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since 1982

### Dentist Spotlight



**Paul Phillips, DDS**  
Sacramento, CA

**Graduate of:** UOP 1991

**Family:** wife - Andrea  
kids - Grace, Noah, & Audrie

### Favorite...

**Restaurant:** The Waterboy,  
33rd St Bistro

**Vacation spot:** Tahoe, Hawaii

**Hobbies:** Wakeboarding

**Cont. Ed. Speaker:**  
Bill Robbins, DDS, MA

**Like Most about Dentistry:**  
Working with people I really  
enjoy being with.

**Like Most about Creative  
Arts:** Communication with  
Vic, Jim & staff

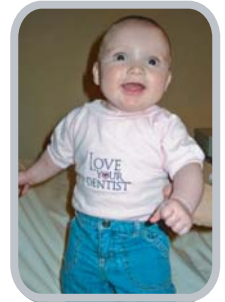
## Simplified Crown Preparation Technique by Gary McCrummen, DDS

Many dentists reading this may be doing fine with their preparation technique and have the same positive results as I have. For those that may be having difficulties perhaps the following technique will help. Some may disagree with my preparation technique, and it may go against lecturing Guru's, but it is simple and works very well for me, my staff, my patients, and very importantly, my laboratory. If the laboratory does not receive what they need, we cannot expect to be happy with the result.

After obtaining anesthesia, placing a bite block, and isolation with cotton triangles to protect the cheek and tongue, I reduce the occlusal by 2 mm minimal with a Midwest 330 carbide using the top of the cutting end as my depth guide and open the contacts. I follow with a course doughnut diamond for gross reduction of the occlusal, facial, and lingual walls into dentin. Using a one-use S.S. White 018 coarse diamond I reduce the facial and lingual staying fairly parallel and taking it down to the gingival margin. Depending on the interproximal width I may use a narrower 016 diamond being careful not to touch the adjacent tooth unless it is bulky, deeply undercut, or irregular.

Once I am at the gingival margin I quickly pack with a #0 cord, and add a #1 cord, joining both in the central lingual area. I usually start with a packing instrument in the interproximal and switch to a perio-probe, gently sliding it around the tooth angling it back towards the packed portion. The margin will retract immediately so I re-define the margin with my 018 using the width of the tip as my depth reduction guide, making sure I remain close to parallel and that my external margin is flat and smooth. I then remove any old restorations, check with Seek for remaining caries, and restore the tooth if necessary using pins as needed, a self-etching bond, and a flowable resin. In small areas I use self-bonding Biocap. After curing, the preparation is refined and a check is made for proper occlusal reduction. I then refine the margins and surfaces of the adjacent restorations, contour for a good contact and polish the contact surfaces so the lab has a good surface to build to.

Dr. McCrummen's granddaughter, Ayla, wearing her new "Love Your Dentist" shirt! (Love your Dentist items available at [www.loveyourdentist.com](http://www.loveyourdentist.com))



Dr. McCrummen has worked with Creative Arts for 21 years. He has written numerous articles for various dental publications. He works and lives in Big Fork, MT.

Making sure a slightly moist cotton triangle remains on the lingual surface of a mandibular tooth and one or two in the cheek area to keep my preparation isolated, I remove the top cord. I then rinse the preparation and dry it completely with dry air, checking to see that my margins are clean, that the first cord is in position below the margin, there is no bleeding, no debris, and the tissue is retracted for a clean impression for the lab. For tips on impressions, please contact Creative Arts at 916.929.4464 for the impression article in the previous newsletter. Summer's newsletter article will be on creating the perfect provisional.

In my practice it is typically three to four weeks after preparation that I cement and I have yet to experience what is often referred to as "drift". If a tooth drifted in that time there would be no bone filled-in to prevent it from moving microns right back into position during cementation. Also, I have never had to adjust the interior of a crown; I personally believe these are due to faulty impression technique. I use Premier Triple Trays and I believe the key is to use enough impression material for stability. Creative Arts has done excellent with my Triple Tray impressions for over 21 years.

