



## *Newsletter: December 2008*

Earlier in November I travelled to the diminutive principality of Liechtenstein (area 62 sq miles, population 38,000) to learn the art and science of E.max at the Ivoclar facility in Schaan.

Nestled in the foot hills of the Alps, just across the Rhein from Switzerland and overlooked by snow capped mountains, the stunning location was right out of a James Bond Movie. It was difficult to accept I'd come here to learn, though each evening began with a prolonged stay in the hotel bar, where conversation on the days proceedings became gradually more incoherent.

Being a natural sceptic and resistant to the hard sell, I found the busy 3 day course refreshingly low on sales pitch and high on technique, procedure and the chemistry of lithium disilicate glass ceramic. The great advantage from a technical point of view is the sheer versatility of the system, which may be used for all types of restorations including veneers, inlays, crowns and short span bridges (only up to 1st promolar). It is also possible to press to Zirconia frameworks, which is ideal for posterior bridgework.

Inherent structural integrity is increased, as frameworks of high flexural strength are pressed to almost full contour, then characterised and layered in the traditional way.

The importance of recording prepared tooth shade was stressed, where there is discolouration or contrasting underlying tooth structure. Frameworks of differing translucency may be used to allow homogeneous layering of restorations (also relevant on post and cores and titanium implant abutments).

Cementation can either be adhesive or glass ionomer. As with all new technologies, its difficult to resist the temptation to see E.max as a panacea for every application.

Having completed several test specimens and a number of clinical cases, I am very pleased with the aesthetic results, and Ivoclars' documented long term clinical cases appear to be favourable. However it is only real experience "in the field" that will count. At the very least E.max provides us with another option in a range of solutions to satisfy patient (and our own) expectations.

Kind regards,

A handwritten signature in black ink that reads "M. Rasaiah". The signature is written in a cursive style.

Mahendra Rasaiah (H)

