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Tips and Tricks of Exodontics

Zenny Ng
zng@utk.edu

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Tips and Tricks of Exodontics

Zenithson Ng

Step 1: Provide local dental block

- Tip 1: Combine bupivacaine and lidocaine at 1 mg/kg of each agent to synergistically increase speed of onset and duration of action

Step 2: Create the surgical flap

- Tip 2: Make a single, mesial-based vertical incision to preserve blood supply
- Tip 3: Keep your fingertip close to the tip of the molt elevator (or any other instrument you are using) to increase control of the instrument
- Tip 4: Use your thumb as a speedbump to prevent tearing through the flap
- Tip 5: Slide and swipe the molt elevator to evenly lift the flap away

Step 3: Remove alveolar bone

- Tip 6: Make light strokes when removing alveolar bone with the high speed drill piece to decrease inadvertent trauma
- Tip 7: Remove 60-70% of the alveolar bone surrounding the root on the lateral surface to increase the window size to luxate the tooth out of

Step 4: Widen the periodontal space

- Tip 8: Leave a lateral ledge. Use a ¼ round burr to create a moat on the lateral surface of the tooth towards the apex where alveolar bone remains to minimize the attachment of the root tip

Step 5: Section multi-rooted teeth

Step 6: Elevate

- Tip 9: Get deep purchase to allow for better placement of the elevator within the periodontal space
- Tip 10: Have patience when elevating to prevent fracture of the tooth
- Tip 11: If you break a tooth during elevation, drill away precise amounts of the alveolar socket in order to visualize the fragment better
- Tip 12: Observe fractured root tips for bleeding to distinguish between root tip and alveolar bone: Bone bleeds, tooth does not

Step 7: Radiograph the extraction site

Step 8: Treat alveolar sockets

Step 9: Close the surgical flap

- Tip 13: Thin the flap using iris scissors to relieve the tension and stretch the flap
- Tip 14: If you tear a flap, expand it and advance it to close a flap without tension

Tip 15: Maintain care of your hands, eyes, neck, and back to minimize fatigue and prevent injuries

References

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