

PART 1: SEATING CROWNS & BRIDGES – STEP BY STEP

1 CLEAR MARGINS  - Remove cord, tissue and saliva. - Clean with pumice and rinse. - Dry thoroughly.	2 TRY-IN (FIT & Esthetics)  - Try-in without cement. - Check fit, contacts, margins, occlusion, and esthetics. - Confirm patient approval.	3 CLEAN RESTORATION  - Rinse restoration. - Clean intaglio with alcohol or cleaner. - Do not touch internal surface.	4 ISOLATE  - Isolate with rubber dam if possible. - Keeps field dry and improves cementation success.	5 PREPARE TOOTH  - Apply primer/conditioner as indicated. - Air thin gently. Do not over dry.
6 CEMENT  - Apply cement to restoration (or as recommended). - Use manufacturer's instructions.	7 SEAT WITH PRESSURE  - Seat restoration with firm, steady pressure. - Use a slow, even motion.	8 REMOVE EXCESS  - Remove excess cement immediately. - Floss interproximally. - Use explorer and microbrush.	9 LIGHT CURE  - Tack cure or full cure depending on cement. - Remove remaining excess and finish.	10 CHECK & ADJUST  - Check occlusion in centric and excursions. - Adjust as needed. - Polish contacts and occlusion.



PRO TIPS:

- Always read cement instructions and follow manufacturer's guidelines.
- Isolation, cleanliness and proper cementation = long term success.
- When in doubt, take a radiograph to confirm seating.

RECOMMENDED CEMENT TYPES

- Zirconia / All Ceramic: Resin Cement
- Metal / PFM: Resin or Glass Ionomer Cement
- Implant Crowns: Screw-Retained or Cement-Retained as Indicated

PART 2: HOW TO ADJUST CONTACTS CORRECTLY WITHOUT CREATING AN OPEN MARGIN OR FOOD TRAP

1 EVALUATE CONTACT - Floss to identify tight or high contacts. - Use articulating paper to confirm. 	2 ADJUST PROXIMALLY THE RIGHT WAY - Use a fine grit finishing strip or flame-shaped diamond. - Keep the instrument parallel to the contact. - Make light, even strokes. 	3 CHECK OFTEN - Recheck with floss frequently. - Aim for slight resistance when flossing. 	4 CHECK FOR FOOD TRAPS - Run floss in and out. - If floss frays or catches, the contact is too open or rough. 	5 POLISH CONTACT - Polish with fine strip or points. - Smooth = plaque resistant and patient friendly. 
  GOOD CONTACT Tight, no floss pull TOO TIGHT Floss does not pass	  CORRECT ANGLE Parallel to contact WRONG ANGLE Creates ledge or open margin	  IDEAL CONTACT Slight resistance to floss TOO LOOSE Food trap risk	  SMOOTH & TIGHT No fray, no catch FOOD TRAP RISK Floss frays or catches	  POLISHED SMOOTH Plaque resistant ROUGH SURFACE Plaque trap



KEY POINTS TO REMEMBER

- Remove the least amount of material possible.
- Do not over-reduce – this creates open margins and food traps.
- Keep the contact area as small and centered as possible.
- Always recheck margins and occlusion after adjustments.

FINAL CHECKLIST BEFORE DISMISSAL

- ☒ Margins clean and free of cement
- ☒ Contacts tight with floss, not open
- ☒ Occlusion balanced and adjusted
- ☒ Patient comfortable with bite
- ☒ Esthetics approved by patient

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COMMON ISSUES TO AVOID

- ☒ Open margins: Causes sensitivity and failure
- ☒ Open contacts: Lead to food traps and decay
- ☒ High contacts: Cause fracture and discomfort
- ☒ Over-adjustment: Weakens restoration
- ☒ Rough surfaces: Causes plaque buildup

CHAIRSIDE



ASSISTANCE!