

Dr. Seth Gilson
The Mindful Doctor

Biomimetic Study Club

Immediate Dentin Sealing & Resin Coating:
Building the Foundation for Predictable
Adhesive Dentistry

Tuesday
September 8th 2026
6:30pm

Hosted at:



WESTON | AVENTURA
ENDODONTIC CARE

Immediate Dentin Sealing & Resin Coating: Building the Foundation for Predictable Adhesive Dentistry

Immediate Dentin Sealing (IDS) and Resin Coating (RC) are foundational techniques in biomimetic restorative dentistry, designed to protect freshly cut dentin, optimize adhesion, and create a more predictable foundation for dental restorations.

In this presentation, Dr. Seth Gilson will explore the science, rationale, and clinical application of IDS and resin coating—from understanding the dentin bonding interface to selecting materials, managing preparation design, and integrating these protocols efficiently.

Drawing from his biomimetic mastership training with Drs. David and Davey Alleman, as well as his own clinical experience, Dr. Gilson will focus on practical protocols, common challenges, and the small details that can make a significant difference in long-term restorative outcomes.

The goal is simple: preserve more tooth structure, improve adhesion, reduce complications, and build restorations that better respect the biomechanics of the natural tooth.

About

Dr. Seth Gilson is a holistic, biological, and biomimetic dentist based in Aventura, Florida, dedicated to helping people understand the profound connection between oral health and whole-body wellness.

His philosophy is rooted in a simple belief: the mouth is both a gateway and a window—shaped by nutrition, lifestyle, and biology, while also revealing important insights into overall health.

Trained in biomimetic dentistry and certified in the IAOMT SMART protocol, Dr. Gilson combines evidence-based clinical care with a systems-oriented approach to health; one where dentistry meets whole-body healing.

Beyond the operatory, he hosts Dr. Seth Gilson, The Mindful Doctor Podcast, where he explores the intersection of dentistry, medicine, nutrition, spirituality, and human performance.

Through patient care, education, and media, his mission is to help reshape the future of dentistry—one that is biologically respectful, minimally invasive, and deeply connected to the health of the whole person.

Dr. Seth Gilson

Where
Dentistry
Meets



Whole-
Body
Healing