

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

**V1942**  
**Strong, Comfortable, Esthetic Rehabilitations  
with Zirconia**

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*

**V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

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

1. **3M Directed Flow Impression Tray**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
2. **3M Impregum**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
3. **3M Imprint 4**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
4. **3M Protemp Plus**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
5. **3M RelyX Luting Plus**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
6. **3M RelyX Universal**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
7. **3M Astringent Retraction Paste**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
8. **3M Scotchbond**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
9. **Aquasil Ultra+**  
Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)
10. **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)
11. **CEREC Primescan**  
Dentsply Sirona  
13320-B Ballantyne Corporate Pl  
Charlotte, NC 28277  
(800)877-0020  
[www.dentsplysirona.com](http://www.dentsplysirona.com)
12. **Dialite Extra-Oral Porcelain Polishing Paste**  
Brasseler USA Dental  
One Brasseler Blvd.  
Savannah, GA 31419  
(800)841-4522  
[www.brasselerusa.com](http://www.brasselerusa.com)
13. **Dialite ZR Polishers for Zirconia (K0238)**  
Brasseler USA Dental  
One Brasseler Blvd.  
Savannah, GA 31419  
(800)841-4522  
[www.brasselerusa.com](http://www.brasselerusa.com)
14. **Easy Cure 2 Light Curing Tray (Replacement for Triad 2000)**  
Henry Schein Dental  
135 Duryea Road  
Melville NY 11747  
(800)372-4346  
(631)843-5500  
[www.henryschein.com](http://www.henryschein.com)
15. **Epic X (Replacement for iLase Diode Laser)**  
BIOLASE, Inc.  
27042 Towne Centre Drive  
Suite 270  
Foothill Ranch, CA 92610  
(833)246-5273  
(949)361-1200  
[www.biolase.com](http://www.biolase.com)
16. **EXA Advanced (Replaces EXAMIX NDS)**  
GC America Inc.  
3737 West 127<sup>th</sup> Street  
Alsip, IL 60803  
(800)323-7063  
(708)597-0900  
[www.gcamerica.com](http://www.gcamerica.com)

17. **GC FujiCEM Evolve**  
GC America Inc.  
3737 West 127<sup>th</sup> Street  
Alsip, IL 60803  
(800)323-7063  
(708)597-0900  
[www.gcamerica.com](http://www.gcamerica.com)
18. **iLase Diode Laser (See Epic X)**
19. **LC Base Plates (SelexION)**  
SCIEX  
500 Old Connecticut Path  
Framingham, MA 01701  
(877)740-2129  
[www.sciex.com](http://www.sciex.com)
20. **Megatray Custom Tray Material (Replacement for Triad TruTray)**  
Henry Schein Dental  
135 Duryea Road  
Melville NY 11747  
(800)372-4346  
(631)843-5500  
[www.henryschein.com](http://www.henryschein.com)
21. **MicroPrime Desensitizer**  
Zest Dental Solutions  
2875 Loker Avenue East  
Carlsbad, CA 92010  
(800)262-2310  
(442)244-4835  
[www.zestdent.com](http://www.zestdent.com)
22. **NeoDiamond**  
Microcopy  
P.O. Box 2017  
Kennesaw, GA 30156-9017  
(800)235-1863  
[www.microcopydental.com](http://www.microcopydental.com)
23. **Occlusal Indicator Wax**  
Kerr Corporation  
200 S. Kraemer Blvd.  
Building E2  
Brea, CA 92821  
(800)537-7123  
[www.kerrdental.com](http://www.kerrdental.com)
24. **Picasso Lite+ Diode Laser**  
AMD Lasers  
4628 West Skyhawk Drive  
West Jordan, UT 84084  
(866)999-2635  
[www.amdlasers.com](http://www.amdlasers.com)
25. **PreviDent 5000 Booster Plus**  
Colgate Oral Pharmaceuticals  
300 Park Avenue  
New York, NY 10022  
(800)226-5428  
[www.colgateprofessional.com](http://www.colgateprofessional.com)
26. **PreviDent Gel**  
Colgate Oral Pharmaceuticals  
300 Park Avenue  
New York, NY 10022  
(800)226-5428  
[www.colgateprofessional.com](http://www.colgateprofessional.com)
27. **ProCure 300 Light Oven**  
Keystone Industries  
480 South Democrat Road  
Gibbstown, NJ 08027  
(800)333-3131  
(856)663-4700  
[www.dental.keystoneindustries.com](http://www.dental.keystoneindustries.com)
28. **Sensimatic 700SE Electrosurge**  
Parkell, Inc.  
300 Executive Drive  
Edgewood, NY 11717  
(800)243-7446  
(631)249-1134  
[www.parkell.com](http://www.parkell.com)
29. **SternTek Custom Tray Material**  
Sterngold Dental, LLC  
23 Frank Mossberg Drive  
Attleboro, MA 02703-0967  
(800)243-9942  
(508)226-5660  
[www.sterngold.com](http://www.sterngold.com)
30. **Thermo Clone**  
Ultradent Products Inc.  
505 West Ultradent Drive  
South Jordan, UT 84095  
(888)230-1420  
(801)572-4200  
[www.ultradent.com](http://www.ultradent.com)
31. **Triad 2000 (See Easy Cure 2)**
32. **Triad TruTray (See Megatray Custom Tray Material)**
33. **ViscoStat Clear**  
Ultradent Products Inc.  
505 West Ultradent Drive  
South Jordan, UT 84095  
(888)230-1420  
(801)572-4200  
[www.ultradent.com](http://www.ultradent.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

