

# **PRACTICAL CLINICAL COURSES**

A Service of the Gordon J. Christensen  
Career Development Program

**V3522**

## **Rubber Dam — Still the Best Dry-Field Technique!**

Gordon J. Christensen, DDS, MSD, PhD

### **Materials Included**

C.E. Instruction Sheet  
Products List  
Clinician Responsible  
Goals & Objectives  
Overview  
References  
AGD Post-Test

**Gordon J. Christensen**  
**PRACTICAL CLINICAL COURSES**

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*Sources of Products Discussed in*

**V3522 Rubber Dam — Still the Best Dry-Field Technique!**

Presented by: Gordon J. Christensen, DDS, MSD, PhD

1. **Edge Active Care Shave Cream**  
Local Grocery Store
2. **Hygenic Dental Dam**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
3. **Hygenic Flexi-Dam**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
4. **Hygenic Flexi-Dam Framed**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
5. **Hygenic Ora-Shield Dental Dam Napkins**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
6. **Hygenic Rubber Dam Punch**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
7. **Hygenic Wedjets**  
Coltene/Whaledent  
235 Ascot Parkway  
Cuyahoga Falls, OH 44223  
(800)221-3046  
(330)916-8800  
[www.coltenewhaledent.com](http://www.coltenewhaledent.com)
8. **Ivory Clamps [9 Anterior; 00, 0, 2, 2A Bicuspoid; 7, 8A, 14, 14A Molar; W7, W5, W4]**  
Heraeus Kulzer, Inc.  
99 Business Park Drive  
Armonk, NY 10504  
(800)431-1785  
(914)219-9409  
[www.heraeus-kulzer-us.com](http://www.heraeus-kulzer-us.com)
9. **Ivory Complete Rubber Dam Kit**  
Heraeus Kulzer, Inc.  
99 Business Park Drive  
Armonk, NY 10504  
(800)431-1785  
(914)219-9409  
[www.heraeus-kulzer-us.com](http://www.heraeus-kulzer-us.com)
10. **Ivory Rubber Dam Forcep**  
Heraeus Kulzer, Inc.  
99 Business Park Drive  
Armonk, NY 10504  
(800)431-1785  
(914)219-9409  
[www.heraeus-kulzer-us.com](http://www.heraeus-kulzer-us.com)
11. **Ivory Rubber Dam Template**  
Heraeus Kulzer, Inc.  
99 Business Park Drive  
Armonk, NY 10504  
(800)431-1785  
(914)219-9409  
[www.heraeus-kulzer-us.com](http://www.heraeus-kulzer-us.com)
12. **Light-Cure, Paint-On Dental Dam**  
Den-Mat Corporation  
P.O. Box 1729  
Santa Maria, CA 93456  
(800)433-6628  
(805)922-8491  
[www.denmat.com](http://www.denmat.com)
13. **Miltex Rubber Dam Punch 76-5**  
Patterson Dental Supply Inc.  
1031 Mendota Heights Road  
St. Paul, MN 55120  
(800)328-5536  
(615)686-1600  
[www.pattersondental.com](http://www.pattersondental.com)
14. **Niveous Liquid Dam & Block-Out Resin**  
Shofu Dental Corporation  
1225 Stone Drive  
San Marcos, CA 92078  
(800)827-4638  
(760)736-3277  
[www.shofu.com](http://www.shofu.com)
15. **OpalDam**  
Ultradent Products Inc.  
505 West 10200 South  
South Jordan, UT 84095  
(800)552-5512  
(801)572-4200  
[www.ultradent.com](http://www.ultradent.com)
16. **OptraDam**  
Ivoclar Vivadent, Inc.  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
(716)691-0010  
[www.ivoclarvivadent.us.com](http://www.ivoclarvivadent.us.com)
17. **OptraGate**  
Ivoclar Vivadent, Inc.  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
(716)691-0010  
[www.ivoclarvivadent.us.com](http://www.ivoclarvivadent.us.com)
18. **Preppie**  
Whip Mix Corporation  
361 Farmington Avenue  
P.O. Box 17183  
Louisville, KY 40217  
(800)626-5651  
(502)637-1451  
[www.whipmix.com](http://www.whipmix.com)
19. **Rubber Dam Punch #57225**  
Heraeus Kulzer, Inc.  
99 Business Park Drive  
Armonk, NY 10504  
(800)431-1785  
(914)219-9409  
[www.heraeus-kulzer-us.com](http://www.heraeus-kulzer-us.com)
20. **Young Rubber Dam Frame**  
Young Dental Manufacturing  
13705 Shoreline Court East  
Earth City, MO 63045  
(800)325-1881  
(314)344-0010  
[www.youngdental.com](http://www.youngdental.com)

*Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.*

Gordon J. Christensen Practical Clinical Courses, 3707 North Canyon Road, Suite 3D, Provo, UT 84604  
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## PROGRAM

### **V3522 Rubber Dam – Still the Best Dry-Field Technique!**

#### CLINICIAN RESPONSIBLE

**Gordon J. Christensen, DDS, MSD, PhD**  
CEO, Practical Clinical Courses  
CEO, CR Foundation  
Practicing Prosthodontist, Provo, Utah

#### GOALS & OBJECTIVES

At the completion of this video presentation, participants should be able to accomplish the following:

1. List potential uses for rubber dam.
2. Describe advantages of rubber dam use.
3. Describe disadvantages of rubber dam use.
4. Discuss the various physical characteristics of rubber dam.
5. List two prominent rubber dam companies.
6. Discuss the potential for latex allergies.
7. Describe when non-latex rubber dam would be indicated.
8. Discuss when to use the various sizes of rubber dam.
9. Discuss the importance or significance of the color of rubber dam.
10. Describe non-conventional rubber dam.
11. Discuss locations for use of resin-based composite rubber dam substitutes.
12. Discuss acceptable use of a rubber dam punch to avoid denting the punch platform.
13. List nine rubber dam clamps and where in the mouth to use them.
14. Discuss reasons for using rubber dam lubricant.
15. Discuss reasons for use of a rubber dam napkin.
16. Describe use of Wedjets.
17. List potential problems related to use of rubber dam.
18. Describe an acceptable rubber dam procedure step-by-step.
19. Describe the reason for inverting the rubber dam around each tooth.
20. Discuss special uses of rubber dam as described in this video.

## OVERVIEW

### **V3522 Rubber Dam – Still the Best Dry-Field Technique!**

Rubber dam has been used in dentistry for over 150 years. It is well known to provide significant advantages, but many dentists do not use rubber dam routinely. Many reasons are related to their decision to avoid using rubber dam. Probably the perception that rubber dam placement is time-consuming and costly has impeded its use, but neither opinion is valid.

Properly educated staff persons can place a rubber dam in a few minutes and the clinical time savings during the treatment period is significant.

Some of the advantages of rubber dam use are:

- Provides optimum vision and physical access
- Provides a dry uncontaminated field
- Retracts the cheeks, lips, and tongue
- Controls throat access and prevents swallowing or aspiration of objects
- Patient cannot talk or expectorate
- Helps to control spread of infectious organisms
- Patient has a feeling of safety
- Helps clinician to accomplish higher quality dentistry

Disadvantages of rubber dam use are:

- Requires some time to learn fast, effective placement procedure
- A few patients become claustrophobic
- Latex allergies
- Slight cost
- Some time is required to place the dam

Equipment and supplies necessary for rubber dam use are:

- Punch
- Frame or holder
- Assortment of clamps
- Clamp forcep or holder
- Lubricant
- Rubber dam napkins
- Wedjets
- Waxed floss

This video shows step-by-step procedures for placing the rubber dam in typical locations plus for some special situations.

Rubber dam is a highly advantageous adjunct for producing high quality dentistry.

