



DENTAL MEDICINE

RUBBER DAM



What is the rubber dam?

The rubber dam is a set of instruments that work as a whole and aims to promote a clean and better visibility operating field by isolating one or more teeth. We call this *Absolute Isolation*.

Is this absolute isolation a product of new technologies?

No. On the contrary, it should be one of the older techniques used in dentistry. His invention dates back to the year 1864 and is due to Dr. Sanford Barnum. The technique is part of the learning of any dentist in college but unfortunately little adopted later in clinical practice.

What kind of treatments should be used?

Should be used whenever possible. It is mandatory to use it in Endodontics (root canal treatment) and Dentistry (caries treatment). Can be used in Fixed Prosthodontics for crown and veneers cementation. In Oral Hygiene or Oral Surgery it does not make sense to be used.

What are the advantages of using it?

Its use has the advantage of:

- keep the operating field dry and free of fluids from the oral cavity (saliva / blood) that interfere with the success of the treatment;
- improve the visibility of the area to be treated;
- decrease treatment time in most cases;
- protect neighboring oral tissues from the instruments and materials used for treatment;
- it prevents aspiration or ingestion of foreign objects (tooth debris, small instruments or irrigation fluids, etc.) that can in some cases jeopardize the patient's life.

What are its constituent parts?

Its parts are:

1. Latex Square which can have various colors;
2. Puncher of the latex square through which the teeth pass;
3. Metal retainers adapted to the shape of the teeth that keep the square stable;
4. Plastic frame to stretch the square of latex;
5. Auxiliary products to "plug" failures in adaptation.

I'm allergic to Latex. Can I use the dam?

Yes you can. There are other options on the market such as silicone squares suitable for people who are allergic to latex. The same goes for the gloves we use. It is extremely important to mention this and other allergies to your doctor before any clinical procedure.

But if the dam covers your whole mouth, how do I breathe?

It does not really cover completely. There are lateral spaces through which the air passes. In addition the nose is clear. Tip: If you have a stuffy nose, half an hour before your appointment, use a nasal decongestant.