

INVERSION

1 DAY RUBBERDAM TRAINING COURSE





IN**V**ERSION

1 DAY RUBBERDAM TRAINING COURSE



Thank you for signing up to inVersion. Whilst most dentists are taught of the importance of rubberdam isolation at dental school, the reality is that it remains widely ignored by the majority of practicing general dentists.

In my opinion, rubberdam use is the first step to predictable and successful restorative dentistry. I hope that by the end of this course you will feel more confident and able to use rubberdam in your everyday clinical practice.

When I started my dental instagram in 2018 I was overwhelmed with questions about rubberdam and how to use it. Enquires and questions kept flooding in about all things relating to the rubberdam so I decided to create this course to spread the word about this underrated tool and help colleagues build confidence and trust in using it in their everyday clinical practice.

This course is designed to help you both understand the principles of rubberdam and be able to place it successfully and predictably on your everyday clinical cases. Therefore, as well as the theory there will be a major hands-on component using clinical cases so that you can immediately be equipped to use on your own patients the very next day!

A course manual will be included to reinforce what you will learn today and guide you towards placing rubberdam confidently in your daily practice. The manual will also include clamp alternatives, when and where to use floss ties and or teflon and scenarios where this may be applicable.

I would especially like to thank Jeroen, Erik-Jan, Rob and Olaf for helping me with the creation of this course.

I hope you enjoy it!

Maarten

MATERIALS

Rubberdam sheets | Punch | Frame | Forceps | Clamps | Floss

Retraction cord | Teflon Tape | Wedjets



RUBBERDAM SHEETS

152 x 152 mm



HEAVY RUBBERDAM

Undamaged passage through proximal areas
Maximal tissue retraction (lips, tongue and papilla)

