

## Ten Tips to a Better Practice

1. Morning Huddle
  - New patient? Share information. Chief complaint?
  - Incomplete treatment? Financial, Insurance, or “Need” issue?
  - Impending open block time? Same-day dentistry? Emergencies?
  - Restorative patient to hygiene? Hygiene patient to restorative?
  - Special needs patients? Opportunity for celebration or Facebook?
2. Greet patients by name
3. Seat patients on time!
  - Time most common procedures
  - Use ten-minute appointment software
  - Add 1-2 units for a more difficult patient
  - Crosstrain employees
  - Always keep an empty chair!
4. Don't try to be “all things” to all people.” Dismiss trouble!
5. Don't be “penny-wise” but pound foolish.” Use burs once!
6. Useful products:
  - VioNexus by Metrex
  - Comfort Tip by Crosstex
  - Ultracare by Ultradent
  - Quad-tray Extreme by Clinician's Choice
  - 3m ESPE Ketac-Nano
  - ContactEZ by [contactEZ.com](http://contactEZ.com)
  - UltraTrim Scissors by Ultradent
  - Bur Brush by Buffalo Dental
7. Helpful equipment
  - VALO by Ultradent
  - MicroCab or MacroCab by Zest Dental Solutions
  - Periostar 3000
  - GlecoTrap by Indigreen at [Indigreen.com](http://Indigreen.com)

8. Emergency temporization  
KetacCem by 3M ESPE

9. Better alginates:

Inform patient

Examine oral cavity (tori, exostoses, debris)

Try in trays, modify with utility wax as needed

Properly position patient

“Butter the teeth” for detail

Incompletely seat tray

Lift lip to release trapped air

Seat tray from back to front to force extra to the front

Massage lips to border mold

10. Technique Tips:

Easier Class Vs:

BlueView by Garrison

CureThru by Premier

Faster Temporaries:

Load adhesive-painted stock tray with polyvinyl siloxane putty

Obtain pre-treatment impression

Relieve undercuts

Load pre-treatment impression with bis-acryl and seat after prep

Remove according to manufacturer’s instructions and trim

Seat temp, check occlusion, adjust as needed, and polish

Seat temp with favorite cement, remove excess, check occlusion

Cold sterilize pre-treatment impression, baggy, and save until complete

Remember: “You can have everything you want in life if you just help enough other people get what they want.” Zig Ziglar

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