Standard Rubber Dam Placement

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• One tooth distal (Anchor Tooth) and 2 teeth mesial: Example, composite restorations #30 MO and #29 DO = 5 holes are punched in rubber dam. #31 is clamped, and the rubber dam material is stretched over each tooth forward to #27.
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1. Identify the teeth to be exposed through the rubber dam and suitable rubber dam clamp. Make holes using the Rubber Dam Punch. A large hole punch is suitable for most teeth. A small hole punch is suited to closely placed incisors. Ligate clamp with floss along bow (easiest) or through forceps holes.
2. Place Winged or Wingless clamp on rubber dam material (For winged, place dam on wings. For wingless, place around the bow of the clamp)
3. Place frame on rubber dam material (often only placing on the 4 corners of the frame allows less tension on the dam material making it easier to place)
4. Place Rubber Dam Napkin on patient
5. Using clamp forceps, load clamp. Assemble clamp/dam/frame as all one piece, transfer, and place on anchor tooth.
6. Maneuver dam material forward to the last tooth to be exposed. Use floss, WedJets or Dental Dam material to anchor the dam.
7. Adjust dam material by stretching over each tooth and through the contacts, using floss when needed.
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8. Once all teeth are exposed, invert dam material of clamp: use A/W syringe to blow air or use flat instrument to invert the dental dam material. Often pulling the dam material towards gingiva and blowing air is often the easiest step to invert.
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9. Adjust dam so that it is comfortable for the patient, adjust patient napkin if needed and make sure the dam material is taunt but not tight along the frame.
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10. Place low volume evacuation device under rubber dam for patient comfort.