

Book Review



Composite Restorations in Anterior Teeth: Fundamentals and Possibilities

Edited by Luiz Narciso Baratieri, Edson Medeiros de Araujo, Jr. and Sylvio Monteiro, Jr. Quintessence Editora Ltda., São Paulo, Brazil, 2005: ISBN 85-87425-59-5 (367 pages; 900 illustrations; price \$180; hard cover)

The authors have targeted an audience of dental school students or those most recently graduated from dental school. This book would make a wonderful dental school third or fourth year textbook or graduation gift for the new dentist; however, there is considerable material for all readers interested in improving their direct anterior composite restorations. The essence of this book is to inspire and provide the knowledge necessary for high-quality, conservative anterior composite restorations through the presentation of basic fundamentals, clinical protocols, and mainly, case presentations. The book is divided into seven chapters. Most of the chapters have few pages of text, but are filled with hundreds of pictures and schematics, all of which are instructive and of high quality. The case presentations made within the captions, photos, and schematics are truly as valuable as the text.

Chapter 1 covers the fundamentals, which can be divided into five sections: some short notes on diagnosis and planning, preparation of the field (largely plaque control), an in-depth shade selection discussion, a valuable and thorough discussion on selection of the composite resins, and lastly, a section on clinical protocol. The authors' suggestion of a two-appointment regime for restorations by "transferring the execution of the final details to another day" to allow one's eyes to rest may be impracticable for the busy practitioner.

Chapter 2 is without text, but has 173 pages of photos and high-quality schematics with captions, and is the heart of the book. It is here that the authors' technique for the restoration of anterior teeth with direct composite restorations is best described. It should be noted that all case presentations are of maxillary anterior teeth and no consideration of mandibular teeth is presented. The authors have divided Chapter 2 into five sections: Class III, IV, and V restorations, fragment reattachment, and diastema closure. The results are unquestionably outstanding from the photographic evidence presented. There is nothing overly surprising in the Class III or the Class V sections to the seasoned dental practitioner, except for the elimination of an occasional bevel and the use of separating rings (for better access) days prior to treatment of the Class III lesion. The technique used by the authors is best exemplified by the Class IV and the diastema closure sections. The results are inspiring whether the reader is new to the dental field or an experienced practitioner. Besides the lack of a bevel for the Class IV restoration, the technique involves the use of a wax-up on a study model to fabricate a guide from putty silicone addition material, which is then used in the formation of the palatal wall and incisal edge. The layered use of various composites and the technique explanation are what makes this book valuable. Finishing and polishing techniques are rightly given ample emphasis. The armamentarium used is discussed throughout the book rather than organized into a section of its own.

Chapter 3 deals with light curing of composite resins, and is the only chapter without photographs or schematics to supplement the text. It is well organized and helpful, with sections on the mechanism of polymerization, light-curing units, curing techniques, factors related to the composite material, and some clinical guidelines. Quartz tungsten halogen, plasma arc, argon laser, and LED units are discussed and compared. Particularly beneficial is the comparison of the step

cure, ramp cure, pulse delay, and high-intensity techniques.

Chapter 4 focuses on the restoration of fractured anterior teeth using nonmetallic posts and composite resins. Also discussed are the various types of posts available and a step-by-step technique for the placement of fiber posts. It also includes a short section on the removal of a resin fiber nonmetallic post. There is a clinical case presentation, including 34 pages of photos and schematics, which uses the techniques covered in Chapter 3 for the restoration of the fractured tooth. The technique described for post use is both appropriately conservative and practical.

Chapter 5 is "Non-carious Lesions: From Diagnosis to Treatment." Here the text discussion of the types of non-carious lesions, their diagnosis, analysis, and treatment is of more value than the numerous photos and case presentations, since the technique for use of the composite resins employed is very similar to that which has already been outlined in previous cases in the book. The authors have divided the noncarious lesions into erosion lesions, abrasion lesions, attrition lesions, and abfraction lesions and have provided an excellent overview of the four groups, including a sec-

tion on the differential diagnosis between abrasion lesions and abfraction lesions.

Chapters 6 and 7 are one-page chapters of final comments and conclusions.

This book gives the reader a basic study of colors, translucency, textures, and shapes, and a sound restorative protocol with an overview of light curing and the use of resin fiber posts. The authors point out that "obtaining excellence with direct adhesive restorations in anterior teeth is extremely difficult and requires basic knowledge, determination and extensive previous training." This book provides basic knowledge and is mainly intended for the dental student or recently graduated; however, I highly recommend this book, and believe it would be a most welcome addition to the library of any dentist wishing to enhance his skills completing composite restorations in anterior teeth.

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