

**PRACTICAL CLINICAL COURSES**  
*A Service of the Gordon J. Christensen  
Career Development Program*

**S1970**  
**The Best Posts and Cores, Build-Ups, and Fillers**

Gordon J. Christensen, DDS, MSD, PhD

**Materials Included:**

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

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

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Gordon J. Christensen  
**PRACTICAL CLINICAL COURSES**  
*Sources of Products Discussed in*  
**S1970 The Best Posts and Cores, Build-Ups, and Fillers**  
Presented by: Gordon J. Christensen, DDS, MSD, PhD

1. **3M RelyX Universal Resin Cement**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
2. **3M Scotchbond Universal Plus Adhesive**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
3. **Absolute Dentin**  
Parkell, Inc.  
300 Executive Drive  
Edgewood, NY 11717  
(800)243-7446  
(631)249-1134  
[www.parkell.com](http://www.parkell.com)
4. **Build-It FR**  
Pentron  
1717 West Collins Avenue  
Orange, CA 92867  
(800)551-0283  
(714)516-7557  
[www.pentron.com](http://www.pentron.com)
5. **C&B-Metabond Quick**  
Parkell, Inc.  
300 Executive Drive  
Edgewood, NY 11717  
(800)243-7446  
(631)249-1134  
[www.parkell.com](http://www.parkell.com)
6. **Copper Bands**  
Various Distributors
7. **Core Paste XP**  
DenMat Holdings, LLC  
1017 W. Central Avenue  
Lompoc, CA 93436-2701  
(800)433-6628  
[www.denmat.com](http://www.denmat.com)
8. **Cure-Thru IntegraPost**  
Premier Dental Co.  
1710 Romano Drive  
Plymouth Meeting, PA 19462  
(888)670-6100  
(610)239-6000  
[www.premierdentalco.com](http://www.premierdentalco.com)
9. **D.T. Light-Post Illusion X-RO by RTD Dental**  
Various Distributors
10. **Dyract eXtra**  
Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)
11. **FibreKleer 4X Fiber Post**  
Pentron  
1717 West Collins Avenue  
Orange, CA 92867  
(800)551-0283  
(714)516-7557  
[www.pentron.com](http://www.pentron.com)
12. **FILPINS by Filhol Dental**  
Engineered Endodontics  
4965 North Campbell Drive  
Menomonee Falls, WI 53051  
(262)501-0075  
[www.engineeredendo.com](http://www.engineeredendo.com)
13. **G5 All-Purpose Desensitizer by Clinician's Choice**  
Henry Schein Dental  
135 Duryea Road  
Melville, NY 11747  
(800)372-4346  
(631)843-5500  
[www.henryschein.com](http://www.henryschein.com)
14. **GLUMA Desensitizer**  
Kulzer North America  
4315 South Lafayette Blvd.  
South Bend, IN 46614  
(800)431-1785  
[www.kulzerus.com](http://www.kulzerus.com)
15. **Greater Curve Tofflemire Bands**  
Greater Curve  
6117 Campus Lane  
Suite 30199  
Cincinnati, OH 45230  
(866)493-3437  
[www.greatercurve.com](http://www.greatercurve.com)
16. **Maxcem Elite and Maxcem Elite Chroma**  
Kerr Corporation  
200 S. Kraemer Blvd.  
Building E2  
Brea, CA 92821  
(800)537-7123  
[www.kerrdental.com](http://www.kerrdental.com)

17. **MicroPrime G Desensitizer**

Zest Dental Solutions  
2875 Loker Avenue East  
Carlsbad, CA 92010  
(800)262-2310  
(442)244-4835  
[www.zestdent.com](http://www.zestdent.com)

18. **MultiCore Flow**

Ivoclar Vivadent  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
(716)691-0010  
[www.ivoclar.com](http://www.ivoclar.com)

19. **NORDIN Titanium Pins by**

**Nordin Dental**  
Various Distributors

20. **Palodent 360 Matrix System**

Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)

21. **ParaPost Fiber Lux by Coltene**

Various Distributors

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

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## **PROGRAM**

### **S1970 The Best Posts and Cores, Build-Ups, and Fillers**

#### **CLINICIAN RESPONSIBLE:**

**Gordon J. Christensen, DDS, MSD, PhD**  
*Founder and CEO, Practical Clinical Courses*  
*Senior Consultant & Previous CEO, CR Foundation*  
*Practicing Prosthodontist, Provo, Utah*

#### **GOALS & OBJECTIVES**

At the completion of this video presentation, viewers should be able to:

1. List the clinical steps for building up teeth.
2. Differentiate fillers, build-ups, and posts and cores.
3. Define fillers.
4. List potential filler materials.
5. List the steps in tooth preparation disinfection.
6. List the steps in filler placement.
7. Define build-ups.
8. List potential build-up materials.
9. List the steps in placing build-up materials.
10. List clinical situations needing posts.
11. Describe the various types of posts.
12. Discuss the number of posts for multi-rooted teeth.
13. Discuss the potential types of posts for endodontically treated teeth.
14. List the steps in placing posts.
15. Discuss when retentive pins are needed.
16. Compare types of retentive pins.
17. Discuss potential complications when placing pins.
18. Discuss tooth preparations for endodontically treated teeth.
19. Discuss potential complications when placing posts.
20. List practice management challenges when placing posts.