LIGHT BLUE

Good for photography
Easy on the eye
Maximal contrast

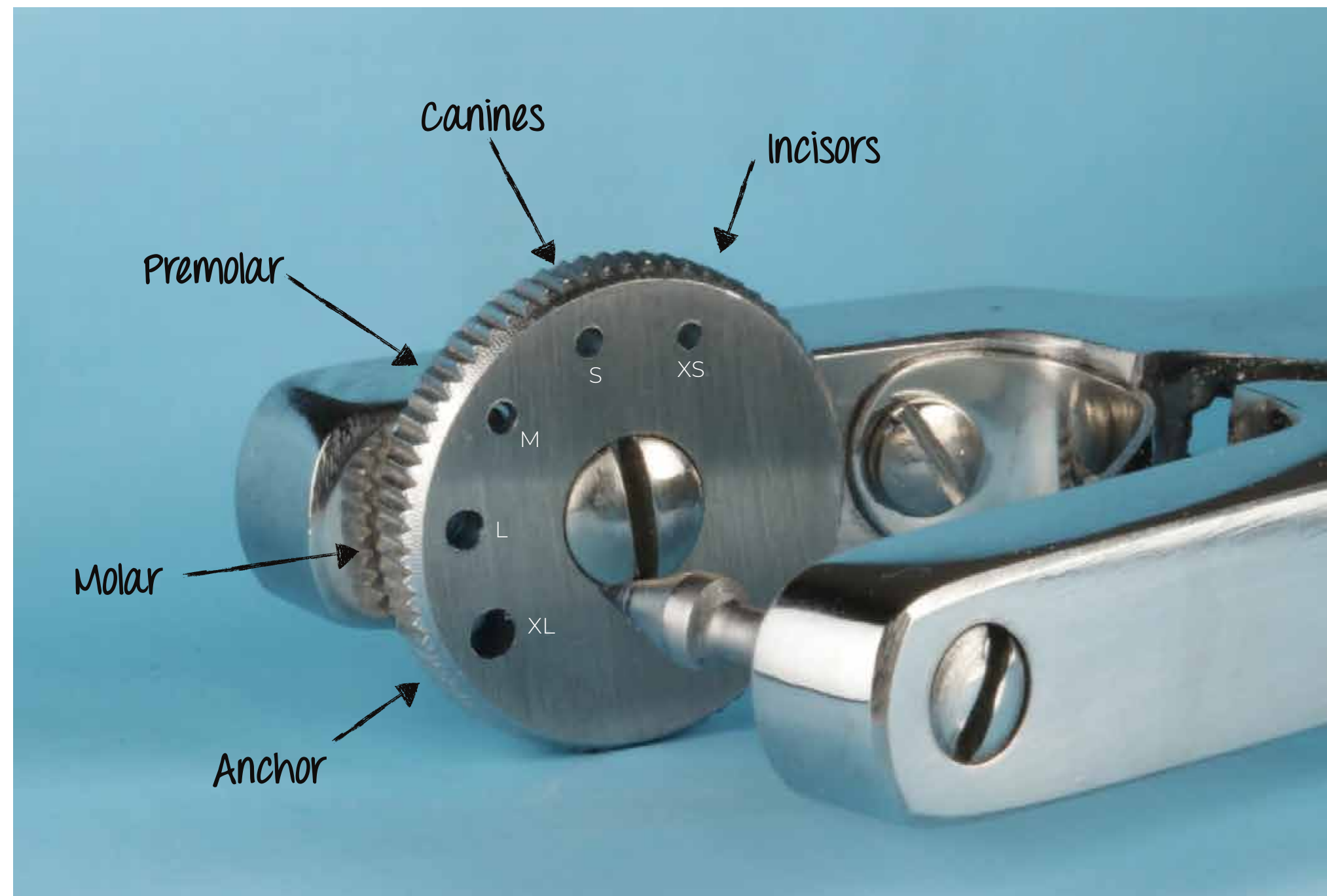
LATEX VS. NON-LATEX

A latex sheet is stiffer and gives more retraction
Patient can be allergic to latex

USED IN THIS COURSE

061363 FHS Rubberdam Sheet Heavy Non-Latex





PUNCH

UNDAMAGED PUNCH

Damage to the punch will damage the rubberdam. The punch holes will tear and good isolation is impossible.

CLEAN PUNCH

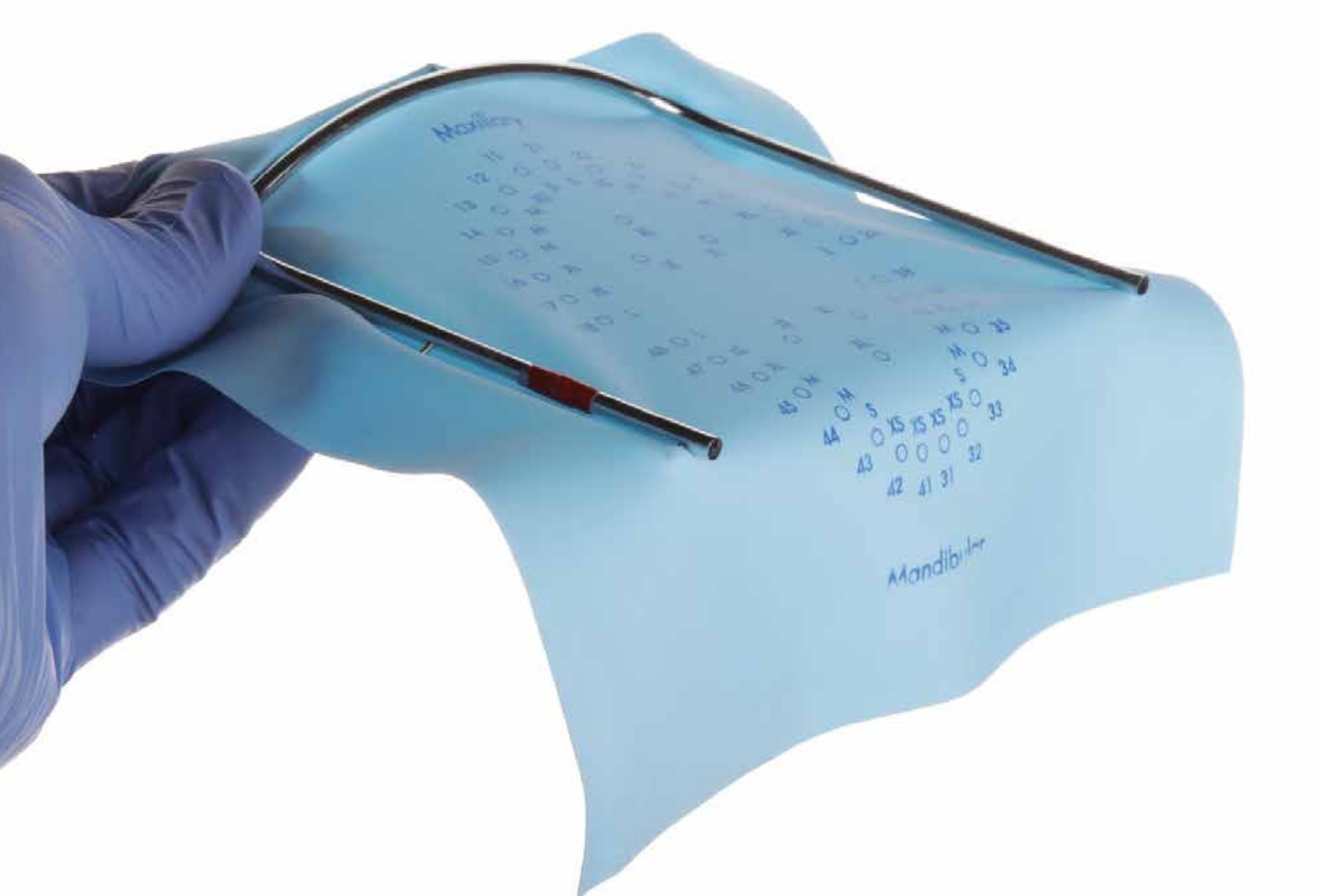
Leftover rubberdam will limit the ability to punch clean holes and rotate the disc.

