

Minimally invasive, predictable and cost-effective restoration

Dr Nikhil Sethi, from Square Mile Dental Centre in London, shares a restorative case that he was able to treat in a minimally invasive yet simple and cost-effective way for the patient, using the Bioclear Method



Nikhil Sethi qualified in 2009 from Kings College London. After finishing his masters in aesthetic dentistry also from Kings, he has gone on to really enjoy composite bonding and smile makeovers.

A patient presented with two failing anterior composite restorations.

An intraoral examination revealed that they had been stained and had formed secondary caries.

All the potential treatment options were discussed with the patient, including possible advantages, disadvantages and limitations of each. Informed consent was obtained to proceed with the replacement of the composite.

Using the Bioclear Method

I decided to use the Bioclear Method to replace these restorations. This technique provides more predictable outcomes and facilitates the creation of highly aesthetic restorations in a minimally invasive way.

The concept of injection moulding enables the clinician to achieve an ideal margin and emergence profile, for long-lasting restorations at an affordable price for most patients.

I began by carefully removing the existing restorations under rubber dam after a shade assessment.

Following the Bioclear Method, I then removed any biofilm after disclosing and using an ultrasonic scaler followed by air abrasion. Two Bioclear incisor mesial

matrices were placed, with a view to restore them one at a time using the adjacent matrix to support.

The cavity was etched, washed and dried and Scotchbond Universal Adhesive from 3M Oral Care was placed.

After a lubricating layer of heated Filtek Supreme Flowable Restorative from 3M had been injected, the Filtek Supreme XTE Universal Restorative in shade B1B from 3M was heated in the Bioclear heatsink and then injected. Any excess material was easily cleaned off.

This was light cured for 60 seconds per surface and the restoration was contoured and polished. The final occlusal photo shows the accurate occlusal contacts.

Final results

The patient was delighted with the result achieved in this case. It demonstrates clearly the benefits of the Bioclear Method, which I have increasingly been using as my go-to restorative technique.





Hands-on training for the Bioclear Method is available in the UK through the Bioclear Learning Centre, which offers different levels of courses to suit every clinician's experience.

For further details about the Bioclear concept and products, visit www.bioclearmatrix.com.

For more information about products from 3M Oral Care, call 08705 360 036 or visit www.3M.co.uk/Dental.

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