



# High Speed Dentistry

*By David R. Duguid, DDS*

*Having CEREC restorations placed not only saves you time, but it eliminates some of the things that you may dislike about going to the dentist...*

Tic tock, tic tock, tic tock. Just reading those words can immediately cause your brain to think about “all the things” we need to do in a single day. There never seems to be enough time in the day to get things done, and there are not many things more precious to us than our time. Having more time to do the things we want to do is a great gift. New technology and innovations are designed to save us time without sacrificing quality of life.

A new technology in dentistry is aimed at saving us time by turning dental offices into high tech cosmetic centers. Many dentists have made an investment in one of the greatest advancements dentistry has ever seen, the CEREC 3D. CEREC 3D is an acronym for Chair-side Economical Restoration of Esthetic Ceramics. Translated, it means that your dentist can restore your damaged teeth in a single appointment using high quality porcelain materials that match your tooth color and look incredibly natural. This cutting-edge technology al-

lows your dentist to save you time without sacrificing strength or esthetics. A single visit usually takes just over an hour per restoration.

The initial part of your visit is similar to what you are used to when having a porcelain restoration prepared. The difference begins when the preparation is complete and you would normally have an uncomfortable impression taken of both your top and bottom teeth. Now with CEREC, to fabricate the restoration, the dentist places a reflective powder over the prepared tooth and then takes an "optical impression" or detailed picture of the tooth with a special intra-oral camera. This optical impression is then transferred and displayed on a computer screen next to the doctor. The CEREC 3D system uses CAD/CAM (Computer Aided Design/Computer Aided Manufacturing) technology to allow the dentist to design your new restorations and manufacture them right before your eyes. You will be amazed to see the digital image of your teeth being rotated 360 degrees to create the restoration on screen. Your dentist will then send the proposed restoration digitally to another computerized milling station where the restoration is created in minutes.

Choosing a CEREC restoration not only saves you time, but it eliminates some of the things that you may dislike about going to the dentist including, shots at two separate visits, messy impressions, sensitive temporary restorations and waiting for the final restoration.



There is no compromise in quality of these restorations and they allow the dentist to be more conservative, preserving much of your natural tooth structure.

Your teeth and smile are one of your greatest personal assets. If you have silver fillings, chipped teeth, or a new restoration, you may want to look into having them repaired with a beautiful new CEREC crown, porcelain restoration, or veneer today.

*Dr. Duguid received his Doctorate of Dental Surgery from the University of Michigan School of Dentistry in 1992 and has since dedicated himself to excellence in cosmetic dentistry and patient comfort. He maintains a private, adult only, practice in downtown San Diego, California.*

