



Trends in restorative dentistry

Embracing scientific advances

Spain

Dr Javier Tapia Guadix is a private dentist in Spain and he recently discussed his preferences for dental materials and their indications.

I think there are several trends going on today but all of them have one clear link: minimally invasive dentistry. The ultra-conservative approach is gaining more relevance as technology provides us with better materials that allow minimum thickness while keeping the same physical properties with unrivalled aesthetics.

Adhesive techniques are constantly evolving and improving, empowering us to be highly conservative either by using direct or indirect techniques. The global economy is pushing this

conservative philosophy, as these kinds of treatments are usually less costly than traditional therapy. Furthermore, patients become more demanding, not only for aesthetics (both anterior and posterior) but also on less aggressive therapies.

Materials of choice

I've tried several materials in the past two years, especially composite resins. The new generation of micro-hybrid and nano-hybrid materials is one example. Highly filled flowable composites like G-ænial Universal Flo (GC) are probably one of the biggest improvements in this field.

At the same time, I've been testing new fibre reinforced materials,



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