

# EXERCISE SPECIFIC ARMAMENTARIUM LIST

## Full Metal Crown Prep:

### INFECTION CONTROL

1. Nitrile gloves
2. Plastic over-gloves
3. White coat or scrubs
4. Masks

### HAND INSTRUMENTS

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-friedy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)

### ROTARIES

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Burs
  - a. 010 End cutter [safe side]: red crosstech A18F
  - b. 010 End cutter [safe Side tissue safe] - red A18RF
  - c. 012 round end minimal taper -red B5F
  - d. 020 pin guided bur [crosstech N4LL]
  - e. 7664

### MATERIALS

1. 3M ESPE STD firmer set PVS Putty.

### AUXILIARIES

1. Tofflemire matrix retainer
2. Soft plastic anatomical wedges largest size
3. Fender wedge (yellow, green & orange)
4. Base plate wax (red, not pink)

### OTHERS

1. 0.5 mm mechanical pencil



# Composite Class 4 Restoration:

## DEVICES

1. Cordless LED curing light (110v)

## INFECTION CONTROL

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat or scrubs
5. Masks
6. Overhead (for loose hair)

## HAND INSTRUMENTS

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)
6. Curved scissors (Iris 4.5)
7. Ball burnisher 1, 1.2, 1.5 & 2mm (Hu-friedy BB26/27S)
8. Composite spatula [short]
9. Plastic composite spatula (Hu-freidy TNCV1PC or TNC1PCL)
10. Universal Curette (Hu-freidy SG 1/2)
11. Single use scalpels with covers [Number 22, 12 & 15]
12. Plastic filling instrument #1 (Hu-freidy)
13. Astropol rubber cup

## ROTARIES

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head)

- with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Enhance Mini cones
6. 3M soflex extra-thin discs small & large (M, F & SF grit)
7. 3M clip-on mandrel
8. Astrobrush
9. Burs
  - a. 7664
  - b. Egg shaped finishing 1.4mm 12 blade TF-7404

## MATERIALS

1. Tokoyama Estellite packable composite darkest shade available
2. Tokoyama flowable composite shades B1 & darkest shade available

## AUXILIARIES

1. Soft plastic anatomical wedges largest size
2. Bonding agent
3. Mylar strip [extra thin, wide]
4. Articulating papers

## OTHERS

1. Tooth brush
2. Waxed braided floss
3. Key chain white flash light



## Provisional Crown:

### DEVICES

1. Cordless LED curing light (110v)

### INFECTION CONTROL

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat
5. Scrubs
6. Masks
7. Overhead (for loose hair)

### HAND INSTRUMENTS

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)
6. Plastic filling instrument #1 (Hu-freidy)
7. Astropol rubber cup

### ROTARIES

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
- 4.

5. Enhance Mini cones
6. 3M soflex extra-thin discs small & large (M, F & SF grit)
7. 3M clip-on mandrel
8. Astrobrush
9. Burs
  - a. 7664
  - b. Egg shaped finishing 1.4mm 12 blade TF-7404

### MATERIALS

1. Integrity or Protemp 4 - for temporary crown material cartridge [for gun use] shade A3.5 recommended or mexitemp by HS
2. GC Unifast Trad Self Cure acrylic Powder and liquid(for candidates who like to use acrylic for provisional crown)
3. GC coporation G-coat plus 4 mL (for candidates who like to use acrylic for provisional crown)
4. Tokoyama flowable composite shades B1 & darkest shade available
5. 3M ESPE STD firmer set PVS Putts .

