



Dr. Elsa Bettoni, Locarno, Switzerland

She has been a CEREC user since her postgraduate training under Professor Mörmann at Zurich University. A CEREC instructor since 2005, she opened her own CEREC practice in 2010.

Interview with Dr. Elsa Bettoni, Locarno

Why did you choose CEREC? What was the main reason?

"I sort of grew up with CEREC. Right after graduation I worked with Prof. Mörmann at the University of Zurich and got to know CEREC as an alternative to conventional prosthetics. It was clear to me from early on that I wanted to have this additional treatment option later in my own practice."

How easy was it for you to change to CEREC in your practice?

Did you feel at home with it right away? Were there any problems?

"The problem was rather that I had started out in a practice without CEREC. I felt restricted in my treatment options. That changed the moment I had my own practice with CEREC."

You tested the new CEREC SW 4.0 software in advance. What was your first impression?

"I think it is very good for someone who has never used CEREC before to start out with. But since I've already been working successfully with CEREC for years, it took more getting used to for me. That's what happens when you have grown accustomed to a system over time. And have worked out your own tricks and shortcuts for designing."

Will you switch to the new software anyway?

"Definitely. There are simply too many good reasons to do so. What was especially exciting to me was that now you can finally work on more than one restoration at a time. This is an enormous advantage in the case of quadrant restorations or more complex cases – such as with the front teeth. After the quantum leap with biogenics, this is another important step forward in the design. Especially since it fits in with my own methods, which are oriented to my patients and their needs. Being able to adapt restorations to one another is very important to me."

Have there been some especially memorable CEREC cases that have stayed with you over the years?

"My first composite resin bridge was one such case. It was a new patient who had been going around for years with substandard temporaries. Her former dentist would no longer treat her teeth with their periodontal problems. Using CEREC I was able to offer her a better, practical treatment option with the composite resin bridge.

Another case was a complete anterior restoration. A conventional restoration was out of the question financially for the patient. And she no longer believed anything could be done for her. I proposed a solution using CEREC. Of course this would not be free, but it was financially feasible. I am still proud of the aesthetic outcome today. Especially since I sensed that it gave my patient renewed self-confidence."

Do you use the software for patient communication? Or demonstrate the options for your patients? What experience have you had with this?

"My patients have always been fully integrated in their treatment. I always let my patients watch the design process. And the patients are enthusiastic every time. The customized design process is especially well received. For me it is simply also a sign of the very latest in modern treatment. If there is one thing that demonstrates just how modern my dental practice is, then it's CEREC. And now even more with CEREC SW 4.0 software."

What aspect of designing with CEREC yields the greatest benefits for you?

"CEREC is certainly also an economic factor. But more than anything else, the design process gives me more options than conventional treatment. Defect-oriented work: I can decide during treatment whether an inlay, overlay or crown is needed and select the best ceramic for the situation myself. Brought to a common denominator, this means being able to offer my patients highly aesthetic solutions and to treat them in a single session, without temporaries."

Do you talk with your colleagues about CEREC?

"As a CEREC trainer I am in constant contact with colleagues. But even from my own experience – mainly when I was starting out – I know that user training sessions are very helpful. Especially if you want to design very different cases you should work intensively with the software. The more you understand how a program works – such as how the biogenerics work – the better able you are to use it. It is important to build a foundation for yourself in this way. Then you can build on that with tips and tricks from others."

Imagine for a moment that CEREC did not exist. What would that mean for you?

"It would impose severe limitations. Working without CEREC – and I know this from my experience – is a lot less fun. Above all, I would miss the opportunity to decide what's best for each patient."