## OVERVIEW

### **S1970 The Best Posts and Cores, Build-Ups, and Fillers**

One of the main goals for dentistry is saving natural teeth. Currently, many teeth that could be restored are being removed, and implants are used to replace them. After 30 years of use, it has become obvious that implants are not true replacements for natural teeth. Research shows about 50% of implants have peri-mucositis or peri-implantitis by about 10 years of service. This knowledge shows the wisdom of saving teeth. However, many dentists have not been educated to save severely broken-down teeth. This video includes the following topics that provide clinical techniques to overcome that problem:

- The clinical steps for building-up teeth.
- Differences among fillers, build-ups, and posts and cores.
- What are fillers?
- Potential filler materials.
- The steps in tooth preparation disinfection.
- The steps in filler placement.
- What are build-ups?
- Potential build-up materials.
- The steps in placing build-up materials.
- Clinical situations needing posts.
- The various types of posts.
- Posts for multi-rooted teeth.
- The potential types of posts for endodontically treated teeth.
- The steps in placing posts.
- When retentive pins are needed.
- Types of retentive pins.
- Potential complications when placing pins.
- Tooth preparations for endodontically treated teeth.
- Potential complications when placing posts.
- Practice management challenges when placing posts.

## SUPPLEMENTAL MATERIALS

### **S1970 The Best Posts and Cores, Build-Ups, and Fillers**

1. Christensen GJ. Ask Dr. Christensen: How to make a lifetime crown. Dental Economics. 2023 Sep;113(9):74-7.
2. Christensen GJ. Ask Dr. Christensen: Does that tooth really need endo? Dental Economics. 2023 Aug;113(8):51-4.
3. Vogler JAH, Billen L, Walther KA, Wöstmann B. Fibre-reinforced Cad/CAM post and cores: The new “gold standard” for anterior teeth with extensive coronal destruction? - A fully digital chairside workflow. Heliyon. 2023 Aug 9;9(8):e19048. doi: 10.1016/j.heliyon.2023.e19048. eCollection 2023 Aug.
4. Christensen GJ. Ask Dr. Christensen: Has pulp capping been replaced by endo treatment? Dental Economics. 2023 May;113(5):52-4.
5. Piangsuk T, Dawson DV, El-Kerdani T, Lindquist TJ. The Accuracy of Post and Core Fabricated with Digital Technology. J Prosthodont. 2023 Mar;32(3):221-226. doi: 10.1111/jopr.13522. Epub 2022 Apr 29.
6. Christensen GJ. Ask Dr. Christensen: How to reduce recurrent caries and crowns coming off. Dental Economics. 2022 Aug;112(8):62-4.
7. Christensen GJ. Ask Dr. Christensen: Reducing composite resin failures. Dental Economics. 2022 Jun;112(6):59-61.
8. Christensen GJ. Ask Dr. Christensen: What are the main reasons for failure of dental implants? Dental Economics. 2022 May;112(5):60-3.
9. Christensen GJ. Ask Dr. Christensen: Are endodontic posts really necessary? Dental Economics. 2021 Dec;111(12):42-6.
10. Shankla K, Sambrook R, Fine P, Blizard R, Leung A. Assessing dentists’ knowledge and experience in restoring endodontically treated teeth using post & cores. J Dent. 2021 Nov;114:103815. doi: 10.1016/j.jdent.2021.103815. Epub 2021 Sep 21.
11. Thakur A, Ramarao S. A comparative evaluation of fracture resistance of endodontically treated premolar teeth reinforced with different prefabricated and custom-made fiber-reinforced post system with two different post lengths: An *in vitro* study. J Conserv Dent. 2019 Jul-Aug;22(4):376-380. doi: 10.4103/JCD.JCD\_52\_19.

## POST-TEST

### **S1970 The Best Posts and Cores, Build-Ups, and Fillers**

1. Fillers add retention to a tooth preparation.
  - a. True
  - b. False
  
2. Glutaraldehyde solution should be placed on a build-up prep for two 1-minute applications.
  - a. True
  - b. False
  
3. Glass ionomer is the best material for large build-ups.
  - a. True
  - b. False
  
4. Glutaraldehyde (MicroPrime G and others) can injure soft tissue.
  - a. True
  - b. False
  
5. Bonding agents provide adequate retention for build-ups.
  - a. True
  - b. False
  
6. Fillers always require mechanical retention.
  - a. True
  - b. False
  
7. Currently, the best posts are fiber-reinforced composite resin.
  - a. True
  - b. False



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

**S1970 The Best Posts and Cores, Build-Ups, and Fillers**

8. Currently, the best cement for posts is \_\_\_\_\_.
- a. Glass ionomer
  - b. Polycarboxylate
  - c. Resin
  - d. Resin-modified glass ionomer
9. Retentive pins are always needed for build-ups.
- a. True
  - b. False
10. Usually, posts should be placed about halfway into the bony supported length of the tooth.
- a. True
  - b. False

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