



A universal solution for posterior restorations?

Clinical case reports using Essentia® Universal Shade

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Dr Bojidar Kafelov graduated from the Medical University of Sofia Dental School in 2009. Since then he completed many continuing education courses in the field of endodontics and composite restorations. He published his first case report in 2011 in *Roots Magazine* (*Roots* 1/2011), and in 2012 another article related to pre-endodontic build-up in *Oral Health Journal*, Canada. He is working as a full-time endodontist at the Svedent Dental Clinic (Sofia, Bulgaria) since 2009, and is lecturing and giving hands-on courses in Bulgaria and abroad. Additionally he is an active member of the Bulgarian Society of Aesthetic Dentistry and an opinion leader for GC and Dentsply Maillefer.

Since the introduction of adhesive dentistry, dentists around the world are searching for an easy and efficient way to reproduce nature and to achieve the right occlusal anatomy in the posterior area. Numerous methods were developed which combine different shades in order to achieve perfect integration of the restoration with the natural tooth structure; however these layering approaches are complicated and imply a steep learning curve for the dentist.

When I finished dental school and started to do posterior restorations on a daily basis, I found that **one of my main struggles was to build nice-looking Class I or Class II restorations which integrated well, both in terms of color and anatomy.** I started working with Gradia Direct and after that with G-ænial (GC, Japan) but both composite systems suggest two-shade recipes for the posterior region, with an opaque dentin shade and a translucent enamel shade. **Post-endodontic restorations were also a challenge in terms of shade integration**, and if I had to place a fiber post the final result was not always satisfying.



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