

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

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PRACTICAL CLINICAL COURSES

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Sources of Products Discussed in
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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
2. **3M Scotchbond Universal Plus Adhesive**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
3. **Absolute Dentin**
Parkell, Inc.
300 Executive Drive
Edgewood, NY 11717
(800)243-7446
(631)249-1134
www.parkell.com
4. **Build-It FR**
Pentron
1717 West Collins Avenue
Orange, CA 92867
(800)551-0283
(714)516-7557
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
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
8. **Cure-Thru IntegraPost**
Premier Dental Co.
1710 Romano Drive
Plymouth Meeting, PA 19462
(888)670-6100
(610)239-6000
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
11. **FibreKleer 4X Fiber Post**
Pentron
1717 West Collins Avenue
Orange, CA 92867
(800)551-0283
(714)516-7557
www.pentron.com
12. **FILPINS by Filhol Dental**
Engineered Endodontics
4965 North Campbell Drive
Menomonee Falls, WI 53051
(262)501-0075
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
14. **GLUMA Desensitizer**
Kulzer North America
4315 South Lafayette Blvd.
South Bend, IN 46614
(800)431-1785
www.kulzerus.com
15. **Greater Curve Tofflemire Bands**
Greater Curve
6117 Campus Lane
Suite 30199
Cincinnati, OH 45230
(866)493-3437
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

17. **MicroPrime G Desensitizer**

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

18. **MultiCore Flow**

Ivoclar Vivadent
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
(716)691-0010
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

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

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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

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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)

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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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