfilling) ✔
- layering techniques (indications & application) ✔
- rebonding & surface sealing ✔
- finishing & polishing ✔

### Inlays, onlays & overlays:
- choice of material ✔
- revised preparation protocol ✔
- semi-direct composite techniques (intra-oral indirect composite restorations) ✔
- advanced luting technique ✔
- finishing & polishing ✔