### **V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

#### 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. Compare the relative complexity of a typical restorative rehabilitation accomplished one arch at a time with other dental procedures.
2. List the five types of esthetic ceramic restorations.
3. Discuss porcelain-fused-to-metal and its potential for future use.
4. List in what situations 3Y zirconia is appropriate.
5. List in what situations 4-5-6Y zirconia is appropriate.
6. Compare the strength characteristics of 3Y zirconia with 4-5-6Y zirconia.
7. List topics to educate patients before beginning major rehabilitative treatment.
8. List the components of a staff-oriented diagnostic data collection.
9. Define an exploratory appointment.
10. Describe a rehabilitation accomplished one tooth at a time.
11. Describe a rehabilitation accomplished a quadrant or a sextant at a time.
12. Describe the differences between a crown prep for a zirconia crown and a crown prep for a lithium disilicate crown.
13. List the steps in the two-cord soft-tissue retraction method.
14. List the steps in the modified one-cord and styptic-gel technique.
15. Describe how to maintain original vertical dimension of occlusion when doing the full-arch prep method of restorative rehabilitation.
16. List the most popular three types of cement and their differences.
17. List current challenges with zirconia restorations and how to prevent them.
18. List methods to prevent caries after a restorative rehabilitation is accomplished.
19. Describe recare appointments after a rehabilitation.
20. Describe a six-week touch-up post-rehabilitation appointment.

## OVERVIEW

### **V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

In spite of modern methods of preventive dentistry, dental caries and periodontal disease still destroy human dentitions for many people. Additionally, bruxism plagues at least 35% of the population causing premature tooth loss. Full-mouth restorative rehabilitation is still needed for many people. The following topics related to rehabilitation are included in this video:

- The relative complexity of a typical restorative rehabilitation accomplished one arch at a time with other dental procedures
- The five types of esthetic ceramic restorations
- Porcelain-fused-to-metal and its potential for future use
- In what situations 3Y zirconia is appropriate
- In what situations 4-5-6Y zirconia is appropriate
- The strength characteristics of 3Y zirconia with 4-5-6Y zirconia
- Topics to discuss with patients before beginning major rehabilitative treatment
- The components of a staff-oriented diagnostic data collection
- An exploratory appointment
- Rehabilitation accomplished one tooth at a time
- Rehabilitation accomplished a quadrant or a sextant at a time
- The differences between a crown prep for a zirconia crown and a crown prep for a lithium disilicate crown
- The steps in the two-cord soft-tissue retraction method
- The steps in the modified one-cord and styptic-gel technique
- How to maintain original vertical dimension of occlusion when doing the full-arch prep method of restorative rehabilitation
- The three most popular types of cement and their differences
- Current challenges with zirconia restorations and how to prevent them
- Methods to prevent caries after a restorative rehabilitation is accomplished
- Recare appointments after a rehabilitation
- The six-week touch-up post-rehabilitation appointment