USED IN THIS COURSE

061335 Hu-Friedy Punch #RDPA



FRAME



METAL FRAME

For maximal stiffness and good retention of the rubberdam.

CURVATURE

The curved part of the frame must always be pointed up.

POSITIONING

In a standard situation the open end of the frame points towards the nose of the patient.

In special situations you can invert the frame with the open end of the frame pointing towards the chin of the patient.



USED IN THIS COURSE

061355 Hu-Friedy Metal Frame 15x15 cm #RDAF6

FORCEPS



STRAIGHT FORCEPS

Easy to use, good for placing clamps on M2's and M3's.

CURVED FORCEPS

Opens up your clamp more, perfect for stiff and small clamps. For example: A W2A or B5-brinker on a molar. The ball shaped tip of this forceps can prevent removing your forceps from the clamp.

USED IN THIS COURSE

061301 Hu-Friedy Rubber Dam Forceps #RDF

MODIFICATION

If you struggle with removing the forceps from the clamp, then trim the inside of the tip, so the diameter of the ball tip is smaller.



Know your **CLAMPS**

HU-FRIEDY

Anterior



RDCM9



RDCM212

Premolars



RDCM00



RDCM1



RDCM1A



RDCMW2



RDCMW2A



RDCM2A

Molars (general)



RDCM8A



RDCM8AD



RDCMW8A



RDCM14



RDCM14A

Upper Molars



RDCM4



RDCM8

Lower Molars



RDCM3



RDCMW3



RDCM7



RDCMW7



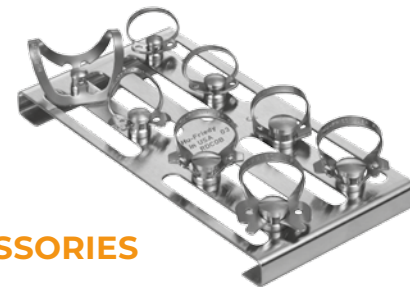
RDCM12A



RDCM13A

ACCESSORIES

RDCOB



HYGENIC

Brinker Tissue Retractors



B1



B2



B3



B4



B5



B6

Molars



W14



W14A

Brinker

SET



KKD



2AO

HAGER WERKEN



2

SEE PAGE 36 FOR A **COMPLETE OVERVIEW** OF THE CLAMPS USED IN THE COURSE



FLOSS

INDICATIONS

- Checking proximal contact points
- Apply rubberdam through contact points
- Inversion of rubberdam
- Floss ties for more retraction and isolation of deep margins

WAXED FLOSS

Has a capillary effect, so not ideal when you have deep margins close to your floss ligature. Can be bonded, so be careful!

Can be perfectly used as a floss ligature on a tooth that you are not working on.

PTFE FLOSS

Perfect for floss ligatures around teeth that you are working on.

PTFE floss doesn't have a capillary effect and doesn't bond. Easy to remove and doesn't fray or clog up.

USED IN THIS COURSE

171530 Johnson&Johnson Dental Floss Waxed

171555 Tandex PTFE Floss



STRATEGY

CHECKPOINTS BEFORE ISOLATION

- Local anesthetics
- Occlusal recording
- Photography
- Floss and ensure smooth contacts
- Pre-wedge
- Test clamp stability

