Dr Janine Sohota graduated in 2012 from Birmingham Dental School (United Kingdom). She has worked primarily in private practice for 6 years now and has a special interest in cosmetic dentistry and smile makeovers. Janine has obtained a postgraduate degree in Implant Dentistry at the London College of Oral Implantology and regularly attends dental courses to ensure her practice is dynamic and progresses with the current surge in the demand for cosmetic dentistry in the UK.
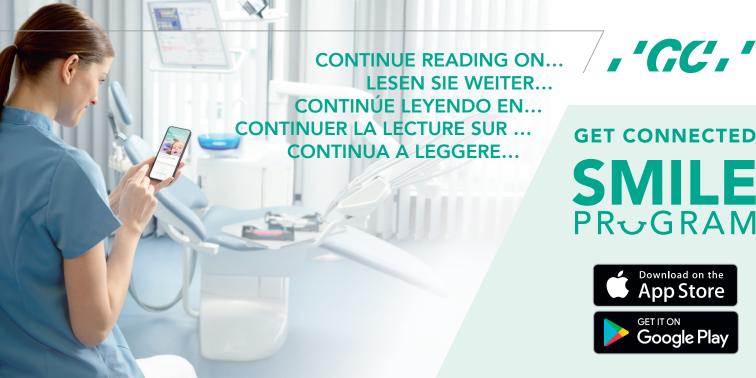
The chairside use of a dual-cure composite for temporary restorations

By **Dr Janine Sohota**, United Kingdom

Cosmetic dentistry has rapidly been gaining momentum over the past decade but now it is not just for the wealthy. Many more patients are choosing to invest in their smile, there is ever increasing demand for dental practitioners to be able to provide beautiful, aesthetic results for a diverse range of patients. Any dentist providing crown-and-bridge work must be able to place high-quality temporary restorations which do not only look good but are also durable to withstand masticatory forces whilst the final restoration is manufactured.

What do we desire from our temporary restorations?

- Look natural and aesthetic. Patient's having dental work don't want it to be obvious that they are amidst treatment.
- Maintain the soft tissue. Particularly anterior restorations, if the soft tissue is not respected by a well fitting temporary then there is danger the gingiva could recede, leading to black triangles which could compromise the aesthetics.
- Provide function for mastication. We need temporaries to last, they need to be durable so a patient can still function as normal.
- Maintain the occlusion and space. A temporary will prevent adjacent tooth movement and drifting as well as preventing over eruption. Hence, when the final restoration is delivered, there should be no occlusal interferences.
- Ease-of-use for a general dentist for a quick chairside construction.

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