

Treatment of Black Triangles and Diastema: A New Blue Ocean in Dentistry

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Our society is entering a super-aged era, with a rapidly declining birth rate and an average life expectancy approaching the mid-80s. This demographic shift is also bringing significant changes to the field of dentistry. The baby boomer generation now forms a major portion of patients in their 50s and 60s. Compared with previous generations, they tend to retain more of their natural teeth, have greater economic stability, and show a higher level of interest in esthetics. As a result, orthodontic treatment among older adults is increasing, and clinics focusing on skin care and cosmetic treatments are also becoming more common.

With aging, tooth migration and gingival recession are unavoidable physiological changes. In the anterior region, spacing caused by tooth movement and the formation of black triangles due to gingival recession are frequently encountered conditions. To address these problems, minimally invasive approaches using resin restorations can be an effective treatment option. Compared with more invasive treatments such as crowns or veneers, resin-based restorations can resolve these issues while minimizing patient burden.

In this lecture, techniques for creating long-lasting restorations using direct resin restorations for the management of black triangles and diastema will be discussed.

Profile

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