



My recipe to achieve a G-æniel smile

Rodolphe Zunzarren

When choosing a composite for my practice, I always consider its mechanical properties, its consistency, its handling and how it looks at the end in terms of surface gloss and aesthetics. These characteristics are key to me because they allow me to create durable restorations that remain aesthetic over time.

When it comes to the polishing procedure itself, it's essential to achieve a high lustre in anterior restorations. I find that with certain polishing procedures, the composites have a smooth surface but keep a matte aspect. I think it is important to get as close as possible to the natural aspect of a tooth, when dry or moist.

My polishing procedure typically differs from case to case. In anterior cases, the result must be aesthetically flawless because the restorations are very visible. In the posterior area, the procedure can be less demanding. Currently, I follow three steps in all my anterior restorations: a silicone point to smoothen the surface, a goat hair brush and diamond paste to polish, and finally a cotton polisher with diamond paste to achieve a high lustre.

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mistakes a dentist can make is not to allocate enough time for the polishing step. In my opinion, this, in addition to creating the morphology are the two fundamental steps, even more important than the layering step. Here are some case studies that demonstrate my approach to polishing and the results I have achieved.



About the author

Dr Rodolphe Zunzarren graduated from Bordeaux University, where he worked as an assistant in conservative odontology in the university hospital for four years. Dr Zunzarren now has a private practice in Biarritz, France. He is the author of the "Guide clinique d'odontologie" (published by Editions Masson), and regularly gives lectures for continuous education programmes in different fields such as restorative dentistry, endodontology and implantology.



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