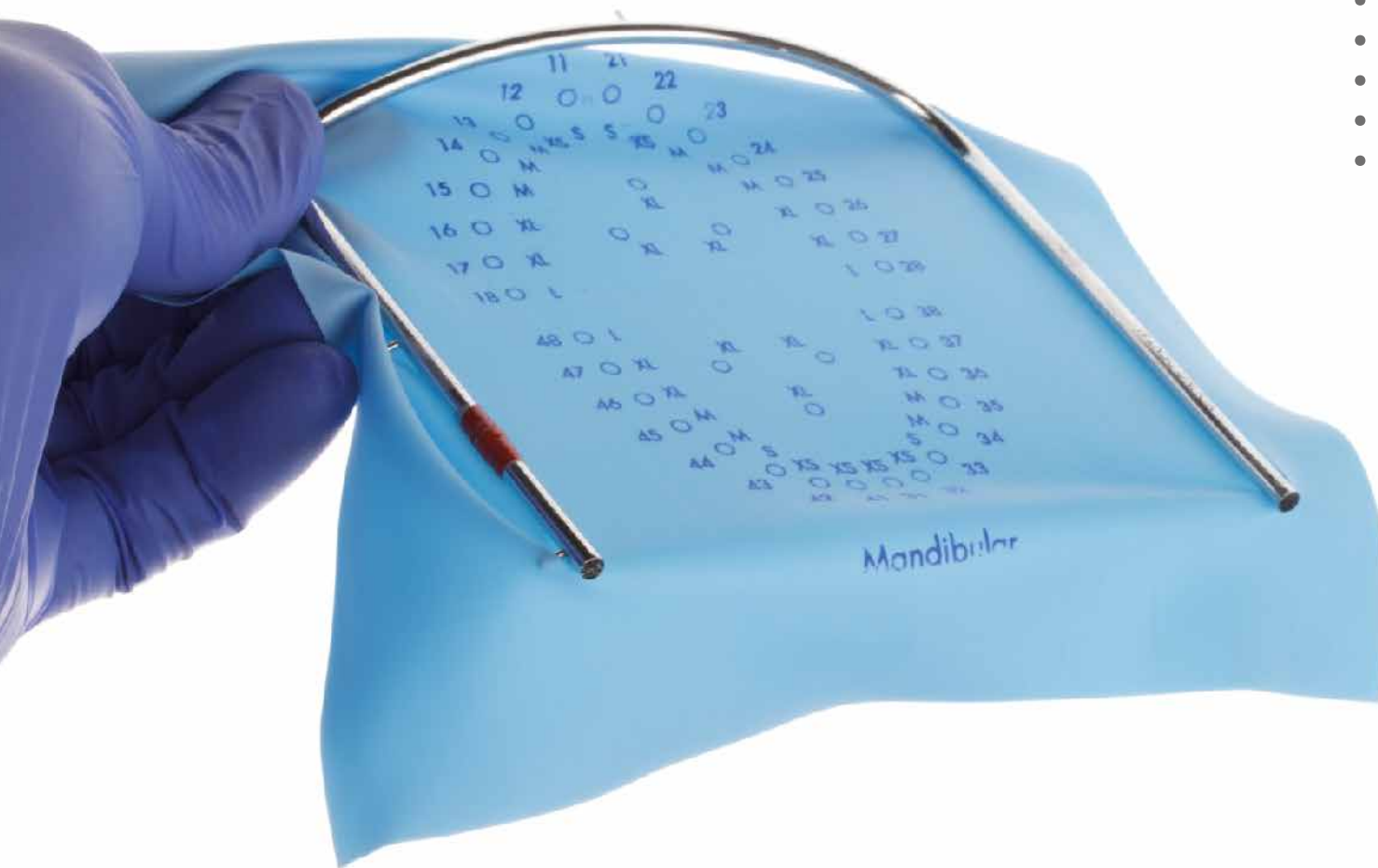
CHECKPOINTS DURING ISOLATION

- Place retraction cord if needed
- Place dam and secure corners
- Floss dam through contacts
- Ensure inversion
- Floss ties and additional clamps
- Final patient comfort check



TECHNIQUE

Where to punch?
Templates



MODIFIED STYLE ITALIANO TEMPLATE

- Very easy to use
- Stainless steel template or stamp
- Pre-stamp all your rubberdam sheets
- Hole size are indicated
- Also a template for splitdam

PACDAM

- Very easy to use
- Plastic or stainless steel
- 3D printable
- Works in almost every situation



3D file

<https://www.thingiverse.com/thing:2670035>

TECHNIQUE

Where to punch?



