

# Become the WOW Dental Assistant!

## Good - Great:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Frustrations:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Matrix Systems

### Posterior Teeth

Circumferential: Tofflemire

Matrix holder

Band

Wedge

Sectional: Palodent, Triodent, Garrison

Wedgeguard \*\*

Matrix + Forceps

Ring + Pliers

Wedge

### Anterior Teeth

Clear matrix / Plumber's tape (pre-cut for readiness)

Wedge

Positioning agent

Tissue drying agent

## Bonding Agents

\_\_\_\_\_ drives adhesion choice

### Adhesion Generations:

5th - Separate conditioner & primer/resin

\*Direct Restorations

6th - Separate etch 'n prime - mix (2 applications)

\*Posterior teeth w/ deep caries; Hx of POS

7th - All-in-One (no mixing)

\*Posterior teeth w/ deep caries; Hx of POS

## **New “Etch” Thinking:**

Total

Self

Selective

## **Gold Standard of 35% Phosphoric Acid**

Etch: \_\_\_\_\_ seconds

Rinse: \_\_\_\_\_ seconds



Dispense Bonding Agent just BEFORE neede

Cover Dispensing well: prevent contamination / pre-mature cure

## **Composites**

Microfill: enamel replacement

\*\* Where: Anteriors / Final Layer / Cervical Abrasion

Macrofill: great strength

\*\* Where: Core Build-Ups

Best Qualities: Dual cure; radio-opaque; low shrink; FI`

Nanofilled: excellent strength + esthetics; low wear

\*\* Where: Class I & II; incisal edges; veneering

Flowables: wet surface; reduce stress factors; MUST be RO

\*\* Where: Liners, easy repair

Bulk-Fill: excellent adaptation; up to 4mm depth cure; FI`

\*\*Where: Foundation for Class 1 and 2 (must cap w/ Composite)



Warm composite

Wipe instruments w/ CLEAN 2X2 gauze or sponge

Match shades BEFORE you prep & re-confirm

Occlusal or Incisal shades are always lighter!

## **Curing Lights**

LED technology

Use “blue blocking” shield / glasses

Hi-intensity (w/o heat) and spectral output: 400-500nm

Built-in radiometer

Lightweight, cordless, easy to clean due to being sealed



Keep tip clean and make sure to wipe w/ soft cloth

## **Finishing:**

Removing excess restorative material w/ controlled pressure, burrs

*Enhance*: true step finisher/polisher in disc, cup, or point  
finish dry

**Surface**: Abrasive discs - various grits and sizes

*Poli-Pro polishers*

**Inter-proximal**: Strips - in various grits / widths; metal or plastic

## **Polishing:**

Slow speed (up to 30,000) using light, intermittent pressure

*PoGo*

Diamond paste + cup



Bundle Large/Small discs / grit variety in clear lab crown cases

Always keep a few IP strips and an IP separator handy

## **Digital Photography**

Create custom template

Retractors + Mirror

Install Eye-fi



Place mirror in warm water; have patient breathe “in”

## **Impressions Materials**

Alginate: Opposing or Study Models

Polyvinyl or Polyether: Final C & B Impressions; Removable

Hybrid: Opposing or Study Models



ALWAYS paint tray w/ tray adhesive; needs 7 mins  
Always use NITRILE gloves when mixing A+B tray material  
KNOW Working & Setting Times  
For gaggers: 1 tsp sugar under tongue for 2-3 minutes

\*\*\*\*\*

## **Tray Selection**

	<u>1-2 Crowns</u>	<u>Bridge</u>	<u>Implant</u>
Occlusal Stops	Triple / Quad	Full Arch	
Molar/2nd Premolar	Triple / Quad	Full Arch	Quad
Esthetic Premolar	Ant Triple	Full Arch	Full Arch
Anterior	Full Arch	Full Arch	Full Arch

\*\*\*\*\*



## **Triple Tray Rules**

Select sturdy tray  
Must clear Retro-molar pad.....BEWARE of 2nd molars!!!  
Paint w/ adhesive  
Fill opposing arch 1st  
Use "Sharpie" for location placement

## **Gingival Health + Margins**

Drying Agents

Compression Caps

Cord



Do NOT touch cord w/ latex gloves

## **Temporaries**

1. Select: Clear tray or Shim to mold Fast Setting Hybrid
2. Build-up any broken or missing area w/ old composite
3. Observe for large undercuts and line of draw
4. Fill temp space ~ 2/3 full; position; set or light cure
5. Adjust w/ acrylic bur on SLOW speed and polish w/ discs

## **Work Environment**

Organization

Cassettes

Small drawers

Personal Safety

Protective eyewear

Proper fitting gloves

No needle-capping

Learn proper finger rests!!!

Maintenance Schedule Calendar

Handpieces, Sterilizers, XRay Scanner,

Lines, Pumps, Compressors, & Traps

## **Patient Comfort**

Consider: light, low back, & neck positions

Retractors: Comfort View, Optragat

Evacuation tips: Neo-Drys, Mr. Thirsty, Isolite

Topical Anesthetic: dry tissue first

### **Building a Better You**

Gain confidence ... practice, practice, practice

Name 2 To Do's you will CONQUER on Monday!

1. \_\_\_\_\_

2. \_\_\_\_\_

### **Final Tips....**

Create laminated checklist cards for each procedure

Take pictures of each procedure Set Up

Begin the day in the "KNOW" - check out the schedule PRIOR to patients arriving

Minimize inventory

Ask, Listen, Watch... and become MORE CONFIDENT!!!