## **SUPPLEMENTAL MATERIALS**

### **V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

1. Christensen GJ. Ask Dr. Christensen: Which crown types are best for what situations? Dental Economics. 2022 Feb;112(2):61-4.
2. Christensen GJ. Ask Dr. Christensen: Improving the color match of zirconia crowns. Dental Economics. 2021 Sept;111(9):57-60.
3. Christensen GJ. Ask Dr. Christensen: What cement type is best in 2021? Dental Economics. 2021 May;111(5):54-57.
4. Christensen GJ. Ask Dr. Christensen: Are there proven preventive restorative materials? Dental Economics. 2021 Jan;111(1):52-56.
5. Christensen GJ. Ask Dr. Christensen: Why are some zirconia crowns failing? Dental Economics. 2019 Dec;109(12):69-71, 73.
6. Thimmappa M, Katarya V, Parekh I. Philosophies of full mouth rehabilitation: A systematic review of clinical studies. J Indian Prosthodont Soc. 2021 Jan-Mar;21(1):19-27.
7. Llobell A, Bergler M, Fraiman H, Korostoff J, Cross C, Fiorellini J. A novel digital approach for fixed full-mouth implant-supported rehabilitations: A case report. J Clin Exp Dent. 2020 Sep 1;12(9):e877-e882.
8. Markiewicz MR, Raina A, Chuang SK, Margarone 3<sup>rd</sup> JE, Dodson TB. Full-mouth rehabilitation with single-tooth implant restorations. Overview and report of case. N Y State Dent J. 2010 Mar;76(2):36-42.

## POST-TEST

### **V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

1. The most-used ceramic crown at this time is:
  - a. porcelain-fused-to-metal.
  - b. lithium disilicate.
  - c. zirconia.
  - d. polymer.
  
2. Porcelain-fused-to-metal (PFM) is still potentially used for what?
  - a. Long-span fixed prostheses
  - b. Replacement of piecemeal failing crowns on older rehabs done with PFM
  - c. Precision attachments
  - d. All the above
  
3. This presentation suggested the use of 3Y zirconia, especially for:
  - a. anterior crowns.
  - b. molar crowns.
  - c. all crowns.
  - d. none of the above.
  
4. If necessary, an exploratory appointment should be scheduled:
  - a. first appointment in the morning.
  - b. any time during a practice day.
  - c. at the end of the practice day.
  
5. A tooth prep for zirconia should have at least \_\_\_\_ mm of chamfer on the margins.
  - a. 1.2
  - b. 0.6
  - c. 0.8
  - d. 1.0
  
6. A full-mouth rehabilitation can be accomplished:
  - a. one tooth at a time.
  - b. one quadrant or sextant at a time.
  - c. one arch at a time.
  - d. all the above.
  
7. The cement recommended for zirconia crowns is:
  - a. self-etching resin.
  - b. resin-modified glass ionomer.
  - c. adhesive resin.
  - d. glass ionomer.



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

**V1942 Strong, Comfortable, Esthetic Rehabilitations with Zirconia**

8. When should you refer part of the rehab to other practitioners?
  - a. When you would not feel comfortable doing the same procedure to yourself.
  - b. When you feel someone else has more competency than you in the procedure.
  - c. All the above.
  
9. When doing restorative rehabilitations one arch at a time, it was suggested:
  - a. doing the mandibular arch first.
  - b. doing the maxillary arch first.
  
10. Use of glutaraldehyde desensitizer/disinfectant was suggested for use:
  - a. just before seating the crowns.
  - b. just before seating the provisional crowns.
  - c. both a and b.
  - d. just b.

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