Manual Punch Technique



3-4 mm anterior
4-5 mm premolars
5-6 mm molars



HOLE SIZE

Too small: Tears and loss of seal
Too large: Gaps and loss of seal

DISTANCE BETWEEN HOLES

Too close: Gaps and loss of seal
Too far: Folds and loss of seal

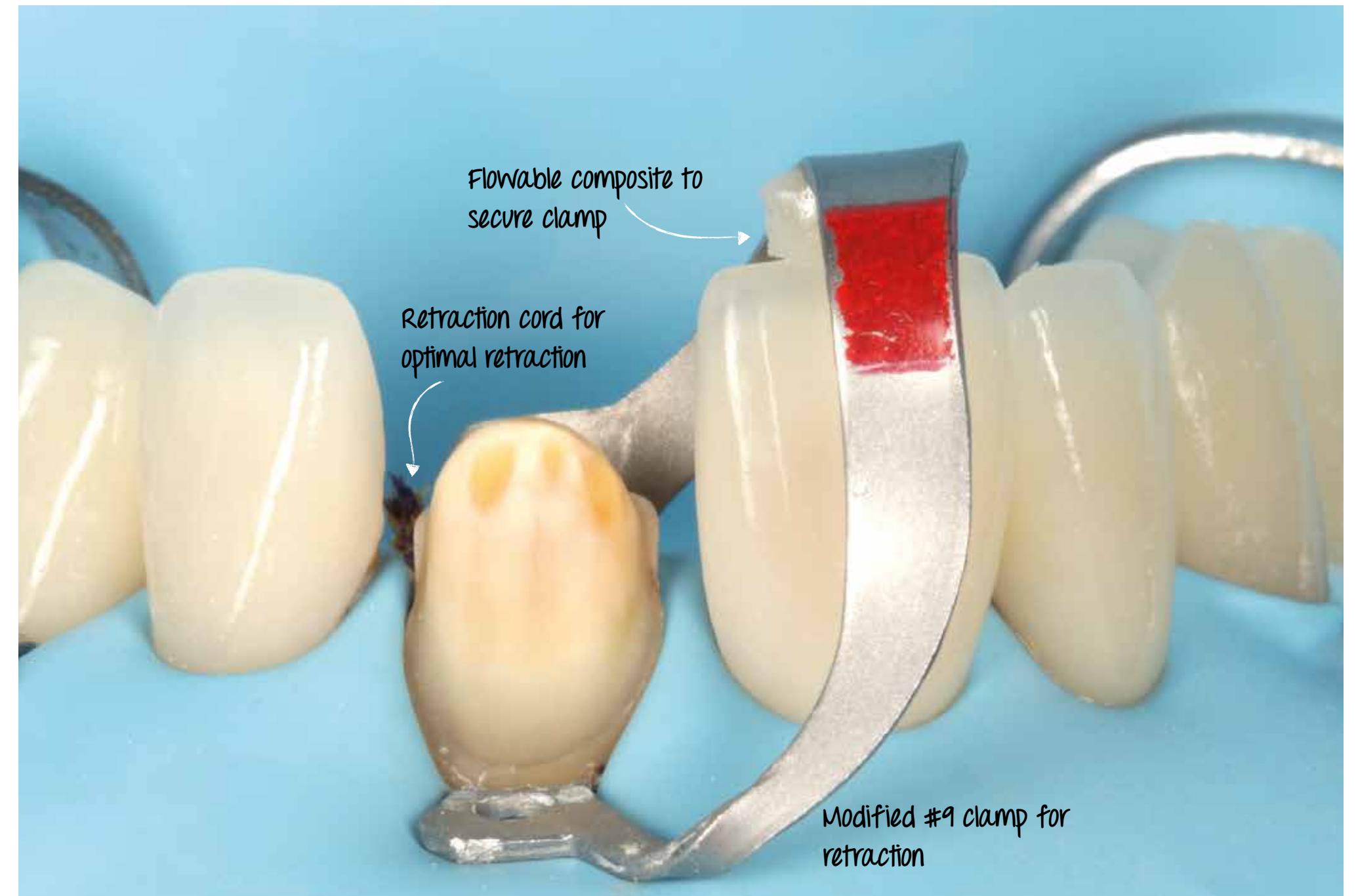


Custom Punch Technique



Tip: Alternative, use a wax bite

ADDITIONAL CLAMPS



RETRACTION CORD



SIZE

The size of the retraction cord depends on how much expansion of the sulcus you need.

With a thick biotype you need a thicker cord than with a thin biotype.