## REFERENCES

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2. Sunay H, Tanalp J, Guler N, Bayirli G. Delayed type allergic reaction following the use of nonlatex rubber dam during endodontic treatment. *Int Endod J*. 2006 Jul; 39(7):576-80.
3. Costello MR. Dental dams: the secret tool for infection control. *Compend Contin Educ Dent*. 2006 Mar; 27(3):196-9.
4. Meraner M. Soft tissue management for difficult cervical restorations. *Gen Dent*. 2006 Mar-Apr; 54(2):117-20.
5. Owens BM. Alternative rubber dam isolation technique for the restoration of Class V cervical lesions. *Oper Dent*. 2006 Mar-Apr; 31(2):277-80.
6. Goodday RH, Crocker DA. The effect of rubber dam placement on the arterial oxygen saturation in dental patients. *Oper Dent*. 2006 Mar-Apr; 31(2):176-9.
7. Rau PJ, Pioch T, Staehle HJ, Dorfer CE. Influence of the rubber dam on proximal contact strengths. *Oper Dent*. 2006 Mar-Apr; 31(2):171-5.
8. de Lourdes Rodrigues Accorinte M, Reis A, Dourado Loguercio A, Cavalcanti de Araujo V, Muench A. Influence of rubber dam isolation on human pulp responses after capping with calcium hydroxide and an adhesive system. *Quintessence Int*. 2006 Mar; 37(3):205-12.
9. Perrine GA. A simplified rubber-dam technique for preparing teeth for indirect restorations. *J Am Dent Assoc*. 2005 Nov; 136(11):1560-1.
10. Strydom C. Handling protocol of posterior composites Rubber Dam. *SADJ*. 2005 Aug; 60(7):292-3.
11. Chin SM, Ferguson JW, Bajurnows T. Latex allergy in dentistry. Review and report of case presenting as a serious reaction to latex dental dam. *Aust Dent J*. 2004 Sep; 49(3):146-8.

## POST-TEST

### **V3522 Rubber Dam – Still the Best Dry-Field Technique!**

1. Proper rubber dam placement:
  - a. requires significant time.
  - b. requires a dentist and an assistant.
  - c. is a difficult procedure.
  - d. is expensive.
  - e. none of the above.
  
2. Rubber dam is available in the following thickness:
  - a. thin at .004".
  - b. medium at .005".
  - c. heavy at .006".
  - d. extra-heavy at .009".
  - e. none of the above.
  
3. The most commonly used type of rubber dam is:
  - a. latex.
  - b. non-latex.
  - c. 4" x 5".
  - d. 6" x 5".
  
4. The color of the rubber dam is:
  - a. highly important.
  - b. moderately important.
  - c. slightly important.
  - d. not important.
  
5. In a typical rubber dam placement for restorative dentistry on the anterior teeth, it is desirable to place the clamp on:
  - a. the anterior teeth.
  - b. the premolars.
  - c. the first molar.
  - d. the second molar.
  
6. The #W4 clamp is designed to be used:
  - a. on anterior teeth.
  - b. on premolars and molars.
  - c. as a class V clamp.
  - d. on small molars.
  
7. Winged rubber dam clamps:
  - a. may restrict access to the operating site.
  - b. are easier to place than wingless clamps.
  - c. are smaller than wingless clamps.
  - d. are intended for molars only.

**POST-TEST (CONT'D)**

**V3522 Rubber Dam – Still the Best Dry-Field Technique!**

- 8. A 6" x 6" rubber dam is usually used for:
  - a. typical adult restorative dentistry.
  - b. typical pediatric dentistry.
  - c. endodontic therapy.
  - d. all of the above.
  
- 9. Heavy and extra-heavy rubber dam:
  - a. retract gingival tissues well.
  - b. retract lips, cheeks, and tongue well.
  - c. are slightly more difficult to place into tight contact areas than thinner dam.
  - d. all of the above.
  
- 10. Wedjets are:
  - a. available in latex only.
  - b. used for holding a rubber dam down in situations where tooth contact areas are loose.
  - c. for lower anterior teeth only.
  - d. for molars only.

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