

# Advances In Prosthodontics™

New Findings & Best Practices for Cosmetic & Restorative Dentistry

## INSIDE THIS ISSUE

### SPECIAL REPORT:

**Step 1:** Impressions...  
page 2

**Step 2:** Opening...  
page 2

**Step 3:** Verify Opening...  
page 2

**Step 4:** Bite Registration...  
page 3

**Step 5:** Send to Lab...  
page 3

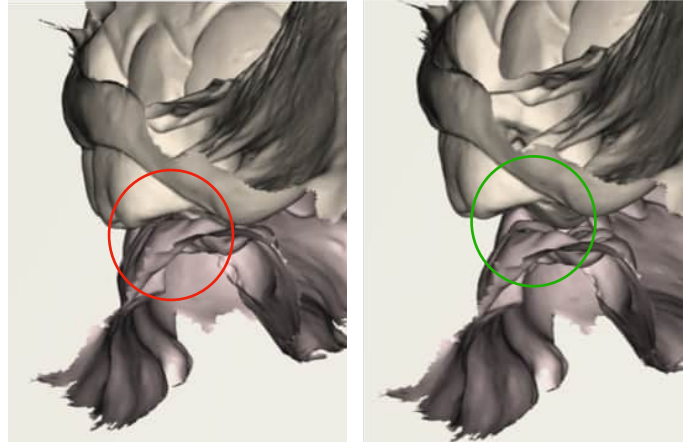
### COMPLEX CASES:

Dr. Chao's Specialized  
Training & Skill Make  
These Treatments  
More Successful...  
page 4

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## SPECIAL REPORT:

### How To Take a Predictable Bite for a Full-Arch Occlusal Guard



As a Prosthodontist, I work on challenging cases every day and coordinate treatment with general dentists and other specialists. I also have a digital dental lab in my office. Using technology and my experience, I am able to provide digital waxups, printed models, and make custom milled occlusal guards!

In this special report, I want to share my process for taking a predictable bite for full-arch occlusal guards. I hope the following is helpful, and please let me know if you have questions or would like to discuss a specific complex case you have (phone/email below).

Read more on the next page...

## ◆ Do you want another opinion on a complex case? Or to talk and share ideas?

There are many ways we can help each other by working together on complex cases and by sharing knowledge and experience. With your reputation for quality dental care, and my experience with restorative treatments, we can work together on advanced cases and both benefit! If you'd like to discuss a treatment, or talk on the phone about how we can help each other, please call or email my office with specific days and times when you're available.

### Prosthodontic Publication

#### Want to see recent issues?

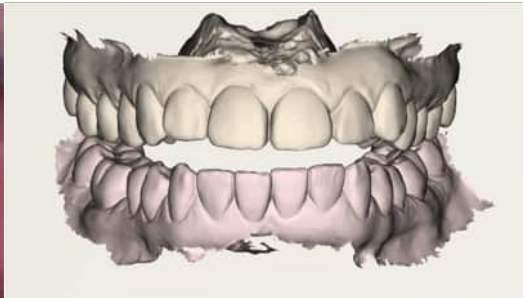
Stay informed on new findings and best practices for cosmetic and restorative dentistry. See more examples of complex cases online at:

**AdvancedProsthodontist.com**  
/ Chao

## How To Take a Predictable Bite for a Full-Arch Occlusal Guard

**Materials Needed:** Impressioning material (alginate, alginot, pvs) or digital; Leaf gauge (Great Lakes Orthodontics [https://www.greatlakesdentaltech.com/leaf-gauge-3-pkg\\_056-045.html](https://www.greatlakesdentaltech.com/leaf-gauge-3-pkg_056-045.html)); cotton-tipped applicator; and bite registration material.

1. **Start with good impressions:** either full-arch alginates or digital impression. Helpful hint for using alginate: Have the patient rinse prior to impression. Also, if using impression material, smear impression material into occlusal grooves.



2. Use Leaf Gauge to determine desired amount of opening.



3. Verify opening is adequate for material to cover posterior occlusion by passing a cotton-tipped applicator between the back teeth on BOTH SIDES.



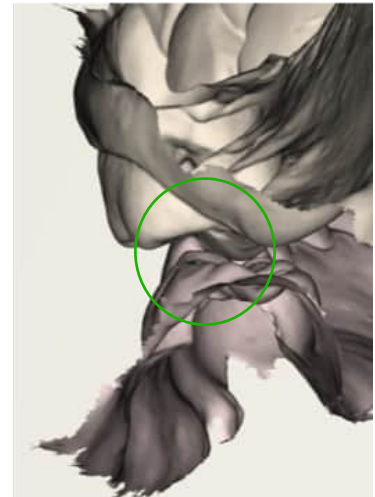
Example on next page...

- ◆ **Do you have a patient needing a custom occlusal guard?  
Or is there a complex case where you'd like my opinion?**

If you have a question about a case and want another opinion, give my office a call. Or, if there's a case that you want to work together on, please fill out and send in the enclosed referral form. My office and I will take great care of your patient and keep you informed. Dental professionals refer to me as **The Complex Case Specialist™** because I perform complex cases every day.