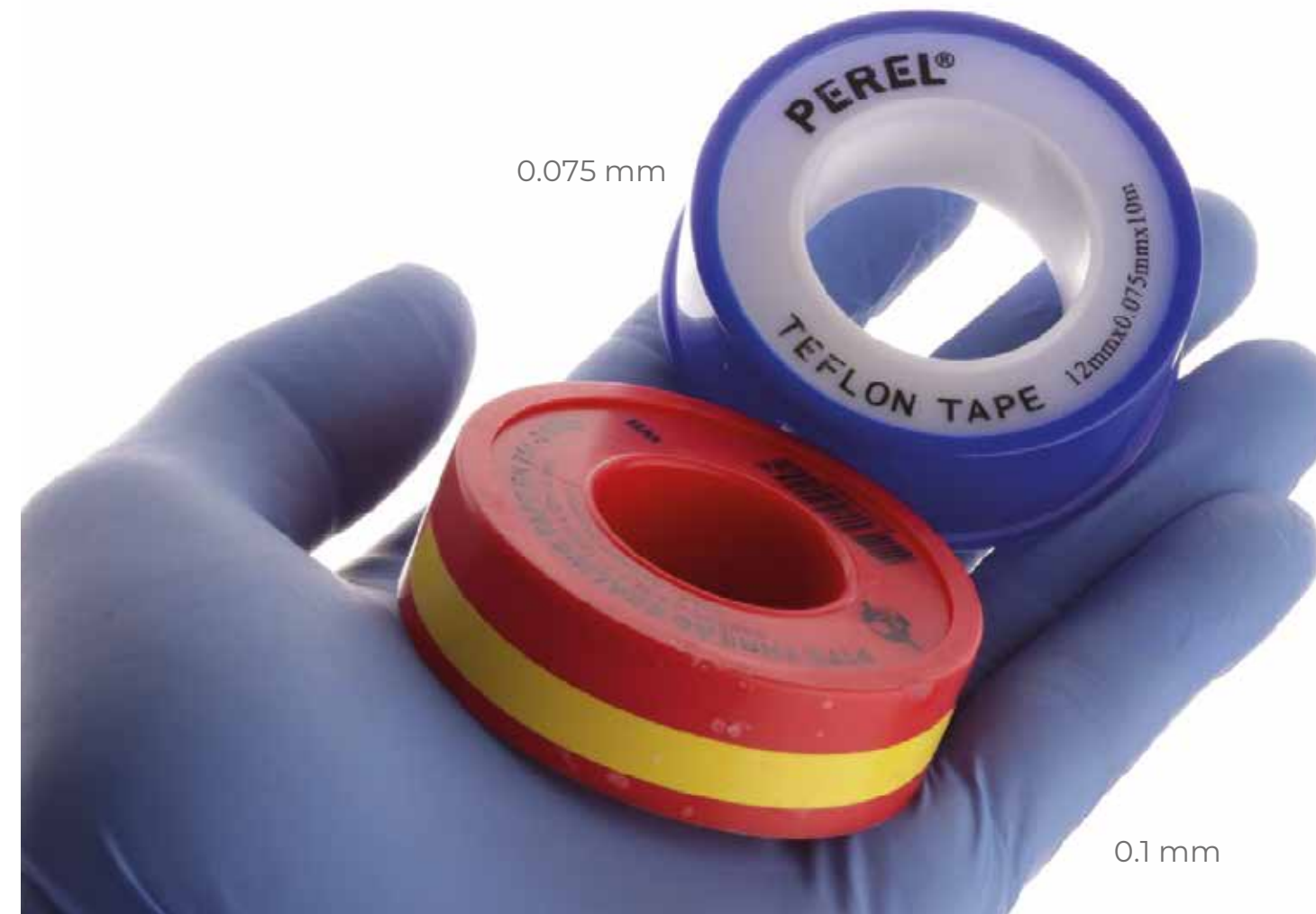
RECESSION

The use of a retraction cord can cause recession over time. Be careful with the use of retraction cord!

USED IN THIS COURSE

053077 Cerkamed Retraction Cord #00

TEFLON



INDICATION

Can be used in many different ways in dentistry.

You can use it like a retraction cord and you can use it to isolate deep margins with different attachment levels. In those situations a floss tie won't work

USED IN THIS COURSE

911594 Teflon Tape 0,1 mm

TEFLON



USE

Cut small strips between 2 - 5 cm
Don't fold them before applying
Apply with a probe or Ash 6
Wet your instrument to prevent it from sticking
Cut in half if you need to



WEDJETS



INDICATION

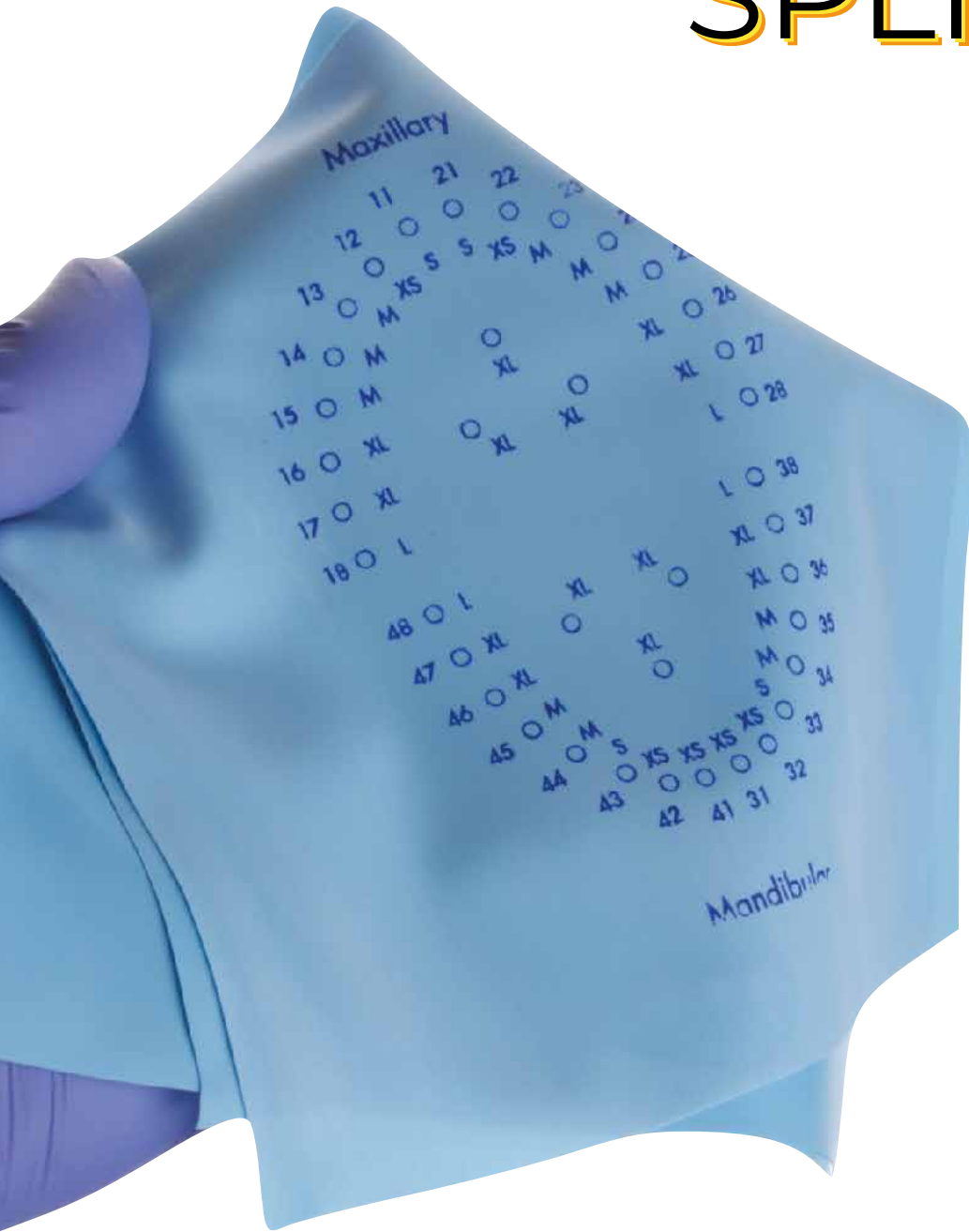
In my opinion there isn't any real indication for wedjets. If you invert your rubberdam properly you won't need them. If you want to go clampless, there are cheaper solutions. You can cut a little corner of your rubberdam and use this as a 'wedjet' for example.