### AUXILIARIES

1. Temporization material Mixing gun
2. Temporization material Mixing tips
3. Articulating papers

### OTHERS

1. Waxed braided floss
2. Pure Vaseline (petroleum based, not lotion}
3. Tooth brush



## **Class 2 amalgam Preparation:**

### **INFECTION CONTROL**

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat or scrubs
5. Masks
6. Overhead (for loose hair)

### **HAND INSTRUMENTS**

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Tweezers (IDEAL 311)
4. Round non -serrated condenser [1, 1.5 mm] (Hu-friedy 0.1 – 1.2 NS)

### **ROTARIES**

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Fine Diamond burs
  - a. 330 [short pear] - red
  - b. 1mm fissure-red A13SF
  - c. 245 [long pear] - red A19SF
  - d. Size 2 long shank round - red ALL1F
  - e. Size ¼ long shank round – red ALLOF

### **AUXILIARIES**

1. Matrix band anatomical #1; 0.0015 thickness
2. Tofflemire matrix retainer
3. Soft plastic anatomical wedges largest size
4. Fender wedge [yellow, green & orange]

### **OTHERS**

1. Tooth brush
2. 0.5 mm mechanical pencil
3. Waxed braided floss



## **Rubber Dam:**

### **INFECTION CONTROL**

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat or scrubs
5. Masks
6. Overhead (for loose hair)

### **HAND INSTRUMENTS**

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Tweezers (IDEAL 311)
4. Curved scissors (Iris 4.5)

### **ROTARIES**

1. White mounted stone [flame shaped for correcting rubber dam clamps]

### **RUBBER DAM**

1. Rubber dam puncher
2. Rubber dam clamp forceps
3. Rubber dam clamps no. 13A, 12A, 2, 2A, 212
4. Rubber dam frame
5. Flexidam sheets [purple or green] non-latex

### **OTHERS**

1. Waxed braided floss [Dollarama]
2. Black felt-tip pen
3. KY jelly (water-based lubricant for rubber dam)



## Class 3 Preparation:

### **INFECTION CONTROL**

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat
5. Scrubs
6. Masks
7. Overhead (for loose hair)

### **HAND INSTRUMENTS**

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)

### **ROTARIES**

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Burs
  - a. 330 [short pear] - red
  - b. Size 2 long shank round - red ALL1F
  - c. Size ¼ long shank round – red ALL0F
  - d. 023 round long shank -blue [crosstech ALL5M]
  - e. 7664
  - f. Small round 9004

### **AUXILIARIES**

1. Tofflemire matrix retainer
2. Soft plastic anatomical wedges largest size
3. Fender wedge [yellow, green & orange]
4. Finishing strips [narrow & wide] 3M

### **OTHERS**

1. 0.5 mm mechanical pencil



## **Endo Access Preparation:**

### **INFECTION CONTROL**

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat or scrubs
5. Masks
6. Overhead (for loose hair)

### **HAND INSTRUMENTS**

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-friedy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)
6. Endo explorer (Hu-friedy DG16)
7. Endo excavator [sharp] small & large (Hu-friedy EXC31L/32L)

### **ROTARIES**

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Enhance Mini cones
6. Burs
  - a. 016 modified shoulder minimal taper stone -red B4LRF
  - b. 7664
  - c. Gates Glidden size 5

### **AUXILIARIES**

1. K-file size 25

### **OTHERS**

1. 0.5 mm mechanical pencil



# **Metal Ceramic Crown Preparation:**

## **INFECTION CONTROL**

1. Nitrile gloves
2. Plastic over-gloves
3. White coat or scrubs
4. Masks

## **HAND INSTRUMENTS**

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)

## **ROTARIES**

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Burs
  - a. 330 [short pear] - red
  - b. 010 End cutter [safe side]: red crosstech A18F
  - c. 010 End cutter [safe Side tissue safe] - red A18RF
  - d. 012 safe end [flushed end] - red [crosstech N1MF]
  - e. 012 round end minimal taper -red B5F
  - f. 016 modified shoulder minimal taper stone -red B4LRF
  - g. 020 pin guided bur [crosstech N4LL]
  - h. 7664

## **MATERIALS**

1. 3M ESPE STD firmer set PVS Putty.

