

# CLINICAL "MUST HAVES"



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## WELCOME!

This workbook is an overview of "must haves" for your practice to achieve our ideal vision as dentists. You will find practical, implementable, step-by-step strategies to learn how to avoid the failures, achieve the successes and *be better*.

Thank you for your time and participation. I welcome and encourage you to continue the conversation with me at the contact information below.

Regards,

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Thank you.

# OUR VISION, AS DENTISTS

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- Every day I come to work, I am surrounded by people I like and respect, and they like and respect one another
- The office is efficient, beautiful, and not grody
- The office is so financially secure, so debt free, that even when a crisis occurs, its all good
- Our bodies don't hurt after a career of either being on a phone or in people's mouths
- We consistently come home from work, to our families, without feeling exhausted, overwhelmed, or psychologically burdened
- We feel like we are good at what we do
- We longer do dentistry that makes us miserable



## What are the things that will make me feel like a good dentist?

### When I do a composite

- The patient won't complain about sensitivity later
- The margins don't look crappy 2 years later
- The inter proximal contours look good in an x-ray
- The inter proximal contacts are solid and natural
- The inter proximal contacts stay amazing, even after years of flossing

### When I seat a crown

- The margins look incredible in a post-op x-ray
- Cement is easy to remove, especially inter proximal
- I am using the best cementation technique, minimizing the chances of the crown popping off

### When I do a root canal

- I maximize the technology available to me in order to:
  - Find all of the canals
  - Eradicate any bacteria within those canals

### When I pay my bills

- I use the same materials and equipment used by the best dentists in the world, without going broke

### When patients need me

- They never just get a voicemail
- I can contact them after hours without them knowing my cell number
- I can do follow-up calls (even though I hate doing follow up calls)

### When I spend an entire day doing dentistry

- I can come home to my family without feeling back, neck, and wrist pain

# THE "MUST HAVES"

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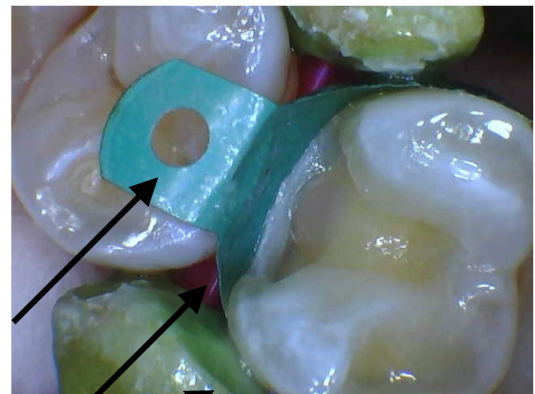
## Lasers

- The least expensive and most portable laser is a diode
- Remove tissue overlying restorative margins without blood
- Remove tissue overlying an implant without blood
- Eradicate bacteria in the sulcus or in the pulp, which is surprisingly helpful during endodontic therapy
- Perform minor surgical manipulation with less bleeding, pain, and faster healing



## Class IIs

- Interproximal composite restorations using a sectional matrix
- Maintains better, more rounded interproximal contours
- Maintains a better seal throughout the proximal box
- Creates a tighter contact upon removal of the proximal ring



Matrix Band

Wedge (the little purple sliver)

Proximal ring

# DEEPER CAVITIES

## Bioactive composites

- Release ions throughout their lifespan that
  - Reduce sensitivity near the pulp
  - Reduce formation of plaque at the surface layer
  - Constantly release and refresh Fluoride
  - Are anti-bacterial and anti-plaque
  - Contribute to a protective material film layer
- Bondable and therefore behave like any other composite (both flowable and packable)
- Highly polish-able
- Are radiopaque, and therefore look nice in radiographs

## IntraOral Cameras

- Tremendously helpful during new patient interview and patient education
- Added element of documentation, which comes in handy with insurance claims
- Provide added magnification and illumination, beyond capabilities of our loupes, giving us the ability to notice defects, fractures, overhangs, canals and various groddiness

## The best intraoral cameras

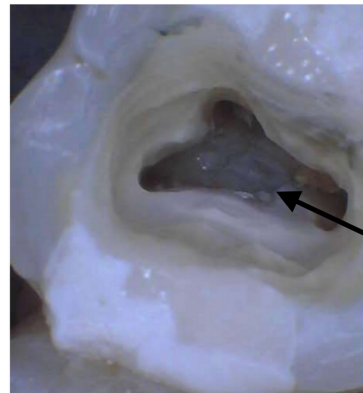
- Cheap enough to have in each operatory
- Simple enough to use that even your lease tech-savvy assistant can easily take photos

## Impression Material

- The highest quality material used by the best dentists is often the most expensive
- Minimize cost by utilizing an auto-mix with jumbo packs

### COMPANIES CURRENTLY MANUFACTURING BIOACTIVE COMPOSITES

- Beautiful by Shofu
- Regen by Vista Apex
- Activa by Pulpdent



## CEMENTATION

### What is the best cementation technique, even if

- Wall heights and taper are not ideal
- A chunk of the core material is missing

### In cases above, a bonded cement must be used, utilizing the steps below:

- You or the lab must air-abraid the inside of the crown (this can be done before try-in)
- After try-in and adjustments, salivary contaminants must be cleaned out (IvoClean, BisClean)
- A primer must be used inside of the crown
- A bonding agent must be used on the surface of the tooth (I rarely etch)
- The cement should be a dual-cure adhesive

## CARING FOR OUR PATIENTS

- Automatic text, e-mail reminders
- Allows text payments
- Automatically texts the patient if we can't pick up the phone
- Allows me to text/call the patient without using my cell number
- Automatically asks for Google reviews
- Allows me to access my schedule from home
- Allows team to text communicate within the office
- Creates list to efficiently fill holes in the schedule

## COMING HOME FROM WORK

### WITHOUT FEELING OVERWHELMED AND PHYSICALLY EXHAUSTED

### What are the tools that have helped make dentistry less taxing on the back and hands?

- Isolite by Zyris
- Saddle stool
- Regular wrist and core exercises (these can be accessed on my notes page "how to avoid burnout")