USED IN THIS COURSE

061101 Hygenic Wedjets small



SPLIT DAM



ANTERIOR INDICATION

When there is a fixed orthodontic retainer that doesn't interfere with your procedure, and you don't want to remove it.

If the retainer does interfere, or the procedure is close to the gums, remove the retainer and perform normal isolation.

POSTERIOR INDICATION

When you are doing a full crown prep with margins close or below the gums, but want isolation.

When you have to perform a gingivectomy during a restorative procedure



CLAMPS

HU-FRIEDY

ANTERIOR

061308	RDCM9	Offset flat jaws and stiff bow for anterior teeth
061303	RDCM212	Flat jaws for labial caries on anterior teeth

PREMOLARS

061316	RDCM00	Flat jaw and high bow for small lower canines and first premolars
061327	RDCM1	Slightly festooned jaws for upper premolars
061327	RDCM1A	Deeply festooned jaws for canines and premolars
061336	RDCMW2	Flat jaws for premolars, wingless
061385	RDCMW2A	Flat jaws for larger premolars, wingless
061342	RDCM2A	Flat jaws for larger premolars

MOLARS (GENERAL)

061318	RDCM8A	Deeply festooned four-point jaws for molars
061344	RDCM8AD	Deeple festooned jaws and extended bow for distal acces to molars
061309	RDCMW8A	Slightly festooned jaws for molars
062016	RDCM14	Deeply festooned jaws for partially erupted or irregularly shaped molars
062019	RDCM14A	Larger version of the RDCM14

UPPER MOLARS

061354	RDCM4	Flat narrow jaws for small upper molars
061313	RDCM8	Deeply festooned jaws for upper molars

LOWER MOLARS

062013	RDCM3	Flat narrow jaws for small lower molars
061337	RDCMW3	Flat narrow jaws for small lower molars, wingless
061317	RDCM7	Flat jaws for lower molars
061338	RDCMW7	Flat jaws for lower molars, wingless
061321	RDCM12A	Serrated offset jaws for lower right molars, paired with RDCM13A
061322	RDCM13A	Serrated offset jaws for lower left molars, paired with RDCM12A

ACCESSORIES

061339	RDCOB	Rubber Dam Clamp organizing board
--------	--------------	-----------------------------------

HYGENIC

BRINKER TISSUE RETRACTORS

062411	B1	Lower molars, pedo
062412	B2	Upper left Molars
062413	B3	Upper Right Molars
062414	B4	Anterior & Canines
062415	B5	Class V restorations on all teeth
062416	B6	Class V restorations on all teeth
062417	SET	Complete set

MOLARS

062382	W14	Partially erupted or irregularly shaped molars, gloss finish
062358	W14A	Partially erupted or irregularly shaped molars, Fiesta matte finish

