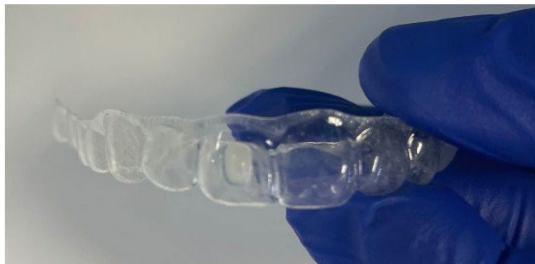


A Diary of a Dentist – Part 2: Try New Things and Innovate Your Practice

Do you dentists out there ever feel like you are bored of the hamster wheel of doing crowns, fillings, crowns, fillings with the same materials and products? I'm raising my hand. Halfway through my career I was totally burnt out from dentistry and wanted out. I couldn't wait until I retired, couldn't wait until the weekend to recover from the week. I couldn't wait until 5 o'clock, It even got to the point where I couldn't wait until lunch so I could go home. One of the major reasons for my burnout was that my daily dentistry had gotten stale.

There were many changes that I made to get back to enjoying going to work every day and adding new technology to the office and my everyday practice was a major one of them. Getting excited about your latest expensive technology you just bought like a laser, 3D printer, or digital scanner is totally legit. But you can also be super proud of the less expensive smaller more day to day restorative technological advances.

Many of the resin-based restorative materials we use on a day-to-day basis are made from a combination of amazing chemistry, years of research, and tireless innovation. An example of this is OMNICHROMA *Flow*, which uses Tokuyama's Smart Chromatic Technology (composed of 260 nm supra-nano spherical fillers) and structural color as opposed to pigments and dyes, to shade-match any natural tooth shade.



A lot of dentists have told me that it doesn't matter what composite they use with clear aligner buttons. Well to me it does. To me using OMNICHROMA *Flow* is a no brainer. I don't have to go through the shade matching process as I know it's going to blend right in with the underlying enamel.

The consistency is also great for clear aligner buttons. It's not too runny so I can easily place it into the button space inside the initial clear aligner without having to worry about it flowing out all over the place. This not only creates an accurate button like was planned but creates with less need for any post button clean up. *Less work for me makes me happy.*

For this case, first I etched and bonded the tooth using Tokuyama Universal Bond, then I filled the divides in the clear aligner with OMNICHROMA *Flow*. I inserted the aligner onto the teeth and cured the material until set. Then I removed the aligner and proceeded with polishing the button. The patient was super impressed and barely noticed the buttons.



Dentistry can be a physically and mentally exhausting profession. My take home message is to explore different treatments and technology. Along the way some new technology comes around that can give you a spark of energy. Seek these out and increase the joy of your dental practice. Don't ever stop trying new things. This will help you have a longer career and avoid the common burnout that many dentists have gone through.