

# MiCD Symposium 2023: A quest for biologically beautiful restorations



The Minimally Invasive Cosmetic Dentistry (MiCD) Symposium 2023 concluded on 24 Jun, bringing together dental professional and experts from across the globe to the vibrant Ho Chi Minh City in Vietnam.

Thought leaders from Brazil and Asia shared their insights on the latest clinical trends and restorative techniques that can be adopted with a high success rate and profitability, while enhancing the spectrum of dental services provided in routine clinical practice.

The MiCD movement aims to play a pivotal role in shaping a new mindset towards cosmetic dentistry, ensuring that dental professionals continue to preserve tooth structure and create beautiful and healthy smiles through minimally invasive and patient-centric approaches.

The full-day event served as a platform to introduce the new framework for MiCD with a focus on direct restorations and was jointly organised by the MiCD Global Network and Shofu Dental Asia-Pacific, in partnership with VanLang University and Sota-D Vietnam.

## INSIGHTS AND PRACTICES FROM ACROSS THE GLOBE

The programme kicked off with a welcome address by organisers, Mr Kei Minagawa, managing director Shofu Dental Asia-Pacific, and Dr Nguyen Tan Hung, vice-dean of Vanlang University.

In the first presentation of the day, clinical trainer and mentor and MiCD advocate Dr Ronnie Yap shared his insights on the development and relevance of 'MiCD concept in clinical practice'. This was accompanied with an update on the new framework and treatment protocols that can be easily adopted into a purpose-driven practice of minimally invasive cosmetic dentistry.

Dr Yap highlighted the fundamentals to provide the audience with a clear understanding of the MiCD concept, key guiding principles and treatment protocols for direct restorations.

Dr Sonny Burias's presentation, 'MiCD movement through the years', recapitulated how he successfully adopted MiCD in his

practice and played a key role in driving the movement in the Philippines with like-minded clinicians, to positively influence the dental fraternity.

Dr Amit Gulati followed with the topic, '50 shades of whites-perfecting colour match', showcasing the importance of understanding and decoding the layers of the natural tooth to create a custom shade recipe based on the MiCD BioLogical layering protocols to achieve the desired shade blends and aesthetic outcomes with minimal inventory and maximum predictability. He also introduced a time-efficient simplified restorative technique 'Inject n Pack' using Shofu bioactive composites for predictable space closures like diastema and black triangle.

As the speakers delved into the clinical aspects of adopting MiCD for direct restorations, Prof Ginger Melo from Brazil focused on the fundamental concepts for maximising the use of direct composite resins as a tool to restore smiles with aesthetic outcomes that meet patient expectations, highlighting the importance of bioactivity in cosmetic dentistry. Clinical cases



The MiCD Symposium 2023 is available to view-on-demand online



## SHOW REVIEW

were shared with a step-by-step approach on the use of bioactive composites such as Beautiful Injectable X and Beautiful II enamel shades.

Clinical knowledge was not the only thing imparted as winners of the MiCD Regional Smile Challenge 2022 were recognised and awarded prizes by the organisers.

The MiCD Regional Smile Challenge was conducted to showcase the skills of the dental surgeon and the impact they have on a patient's life, each time a smile is transformed. The overall winner Dr Saladin de Jesus from the Philippines, first runner-up Dr Munin Chaichalothorn from Thailand and second runner-up Dr Chong Bo Dhi from Malaysia, shared their smile stories during the award ceremony, which concluded the first half of the day's proceedings.

### EXPERT PANELS AND COMPELLING DISCUSSIONS

Presentations resumed after lunch with Dr Nguyen Thanh Dung on how bioactive composites can be successfully used in the anterior aesthetic zone for a variety of clinical cases with different restorative techniques to increase efficiency while preventing restorative failure.

Dr Daniel Rosa followed with the presentation, '3-pronged approach to material selection', which is a key component in achieving success and longevity with direct restorations. Dr Rosa's

images during the presentation illustrated the evolution of injectable composites, the S-PRG filler technology and complex information on material science in an easily understood manner.

In Dr Anand Narvekar's topic, 'Challenging the status quo with invisible restorations', he shared a variety of clinical cases with several restorative techniques, where the MiCD treatment protocols were applied to preserve natural tooth structure in challenging clinical scenarios.

The stage was then shared by an expert panel featuring Dr Yap, Dr Sonia Lee, Dr Kim Fajardo, Dr Tran Khanh and moderated by Dr Cez Acero-Taping, who shed light on how MiCD can be successfully incorporated into everyday dentistry by focusing on purpose, passion and productivity, three key elements that add value to both the practice and patients, while maintaining sustainable and profitable growth.

The discussion addressed common concerns and emphasised the importance of patient communication, preservation of tooth structure in the best interest of the patient and adoption of a 'less is more' approach for a sustainable practice profitability.

Dr Yap likened MiCD to a "marathon" and not a "sprint" where building patient trust by providing patient-centred holistic care with a phased treatment approach is key to success in the long-term.

After the panel, Mr Patrick Loke spoke on the past, present and future of MiCD. He explained Shofu's partnership since MiCD global network's inception, supporting and spearheading the MiCD movement over the past decade by striving to meet the changing trends and technological enhancements that meet the needs of the dentists.

### CURTAINS CLOSE ON MiCD SYMPOSIUM 2023

The balance between achieving aesthetic perfection, meeting patient expectations with minimal intervention and maintaining oral health was a recurring focus throughout the full-day event. The Symposium concluded with Mr Tri Phan from Sota-D thanking all speakers, moderators, invited guests and dental professionals for their attendance and support.

Participants left Ho Chi Minh City with a renewed passion, knowledge and inspiration to adopt the MiCD concept and provide holistic patient-centred care with a commitment to enhance their patients smiles and quality of life.

As attendees return to their dental practices with newfound enthusiasm and knowledge, the MiCD Symposium 2023 hopes to create lasting ripple effects that will benefit patients seeking cosmetic dental treatment in Vietnam and the region. [DA](#)



For more information on the MiCD Symposium visit the [MiCDGlobalNetwork website](#).



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