

## ESSENTIALS

- \* Safety; Painless Care. “Gentle” Hand-Burs are painless if IFU are followed with no deep caries removal.
- \* View Fast-Track Video ([dcfai.org/ifu](http://dcfai.org/ifu)) and Practice on the Spatula *before* patient treatment.
- \* Use Distilled Water for sterilization or permanent handle staining may occur.
- \* Verify Bur Security: At Insertion. Before Use. During Use (15 min intervals +/- is fine)
- \* More: Follow Enamel Perforation Precautions (below); Use HP Burs with Direct Vision and Two-handed Operation.

**HAND-BUR OPERATION POINTS:** **1.** DO NOT insert HP burs any less than 7 mm: equivalent to HB handle diameter. **2.** See HP Bur Benefits ([dcfai.org/ifu](http://dcfai.org/ifu)) **3.** Chairside Positioning is according to operator preference. **4.** Do not cross arches except for lingual or palatal lesions. **5.** Rotate your patient’s head as needed. **6.** Sit lower or higher or stand.

**ENAMEL PERFORATION (EP)** enlarges a cavity to access infected dentin; opens it for self-cleansing or GIC. Start with the smallest bur which cannot fit into a cavity; then progress to the next size and the next as needed. Bur sizes are #1, 2, 4, 6, 8 rounds. Bur size #1 creates a pilot hole in intact enamel for users who find this necessary. No more than four bur sizes are usually ever needed: 1,2,4,6 or 2,4,6,8. It’s mostly 4s and 6s which work for GIC insertion.

## EP STEPS

**Lubricate** handle end, **Insert** it into hand-guard. **Place** bur over the cavity.

**Firmly** grip handle so hand-guard is secure.

**Align** handle as perpendicular (to the surface) as possible to prevent slipping.

**Shield & Twist** burs with fingers (from sliding off tooth) *while* **Twisting** back & forth till bur is securely anchored.

**Test** anchor with light circular pressures.

**Evaluate** anchor. Once the bur is securely anchored, the shielding hand may release the bur to apply counter pressure.

**Resume** twisting, gradually adding pressure & counter- pressure till lesion is opened as desired. Increase sizes as needed.

## **PRECAUTIONS FOR ENAMEL PERFORATION & PATIENT COMFORT**

- \* Grip handle firmly without hovering hand-guard precariously over the mouth.
- \* Prevent slipping and injury: maintain perpendicular alignment; shield burs until solidly anchored. TEST.
- \* DO NOT pinch the lips; be vigilant! Prevent lip friction with a 2x2 gauze or vaseline.
- \* Apply gentle counter-pressure: upper teeth: gently push down on the head; lower: support the mandible.
- \* Twist bur handle with a steady hand (facilitated with a hand-guard). Wrist rocking unnecessarily disquiets our patients.

**JUDICIOUS-EXCAVATION** removes only soft, infected dentin NOT in proximity to the pulp. Pain-free excavation requires very sharp burs used only for excavation. When they start losing their keen edge, reallocate them for enamel use or discard.

**Grip** handles comfortably. With your opposite hand, retract cheeks or lips, add finger or hand rests, etc..

**Scrape** caries **Back & Forth in 1/4 Turn Twist**. Burs cut clockwise.

**Stabilize** your arm against your side for maximum control.

**THIRD MOLARS:** HP Hand-Burs facilitate access to difficult areas with compromised visibility. Insert burs no deeper than 7 mm (or handle's width) in order to maximize an HP's full distal reach.

**Open** mouth half-way. **Place** bur tip over lesion. **Rely** only on tactile sense as visibility is compromised.

**Stabilize** operating hand with a finger or hand rest or resting your hand lightly on the patient's face.

**Follow** the steps above. Do not pinch the lips!

## **MAINTENANCE**

- \* There is no need to remove burs for cleaning or sterilization.
- \* Test bur sharpness by comparing a used bur with an unused one by scraping them on the "lab-practice" spatula.
- \* Rub hand-bur handles with a soft cloth to restore their shine.
- \* When a handle is disassembled and dry: if surface corrosion is noted on the collet threads, brush them with a non-metal brush (toothbrush), then smear a little petroleum jelly on them. Do not place petroleum jelly on the collet's grippers.

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## **INSTRUCTIONS FOR USE**