



# What's Hot and What's Getting Hotter

By Howard S. Glazer, DDS, FAGD

## Cleanadent Crystals™

Dr. B. Dental Solutions  
[www.DrBDentalSolutions.com](http://www.DrBDentalSolutions.com)



Dental appliances are great devices in so many instances: for replacing missing teeth, correcting misaligned teeth, and as snoring and sleep apnea devices, night guards and protective sport mouthguards, to name a few.

Unfortunately, these devices are often home to pathogens, such as Candida, Streptococcus and Staphylococcus bacterium. Unless the patient properly cleans their appliance, they could exhibit oral discomfort, redness and swelling of the underlying tissue, which may lead to loss of appetite and poor nutrition. Dr. Lorin Berland (hence the Dr. B) developed specially formulated Cleanadent Crystals that will not only clean the patient's appliance but will disinfect it at the same time. Stains and odors will be gone without the use of potentially harmful bleach, alcohol or chlorine. I find that many of my patients don't like the idea of not sleeping with their appliance so they can leave it soaking in a cleansing bath overnight. Obviously, that would defeat the purpose of having a sleep appliance. But this is not the case when using these

crystals, which dissolve rapidly, instantly kill pathogens, and eliminate odors and leave the appliance clean with a fresh minty flavor in as little as 20 minutes. This product is safe for all dentures, partial dentures, orthodontic retainers, clear aligners, etc. In fact, you can use this with the soft relines material so often used after surgery where hygiene is key to complete healing. One caveat, though: You cannot use this (or any other soak-type cleaners) on metal partial dentures that have Ticonium alloy. The crystal packets are premeasured, and you simply mix it with one cup of warm water and let the solution stand for about three minutes, then insert the appliance and let soak for 20 minutes. Even better is coupling this with their unique battery operated Sonic Cleaner, and you have a perfect — pardon the pun — solution to what could be a health and hygiene nightmare.

## Filtek™ Supreme Ultra Universal Restorative

3M ESPE  
[www.3m.com](http://www.3m.com)

Many composites have claimed to be universal, and the word seems to imply they can be used in any restorative situation. While that may be true for most initially, to me, the key factor is how well they wear over time. Filtek Supreme Ultra Universal composite is a material that wears well over a long period of time. This is a nanocomposite with great wear resistance, and it is strong enough to be used in the posterior because of its nanoparticle fillers. And,

it is aesthetically "strong" for use in the anterior dentition. It has a natural-like fluorescence and polishes quite well. With 36 shades, plus four opacities, the material is truly versatile, and, as already mentioned, can be used for anterior and posterior restorations, as well as core buildups, indirect inlays, onlays, and veneers and intra-occlusal splinting. You can be comfortable in being inventive when using this composite due to its flexural strength. The material is quite radiopaque, polishes well (I used the 3M Sof-lex™ Contouring and Polishing Discs) and holds its luster over time. Filtek Supreme Ultra Universal is available in both syringe and unit dose capsules and



can be placed in increments of 1.5–2 mm. There is a Master's Kit that has a broad selection of shades color-coded and sorted by opacity, which makes it easy to provide aesthetic solutions to most restorative problems.