## Valerie's inspirational QUOTES:

Ben Franklin always asked himself two questions each day ~

- 1) In the morning, "What good shall I do today?"
- 2) In the evening, "What good have I done today?"

From "Developing the Leaders Around You" by John Maxwell



## Various restoration options

### Leadership in Life, Dentistry and Business

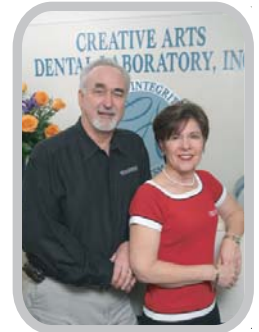
by Valerie Penrod, co-owner of Creative Arts Dental Lab

Bob & I recently attended the Seattle Study Club National Symposium in Carlsbad, CA. What a great opportunity to be around a group of some of the finest dentists in our nation and at the same time hear fabulous speakers! The theme was "Dentist as CEO," and this year's classes addressed the difficulty of being excellent at your chosen career and also at being CEO of your business. Here are some of my notes from one of my favorite lectures by Dean Desrosiers~

Leadership in dentistry is doubly challenging. In most other businesses, the owners are leading their business, in dentistry the owners are working! It's hard for them to stop production to solve problems. Understanding this paradox, developing work regimes, and focusing on personal & professional growth can remedy the imbalance.

**What are the traits of a good leader?** **1)** Listen to others, **2)** Provide constructive feedback, **3)** Allow for honest feedback, **4)** Give recognition & praise, **5)** Do not procrastinate, **6)** Make more good decisions than bad, **7)** Communicate (keep no hidden agenda), **8)** Have competency with humility, **9)** Keep goals in mind and have focus, and **10)** Ability to draw the best traits out of everyone on the dental team.

**Ways to build your dental business** ~ focus on practice goals, operational performance, leadership discipline, employee satisfaction, customer satisfaction, financial & practice success. The best companies have HAPPY employees and customers.



Bob & Valerie Penrod

Mark your calendars for

**June 21st, 6-8pm**  
(Wednesday)

Vident presents:

**"Tomorrow's Dental Technologies Today: inVizion"**

(Vident All-Ceramic Restoration)

Russell Giordano, DMD, DMSc

2 CE units

Sacramento, CA

For info: (800) 828-3839 x226

### Seattle Study Club Symposium 2007 (make reservations by calling 239.598.330)

January 23 - Jan 27, 2007. Held at the Ritz Carlton in Naples, Florida. This is a clinical meeting and the theme is "The Art of the Smile" (bringing the Quintessence book of the same name to life). Become a member of a Seattle Study Club to attend ([www.seattlestudyclub.com](http://www.seattlestudyclub.com))

## IPS Empress® Esthetic

IPS Empress Esthetic, the new Empress from Ivoclar Vivadent, provides for even more life-like esthetic results and stronger physical properties, particularly for veneers. Its **metal-free** substructure causes the light refraction and reflection to mimic that of natural tooth structure. IPS Empress pressed reinforced ceramics exhibit two times the strength of conventional porcelains. With Empress, you can offer your patients a clinically proven product, which provides excellent fit, wear, and esthetics. It is indicated for inlays, onlays, veneers and anterior crowns. For posterior units and bridges, we recommend inVizion (YZ) as it is stronger than Empress.

For more information regarding IPS Empress Esthetic, please feel free to give us a call at 916.929.4464.



Ivoclar has a **new stump shade guide** available with expanded shades. This guide has 3 new shades & simulates the shade of the preparation. Used for all-ceramic restorations, this guide is very helpful in reproducing shades of the natural teeth. The name has changed to IPS Natural Die Material and the shades are listed as ND rather than ST. To order one, please contact Ivoclar Vivadent or Creative Arts.



#10 Metal Margin **Before**



#10 Empress **After**

Paul Phillips, DDS  
Restoration by Creative Arts