

Solving the GBR Puzzle: Hidden Traps for Beginners & Clinical Keys

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Guided bone regeneration (GBR) has become a predictable and widely used procedure for reconstructing alveolar bone defects and improving long-term implant stability. Despite the use of similar materials and techniques, however, clinical outcomes often vary significantly depending on the operator's experience. For beginners, failures are frequently related not to the complexity of the procedure itself but to overlooked fundamental principles and subtle technical details during surgery. Insufficient understanding of defect morphology, inadequate soft tissue management, lack of proper space maintenance, and inappropriate selection or handling of graft materials and barrier membranes can all compromise the outcome of GBR. This lecture aims to analyze common pitfalls encountered by clinicians during GBR procedures and to present practical strategies for overcoming these challenges. The biological principles underlying successful GBR will be briefly reviewed, followed by a detailed discussion of clinical blind spots that are often underestimated in daily practice. Through representative clinical cases, particular attention will be given to surgical details that influence the predictability of bone regeneration. In addition, diagnostic and treatment strategies based on defect morphology—including defect size, configuration, and the presence or absence of bony walls—will be systematically discussed.

By highlighting hidden traps frequently encountered by beginners and presenting a structured clinical roadmap, this lecture seeks to help clinicians achieve more predictable and reproducible outcomes in GBR procedures

Profile

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