



# Changing perspectives on direct CAD/CAM restorations

Choosing hybrid ceramics (GC Cerasmart) as an option

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**Dr Grzegorz Witkowski** was born in 1979 in Białystok, Poland. He studied at Medical University of Warsaw and graduated in 2003. Member of European Association of Endodontics, Polish Association of Endodontics, Polish Academy of Aesthetic Dentistry and American Dental Association. Dr Witkowski is a recognized international speaker and author of many articles regarding endodontics, CAD/CAM solutions and use of the microscope in everyday practice. Since 2004 Dr Grzegorz works in a private clinic in Olsztyn, Poland, focusing on endodontics, CAD/CAM and aesthetic dentistry. In private life, husband, father and amateur triathlete.

## "Is there only one material of choice for CAD/Cam restorations?"

When you ask a dentist about their CAD/CAM material of choice, they will probably answer with one of several common options like feldspathic, disilicate or some other kind of ceramic that in their opinion is "the hardest". But when we think about it, is extreme hardness an overwhelming advantage? And what does it really mean? If we mean inflexible, then generally speaking it's not really a great advantage. And luckily for patients, dentists change their minds sometimes.

I am a big fan of composites but as we all know, some of the restorations we do these days should be done by the indirect method. Using porcelain in dentistry is very common, but dealing with ceramics needs a lot of skill from the technician.

When we think about indirect there are two main options. One is the dental lab, which of course is a good

solution but it takes valuable time to produce and deliver the restoration. The second solution is a CAD/CAM system like Cerec. With that we can prepare our indirect restorations in the dental office.

With the Cerec solution there are plenty of materials to choose from. We can use feldspathic, leucite, lithium disilicate, glass ceramics or zirconia blocs and hybrid ceramics that have more composite than ceramic in them. When choosing a material for a restoration, one has to consider several aspects, including flexibility, reparability and aesthetics, as well as wear to opposite dentition.

Now we are not limited just to pure ceramics. GC Cerasmart is a hybrid material that can be used with great success for a lot of indications.

## "Cerasmart combines the best of two worlds"

As an endodontist I do a lot of endo/resto cases and most of them are indirect. Any person who has milled



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