KKD

061383	2AO	Haller clamp, gold
--------	------------	--------------------

HAGER WERKEN

062002	2	Bicuspid with wings
--------	----------	---------------------

INSTRUMENTS

HU-FRIEDY

140028 European style round scalpel handle 10-130-05E



140039 Composite instrument A6 PFIA6



140080 Serrated Gingival cord packer GCP113



140570 College dressing pliers DP2



141404 Sterile blade 12D 10-256-12



914892 Straight Iris scissor S17



GARRISON

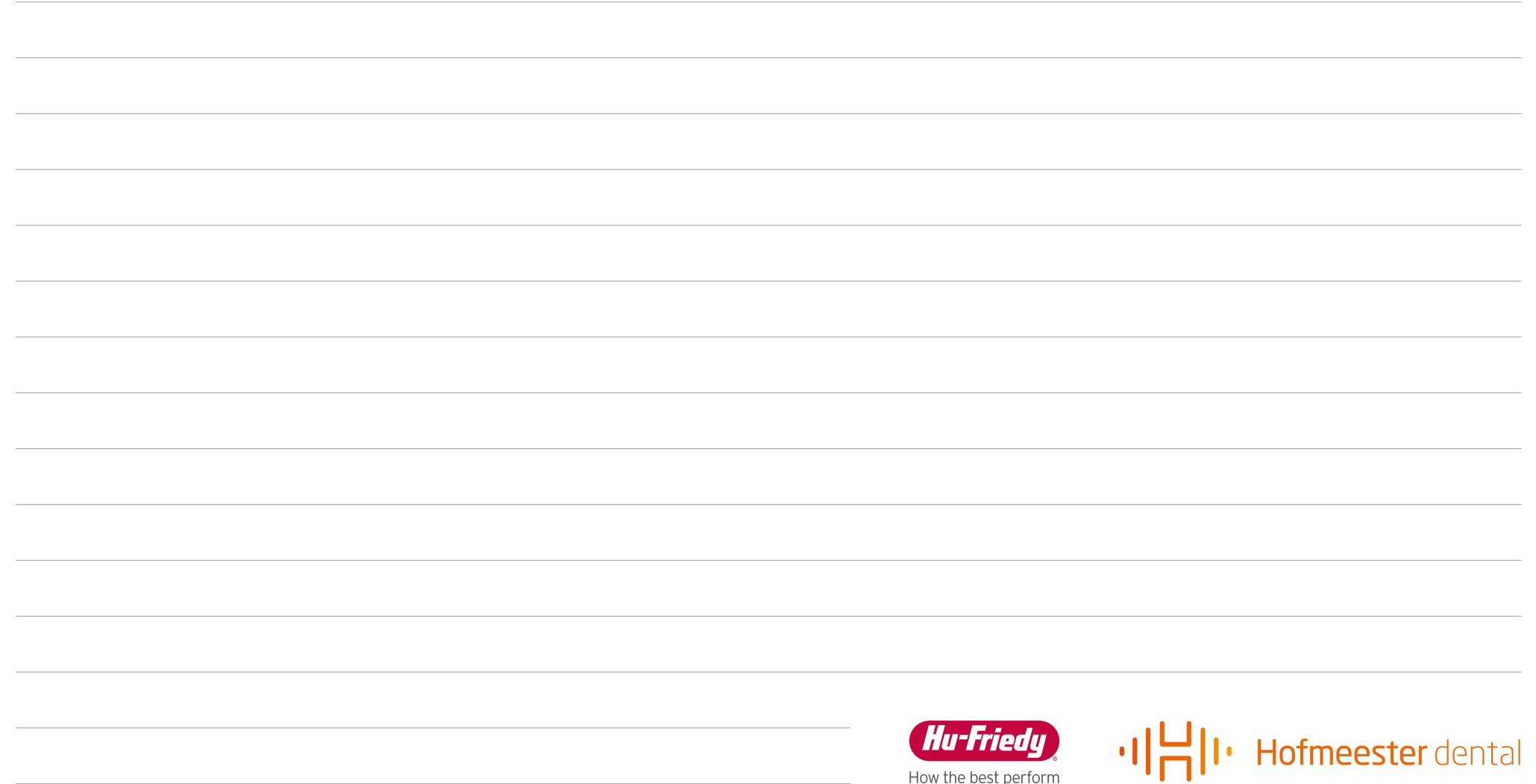
182321 Ring Placement Forceps MRDF100



OTHER MATERIALS

182044	MICERIUM	ENA Molar ring (2 pcs.)
181852	GARRISON	Composi-Tight B-series B100 (100 pcs.)
181854	GARRISON	Composi-Tight B-series B200 (100 pcs.)
181780	DENTSPLY	AutoMatrix Medium-Thin (72 pcs.)
181820	DIRECTA	Strips Curved (100 pcs.)
061274	KKD	Optilube (4 x 5 ml.)
086098	DMG	Constic (2 x 2 gr.)
182240	BARMANS	Wooden Wedges Small (200 pcs.)
183526	KERR	Fixafloss
061340	HYGENIX	Ora-Shield Dental Dam Napkins (50 pcs.)

My personal notes...



IN**V**ERSION

1 DAY RUBBERDAM TRAINING COURSE