

I USE it because

# New Burs for each appointment

In this paper, I describe three important steps in making decisions about the use of burs for tooth preparation.

We invest heavily in technology, but often do not stop and solve simple everyday problems.

I see colleagues that have a large collection of burs, but waste a great amount of time to find the burs that they have to use. Moreover, the performance of a bur previously used is poor, no matter what brand it is. A good Brazilian bur costs very little and is of very good quality. Why not use new burs for each tooth preparation?

## 1. Appointment time

For those that provide a service, good care is the differential advantage that will ensure success. In Dentistry, I do not believe that good care is limited to a satisfactory treatment outcome; I think that care itself should consist of a smooth experience that does not take too long. The less time patients have their mouth open and stay on the chair, the better for everyone, dentists and patients. The use of an old bur is the source of longer appointments!



## 2. Preparation quality

Some time ago, electric motors and intermediate speeds were not available; we worked only at high or low rotation speeds. Used 12-blade burs were recommended for polishing a tooth preparation. The difficult thing was to get it right when it came to deciding how old the bur was! When we open the package of a reasonably good industrialized product, we are familiar with its performance when new. We know about its advantages and disadvantages. When we understand the associations of type of bur granulation and speeds, we know how to get the best of these instruments.



## 3. Protection of the dentin–pulp complex

According to literature, there are several variables in the protection of the dentin–pulp complex. Undoubtedly, bur performance makes a great difference. The newer the bur, the lower the level of aggression.



For 16 years, I have been using burs of one single shape and replacing them with new ones. This is particularly true of cylindrical burs, which we call “cruising burs”, because of their practicality and usefulness. When I have a large number of teeth to prepare, I use as many new burs as necessary; what matters is to not let performance decline. I assure you that this apparent extra expense leads to faster, better results. See you next time!

### RECOMMENDED BIBLIOGRAPHY:

1. Christensen GJ. Tooth preparation and pulp degeneration. *J Am Dent Assoc.* 1997 Mar;128(3):353–4.
2. Thomas MS, Kundabala M. Pulp hyperthermia during tooth preparation: the effect of rotary instruments, lasers, ultrasonic devices, and airborne particle abrasion. *J Calif Dent Assoc.* 2012 Sept;40(9):720–31.

### MARCO ANTONIO GUEDES<sup>1,2</sup>

1. Specialist in Dental Prosthesis, Universidade Federal do Rio de Janeiro (Rio de Janeiro/RJ, Brazil).
2. Specialist in Implantology, Pontifícia Universidade Católica (Rio de Janeiro/RJ, Brazil).

DOI: <https://doi.org/10.14436/2447-911x.16.1.124-125.peu>

Contact address: Guedes MA. New Burs for each appointment. *J Clin Dent Res.* 2019 Jan–Apr;16(1):124–5.

Submitted: January 06, 2019 – Revised and accepted: January 14, 2019