

TECHNIQUE FOR AN ACCURATE COST EFFECTIVE IMPRESSION IN CROWN & BRIDGE PREPARATION

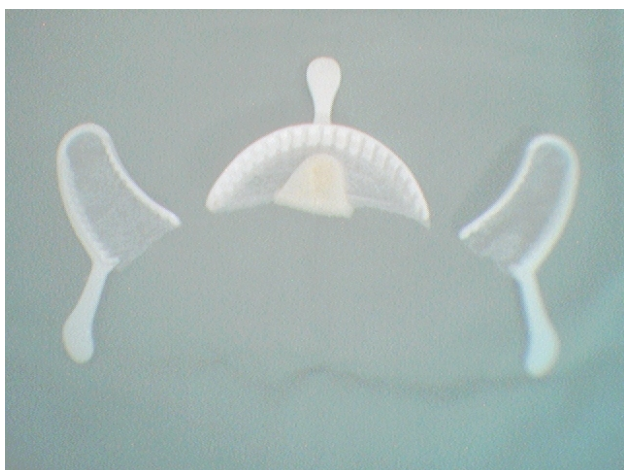
The success of prosthesis whether a single cap or multiunit bridge depends upon an accurate impression taking. The most common materials used for impression taking are alginates and rubber based impression materials.

In most of the practises in India due to cost factor and poor paying capacity, the most commonly used impression material is still alginate.

In this article we shall describe an impression technique with which you can take an accurate impression and it will be cost effective as well.

In this case we have used Express XT Putty Soft VPS impression material.

First of all use a disposable plastic dual arch impression tray. These trays are freely available. You can select the disposable tray for anterior/posterior impression.



DUAL ARCH IMPRESSION TRAYS

First of all take an impression before starting the preparation. In this case we are preparing lower right first molar for a metal ceramic cap.

Insert the empty tray into the quadrant containing the prepared tooth. Hold the tray on the maxillary arch and note the position of the posterior crossbar of the tray. It must be located posterior to the distal surface of the most posterior tooth in the arch and should not be in a position that will interfere with complete seating.

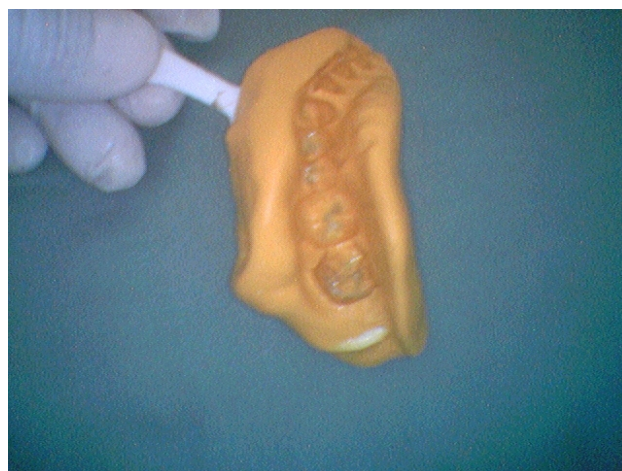
With the tray in place, have the patient close down and ask him or her if closing down is comfortable and easy or if there are any interferences. Retract the cheek and note the intercuspation of the teeth. If the patient can comfortably close down all the way and no interferences are noted.

One of the most frequently encountered problems in making dual-arch impressions is placing the tray in an improper position, where it impinges on an anatomical

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structure and is distorted. This kind of distortion may affect the accuracy of the final impression and often can be recognized when the side wall of the tray shows through the impression material.



IMPRESSION BEFORE PREPARATION

Now load the dual arch impression tray on both sides with heavy body putty material and after positioning it in the mouth ask the patient to bite. You can check the occlusion on the opposite side of the arch for proper closure in fully occluded position. After the material is set, wash it thoroughly and keep it aside.

Now prepare the tooth for a metal ceramic preparation. To make a temporary cap after you have prepared the tooth, in this case lower right first molar, you take the impression already taken and pour self curing (tooth coloured) material in the socket of the tooth you have prepared.

Temporary caps should be given immediately as they help:

- Prevent post operative sensitivity
- Discomfort to the patient if the tooth is vital
- Prevent any movement of the prepared tooth in any direction
- In aesthetics in case of anterior tooth and
- Function in case of posterior teeth

Now seat the same impression into the mouth and ask the patient to bite again. After the self cure material is about to set remove from the mouth, trim it and seat the temporary cap in the mouth and allow it to harden in the mouth.

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Remove the temporary cap from mouth, trim it and finish it. Check for any high points with articulating paper and adjust them.



MAKING OF TEMPORARY CAP

Now mix the light body impression material according to the manufacturer's instructions and pour it onto the side of the preparation in the existing impression and again seat it into the mouth and ask the patient to bite firmly. You should check for proper seating of the impression by looking at the proper intercuspation.

After the material is set remove it from the mouth, inspect it for any distortion, wash it under tap water thoroughly and send it to the lab as it is as early as possible.

In this technique you get space around the prepared teeth in which the light body material flows to record excellent details.



FINAL IMPRESSION AFTER POURING LIGHT BODY

Advantages of this technique:

- Minimum material is used thereby saving cost
- Accurate temporaries are made
- Accurate final impression with details
- No need to take bite registration as it is registered automatically
- No need to pour the model, send the impression as it is
- Chances of distortion are minimized
- No cleaning and washing the trays
- Better aseptis

This technique is not only cost effective but saves time also. You do not have to take bite registration and no need to make models.

Event : Health Expo at Chandigarh



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