## **AUXILIARIES**

1. Tofflemire matrix retainer
2. Soft plastic anatomical wedges largest size
3. Fender wedge (yellow, green & orange)
4. Base plate wax (red, not pink)

## **OTHERS**

1. 0.5 mm mechanical pencil





## Class 2 Composite Restoration:

### DEVICES

1. Cordless LED curing light unit (110v)

### INFECTION CONTROL

1. 5 x Zirc B-lok divided trays with safe-lok covers
2. Nitrile gloves
3. Plastic over-gloves
4. White coat
5. Scrubs
6. Masks
7. Overhead (for loose hair)

### HAND INSTRUMENTS

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)
6. Curved scissors (Iris 4.5)
7. Ball burnisher 1, 1.2, 1.5 & 2mm (Hu-friedy BB26/27S)
8. Composite spatula [short]
9. Plastic composite spatula (Hu-freidy TNCV1PC or TNC1PCL)
10. Gold knife [sharp & angulated] (Hu-freidy CR 21)
11. Single use scalpels with covers [Number 22, 12 & 15]
12. Plastic filling instrument #1 (Hu-freidy)
13. Astropol rubber cup

### ROTARIES

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Enhance Mini cones
6. 3M soflex extra-thin discs small & large (M, F & SF grit)
7. 3M clip-on mandrel
8. Astrobrush
9. Burs
  - a. 7664
  - b. Large round 9008
  - c. Small round 9004
  - d. 245 Carbide

### MATERIALS

1. Tokoyama Estellite packable composite darkest shade available
2. Tokoyama flowable composite shades B1 & darkest shade available

### AUXILIARIES

1. Soft plastic anatomical wedges largest size
2. Bonding agent
3. Mylar strip [extra thin, wide]
4. Articulating papers

### OTHERS

1. Tooth brush
2. Waxed braided floss
3. Key chain white flash light



## Class 2 Amalgam Restoration:

### DEVICES

1. Amalgamator with time & speed control (110v)

### INFECTION CONTROL

2. 5 x Zirc B-lok divided trays with safe-lok covers
3. Nitrile gloves
4. Plastic over-gloves
5. White coat
6. Scrubs
7. Masks
8. Overhead (for loose hair)

### HAND INSTRUMENTS

1. Thin tip explorer (Hu -friedy XP23/ONC15 or XP23/QW explorer + probe)
2. Zinc mirror crystal HD no. 5
3. Perio probe 123 graded (Hu-freidy PQOW6) if you want to buy perio probe alone
4. Small mosquito forceps
5. Tweezers (IDEAL 311)
6. Curved scissors (Iris 4.5)
7. Round non -serrated condenser [1, 1.5 mm] (Hu-friedy 0.1 – 1.2 NS)
8. Hollenback carver [medium] (Hu-freidy CVHL 1/2)
9. Descoid-cleoid carver [medium] (Hu-freidy CD 3/6)
10. Gold knife [sharp & angulated] (Hu-freidy CR 21)
11. Single use scalpels with covers [Number 22, 12 & 15]

### ROTARIES

1. Two Push button High speed hand pieces (1 Standard head & 1 Mini-head) with Triple spray & 4 -holes, separate coupler is better but not mandatory)
2. Push button Low speed contra -angled hand piece [Latch-grip]
3. Push button Low speed contra -angled hand piece [friction -grip]
4. Air motor converter [4 holes] for the contra-angle low speed
5. Enhance Mini cones
6. Burs
  - a. 7664

### MATERIALS

1. Contour by Kerr - Amalgam capsules (2 spill slow set)

### AUXILIARIES

1. Matrix band anatomical #1; 0.0015 thickness
2. Tofflemire matrix retainer
3. Soft plastic anatomical wedges largest size
4. Finishing strips [narrow & wide] 3M
5. Epitex Finishing Strips [Coarse, Medium, Fine]
6. Articulating papers

### OTHERS

1. Tooth brush
2. Waxed braided floss
3. Key chain white flash light

