

## EVER WONDERED WHY YOUR CROWN PREPS ARE TAKING LONGER THAN USUAL?

If you find your Crown preps are taking longer than expected especially during your ADC Practical exam prep, it might not just be your technique — your burs could be slowing you down.

Studies have shown that after only 5–10 uses, Diamond burs lose significant cutting efficiency, and Carbide burs often dull after just 3–5 uses<sup>i,ii</sup>.

When burs are worn out:

- Tooth structure takes longer to remove
- You need to apply more pressure (risking heat and damage)
- Margins can become rough or inaccurate
- You spend extra time refining the prep

During a Crown prep — which already demands precise reduction for proper material thickness, margin placement, and retention — a dull bur can turn a controlled procedure into a frustrating and inefficient one.

### KEY POINT

Replacing burs at the right time is part of good clinical practice.

For crown preps, aim to replace your cutting burs after about 5–10 teeth for diamonds and 3–5 teeth for carbides.

#### References

- i. Shillingburg HT et al., Fundamentals of Fixed Prosthodontics, 3rd ed. 1992;  
ii. Siegel SC et al., The effect of sterilization on carbide burs (1990);

Good dentistry isn't just about hand skills — it's also about knowing when your tools are helping you and when they're holding you back.

Avail some great timely discounts from The Dental Market for your ADC Prep

## UPCOMING OFFERS

From  
**1 May 2025 to  
14 May 2025**

UP TO  
**30%**  
OFF

On Selective  
Burs

UP TO  
**20%**  
OFF

On ADC  
Plain Teeth

**CLICK ON THE  
PRODUCTS BELOW**



## ADC NEWS

Interesting ADC Candidate Forum 2025 hosted by Dr. Trini Jacial Lillo discussing several topics such as

- What does Safe Practice look like?
- Continuing Professional Development
- Examination, Diagnosis and Treatment Planning

Watch it [here](#).

# THE IMPORTANCE OF DENTAL LOUPES

For ADC students, developing precision and good habits early is crucial. Dental loupes are a valuable tool that can significantly enhance both clinical performance and learning.

Here's why loupes are important:

- Improved Visual Clarity
- Early Development of Good Ergonomics
- Enhanced Clinical Accuracy
- Increased Confidence
- Better Time Management

There are lot of options for Loupes out there ranging from cost effective solutions to high-end prismatic and ergonomic loupes. As an ADC student it is imperative to get used to Loupes without burning a hole in the pocket.

The Dental Market offers two types of Dental Loupes that are not only cost effective but also with the right magnification and quality required to get you through your ADC practical examination.

## UPCOMING OFFERS



On Dental Loupes;  
Removable lights  
with 2 batteries



On PPE  
(masks, gowns  
and gloves)



On Protective  
Glasses



From  
15 May 2025 to  
31 May 2025

The Dental Market is offering some amazing discounts on Dental Loupes and removable lights, PPE and Protective glasses.

Make the most of these discounts while they last.

**CLICK ON THE PRODUCTS BELOW**



### KEY POINT

Dental Loupes enhances your working capability with clear vision while providing you the ergonomics required to protect your neck and back in the long term.