

The value of a minimally invasive approach

CLINICAL
TIPS

Nishan Dixit explains how the align, bleach and bond technique can improve the health and appearance of the patient's smile

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Modern materials, technology and treatment concepts mean dentists no longer have to destroy natural teeth in order to deliver exceptional aesthetic and functional outcomes for patients. Instead, we can take a far more ethical approach to procedures, whereby as much as of the natural tooth structure as possible is preserved. With a greater focus on minimally invasive dentistry, more and more clinicians are exploring techniques for achieving the best results through conservative treatment.

It's all about ABB

One such technique that's growing increasingly popular within the field is align, bleach, bond (ABB). This involves utilising alignment orthodontics to reposition the teeth, before performing professional tooth whitening and

composite edge bonding to further improve the health and appearance of the patient's overall smile.

My protocol involves aligning the teeth with the Invisalign Go system, before professionally whitening the teeth using the Boutique Whitening kit. I then complete treatment by bonding composite to the edge of the teeth with Venus Pearl from Kulzer.

Benefits to patients

ABB combines three disciplines to provide a less invasive option to traditional veneer-based smile makeovers. With ABB, the improvement of the smile is progressive, giving the patient the chance to not only get more involved in the treatment process, but also to see how their teeth evolve over time.

This procedure can offer incredible value to patients, as it enables them to achieve their dream smile, thus boosting their self-image and self-confidence. Beyond this, ABB also corrects the position of the teeth, making it easier for patients to maintain good oral hygiene, ultimately resulting in better long-term oral health outcomes.

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From theory to practice

There are plenty of professional courses offering ABB training. The best of these emphasise the importance of correct case selection, assessment, diagnosis and treatment planning. In addition, many programmes are presented by highly experienced clinicians from the field who demonstrate how to put theory into practice in order to ensure delegates' competence and confidence with treatment.

Continued support and mentorship are also available even after course completion. Why not explore the possibilities of ABB today? **D**



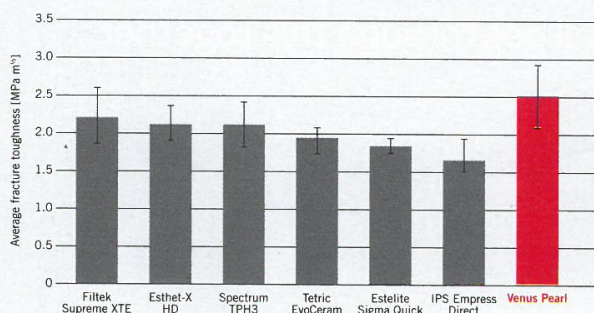
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