

Index Technique using Blue View VariStrip™

Procedure/Study by

Dr. Riccardo Ammannato, DDS

BlueView 
VariStrip™
Contoured Anterior Matrices



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Dr. Ammannato graduated from Genoa University (Italy) in 2000. He completed his internship at the Department of Operative and Restorative Dentistry, University of Zurich, under the guidance of Prof. F. Lutz, where he studied adhesive dentistry and its applications in operative and prosthetic dentistry.

Dr. Ammannato is an active member of the European Academy Esthetic Dentistry (EAED), an active member of the Italian Academy of Operative and Restorative AIC (Accademia Italiana di Conservativa), and an active member of the Italian Academy Esthetic Dentistry (IAED).

In 2015 he developed and published a new and innovative no prep direct restorative approach on worn dentition, "The Index Technique," in *The International Journal of Esthetic Dentistry* (IJED).

Dr. Ammannato has authored articles on adhesive and restorative dentistry, and spoken in international courses and congresses on anterior and posterior direct and indirect restorative.

He currently practices with a multidisciplinary approach at his office in Genoa, focusing on esthetics and restorative dentistry.

01



Initial case with moderate attrition.

02



Restorative wax-up performed after VDO rising.

03



Transparent index performed on the restorative wax-up.

04



On each single index are performed two holes (buccal and palatal) in order to allow the excess to flow while pressing.

05



VariStrip matrix in place, during the no prep adhesive protocol.

06



Composite copy and paste luting, through the transparent index.

07



Pressed copy and paste composite, final outcome on the buccal view.

08



Pressed copy and paste composite, final outcome on the palatal view.

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