



Ten Things! - Clinical Techniques

Better Alginates:

1. Be sure to properly position the patient
2. Tell the patient what you're going to do
3. Check the mouth for debris, tori, and exostoses
4. Try in trays, modify with utility wax if needed
5. Lightly spray trays with silicone
6. Mix alginate according to manufacturer's directions
7. Load tray (remove back third of palatal portion for maxillary tray)
8. "Butter" the occlusal surfaces to dislodge air, saliva, mucous
9. Incompletely seat tray, from the back to the front
10. Lift the lips to prevent trapping air
11. Complete seating of the tray
12. Border mold by massaging the lips and using the patient's tongue

Obtain the lower impression first

Vary the temperature of the water to alter setting time, if needed

Reassure the patient throughout the procedure

Spray the palates of gaggers with an anesthetic, or remove the palatal portion

Have gaggers lift their legs during the impression, coach and distract

Provide a refreshing towelette on completion

Faster Temporaries:

1. Paint stock tray with adhesive
2. Load with putty, or use triple tray with blue mousse on one side only
3. Obtain pre-treatment impression
4. Fill with bis-acryl and reseat following prep completion
5. Allow set, and remove tray as per manufacturer's directions
6. Trim temporary, preserving contours and contacts
7. Try-in and adjust occlusion as needed
8. Polish temporary with a plain Robinson's bristle brush
9. Seat temporary using your favorite cement
10. Recheck occlusion and remove excess cement