Athina-Maria Mavridou graduated from the Dental School of the National Kapodistrian University of Athens in 2004. In 2008 she completed a 3 year postgraduate program in endodontics, at the University of Ghent in Belgium, investigating the influence of laser on root canal. From 2008 to 2010 she worked as an endodontist at the university clinic of Groningen in the Netherlands. Since 2010 she works as an endodontist at Endo Rotterdam in the Netherlands. In parallel she obtained a PhD on the topic of external cervical resorption at BIOMAT research cluster of KU Leuven in Belgium and now continues her work on this topic as a researcher in the same group.