The PROBLEM is:
How to restore a tooth that has been endodontically treated. We see many of these teeth in our practices on a regular basis. We require a simplified and clinically proven technique is required to restore these teeth predictably. In many cases, much of the coronal tooth structure has been lost to decay or to endodontic access, and the tooth is essentially a remaining radicular structure with little coronal tooth showing beyond the gingival margin. Over the last decade, innovative and increasingly stronger techniques and materials have simplified this procedure and made it a rapid and predictable clinical process. The bonded post and core restoration is compatible with any endodontically treated tooth and compatible with all types of crowns that may be used to restore the tooth to optimal form and function.

By George Freedman and Howard Glazer

How to restore an endodontically treated tooth

1. The post endodontic canal is ready for restoration.
2. The ParaPost Taper Lux is tried in and found too long
6. The bonding agent is applied into the canal and (inset) on the remaining dentin as well.

7. ParaCore Dentin shade is injected into the canal from bottom to top.

8. The ParaPost Taper Lux is inserted fully into the canal (the colored sizing ring has been previously removed).

9. The lubricated HuFriedy interproximal contact curing instrument is used to begin forming the core.

10. The surface composite is light cured.

11. Additional ParaCore Dentin is immediately added to form the full dimensions of the core.

12. Once the core has been shaped to the required dimension it is light cured (inset).

13. The post and core is now complete (buccal view).
The SOLUTION is:

The long and complex post and core procedure has been reduced to a simplified technique that utilizes the post and core material as the post cement as well. In order for this technique to function, the core material must be a dual cure composite resin which will in the depths of the canal around the deepest portions of the post, cure within 5-6 minutes even though no light can actually reach it. Thus the post and core procedure can be reduced to 15 minutes or even less in most situations.

Dr. George Freedman is past president of the American Academy of Cosmetic Dentistry and a founder of the Canadian Academy for Esthetic Dentistry. He is the chairman of the Clinical Innovations Conference (London) as well as the Dental Innovations Forum (Singapore). Dr. Freedman is the author or co-author of nine textbooks, more than 220 dental articles, and numerous CDs, video and audio tapes, and is a Team Member of REALITY. He is a past director of CE programs in Esthetic Dentistry at the Universities of California at San Francisco, Florida, UMKC, Minnesota, Baylor College and Case Western Reserve and was the founding associate director off the Esthetic Dentistry Education Center at the State University of New York at Buffalo. Dr. Freedman is a diplomate of the American Board of Aesthetic Dentistry and lectures internationally on dental esthetics, dental technology and photography. A graduate of McGill University in Montreal, Dr. Freedman maintains a private practice limited to esthetic dentistry in Toronto.

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