For dentists, daily clinical work is as easy as driving a car. Their own experience provides them with the necessary confidence and skill. However, the situation changes with the introduction of a new method or product. In order to gain the requisite skill for performing a new technique, it may be enough to participate in practical courses. Using a new biomaterial for regeneration or sinus floor elevation may instead require small changes in technique. However, this may represent a substantial change in biology because biomaterials do not have the same response during healing and do not achieve the same results.

When we have doubts about the quality of a new technique or a new material, we often ask for the opinion of experts and we trust their advice. It would, however, be better to be already well prepared so that we may gain greater value from consultations with experts about the issue of interest.

Only through continued updating is it possible to gain the knowledge to help us make independent choices regarding materials and methods to be used in our daily practice and, indeed, the *Journal of Oral Science & Rehabilitation* was born out of a desire to update clinicians regarding new techniques and materials.

As said above, it is easy to drive a car. However, it may be useful to know how the car functions and how to fix it when it does not work properly.

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