Here is an example of **inadequate** space on **ONE SIDE**.

Be sure to check spacing on both right and left sides. You may need to increase the leaves in the leaf gauge to open VDO more if one side is too tight!



4. **Take bite registration** with leaf gauge in place.



5. **Send case to lab** and delivery of guard to patient with **MINIMAL** need for adjustment!



If you have comments / questions about this special report, or have a treatment you'd like to discuss, please call my office or email me directly at: [drchao@pleasantonpros.com](mailto:drchao@pleasantonpros.com)

## ◆ How can a Prosthodontist assist you and your dental team?

I specialize in the treatment of complex cases, usually involving several procedures over months of care.

The next time you see a challenging case, please feel free to call me and we can discuss treatment planning or I can help you with any part of the treatment.

My goal is to be a resource for your office by helping manage difficult and time-consuming procedures, restoring the function and esthetics that the patient desires, then referring them back to your office for their ongoing care.

# Dr. Maggie T. Chao

DMD, Prosthodontist ♦ The Complex Case Specialist™



*Dr. Maggie Chao works with dental professionals near the Pleasanton and Walnut Creek areas to restore the smiles and confidence of patients facing a difficult diagnosis.*

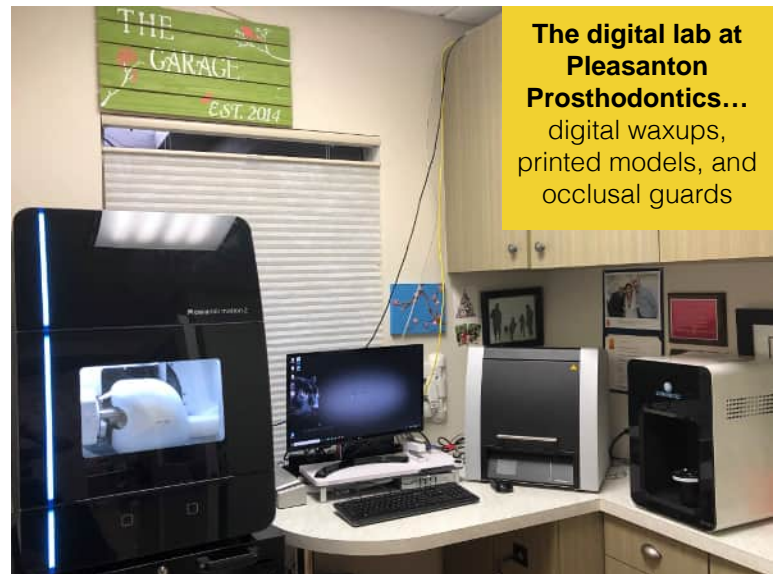
## About Pleasanton Prosthodontics:

Pleasanton Prosthodontics is a specialty practice limited to fixed and removable prostheses, dental implants, and all phases of esthetic dentistry. Dr. Chao's extensive prosthodontic training and private practice experience make treatments of complex cases more successful, including the following examples: Patients with ill-fitting dentures, severely worn or damaged teeth can receive a single dental implant or a full arch of natural-looking teeth.... Patients who have suffered from traumatic injury, congenitally missing teeth, or a chronic condition can receive oral prostheses, which may be a combination of dental implants, crowns, bridges, or veneers.... Patients with severe neglect of their oral health can receive a full reconstruction to restore function & esthetics.

[PleasantonPros.com/doctor-referral](http://PleasantonPros.com/doctor-referral)

There are 2 ways to use this section of Dr. Chao's website to make treatment communication easier, help patients, and do less administrative work:

- 1) **Online Referral Form** is fast and secure, and
- 2) **Collaborator** that allows sharing of documents, radiographs, CT scans, and messages... organized and available to all colleagues working on a case... also HIPAA compliant with no software to install - simply create a password and log on anytime you want to view / update info. It's free to use!



**The digital lab at Pleasanton Prosthodontics...**  
digital waxups,  
printed models, and  
occlusal guards

## ◆ Why other dental professionals work with a Certified Prosthodontist

Prosthodontists are specialists in implant, esthetic, and reconstructive dentistry.

1. **You have a patient requiring treatment outside your typical scope of practice.**  
Examples include patients with vertical dimension discrepancies, severely resorbed ridges, inadequate interarch space, severe bruxism, traumatic tooth loss, or congenital abnormalities.
2. **You have a patient with complex needs that may drain your time.**  
If your patient may require treatment from several specialists, Prosthodontists can help because they are trained to appropriately stage and manage complex treatment plans.
3. **You have a demanding patient who wants perfect esthetics.**  
Examples include patients with a high smile line or needing a single tooth replacement in the esthetic zone. A Prosthodontist is trained in selecting the best solutions for high-demand patients.
4. **You have a question and want to discuss a case with a colleague to ease your mind.**  
A Prosthodontist can be an excellent resource for you to ask questions because they are trained in many types of complicated treatments. For example, you may want to consult or refer to a Prosthodontist for complex implant-supported restorations. A Prosthodontist can work with you or complete the treatment for you to achieve the best in both function and esthetics.