



## Introduction

A dental internship provides an opportunity to confirm and demonstrate your desire to pursue dentistry as well as picture yourself as a practicing dental professional.

### Some of the benefits to completing a dental internship include the following:

- Confirms your interest in the profession**  
 Assisting and shadowing a dentist, helps to learn more about demands on the job, and the opportunities within the field of the dentistry. It is a great opportunity to learn about periodontist, pediatric dentists, as well as learn about specialties, such as oral maxillofacial and public health dentistry.
- Prepares you for a dental school**  
 Human aspect, is another way a dental internship can be beneficial. It gives an opportunity to learn how to deal with different situations and communicate effectively with patients. Regardless of the particular procedure needed, all patients want a clear communication and to trust the dentist. Watching a dentist interact with patients can be extremely beneficial when a student gets to the point of working in a dental clinic during a dental school.
- Enhances your dental school application**  
 Dental school admissions panels take several factors into consideration when selecting candidates. Completing this internship shows an enthusiasm for the profession and commitment to becoming a dentist.
- Fosters personal growth**  
 It is an opportunity to build friends with other students interested in the same career and possibly meet people from all over the world. A dental internship is not only professional and beneficial, but it also allows for personal growth.

### Learning objectives and goals that I have accomplished during my internship:

- Learned dental terminologies, instruments, and techniques
- Acquired and applied new dental knowledge and skills including working carefully and safely
- Determined the right consistency of filling materials and cementation
- Assisted in bonding agents, placing materials on the instruments
- Applied gained knowledge on impression materials and techniques, mixed impression materials and evaluate their accuracy
- Exemplified punctuality, reliability, cleanliness and initiative
- Recognized that office can be quickly change, demanding flexibility and organization under pressure
- Performed a track several tasks simultaneously with accuracy
- Learned dental practice management and related software
- Prepared treatment rooms for all dental specialties and assisted in sterilization process (cleaned and disinfected treatment rooms, sterilize instruments)
- Implemented all procedures to help make patients comfortable
- Stocked required materials for all aspects of dentistry
- Took full mouth x-rays quickly and efficiently Learned to read and understand radiographs
- Set up Nitrous Oxide Units
- Performed diagnosis and treatment plan patient cases
- Offered varying case presentations
- Worked with a medical team
- Learned how to put dental sutures

## Methods

### Dental Stitches

**Purpose:** A primary purpose of stitches is the stabilization of movable soft tissue. They also help to minimize the distance between wound parts. (Cut edges of gum tissue are brought together.) And their presence helps to strengthen the wound. They help to create a more uneventful and predictable healing process and outcome.

**Materials:** A needle holder, toothed forceps, with a hook to handle tissue, fine suturing scissors, and the appropriate suturing material.

#### An outline of steps I used to do when "closing" the flap created for an extraction process.

**1)** The wound is thoroughly flushed with saline solution or water. The surface and edges of the exposed bone are evaluated to make sure it has smooth and rounded contours.

The goal is to remove debris (tooth chips, bone spicules) and smooth off sharp edges that might interfere with the healing process. Sharp or rough edges are smoothed down using a dental drill or else a hand instrument called a "bone file".

**2)** The flap is then positioned back into pretty much its original position. Stitches are placed to hold it there.

#### Placing sutures.

**3)** Placing stitches is similar to sewing with a needle and thread. A prepackaged, pre-assembled curved needle is used with attached suture material (silk, nylon). The suture needle is grasped with a pair of hemostat-like forceps and inserted through the thickness of the flap. The curved nature of the needle makes it so it tends to poke back out of the tissue once it's gone through.



A. The very 1st experience, learning to put horizontal mattress sutures (interrupted and continuous) on the sausage.



B. Another learning process of continuous sutures on pig's feet.

### Dental Impressions:

**Purpose:** Their purpose is to create an exact mold of the tooth or teeth that need to be restored, creating healthier teeth, less pain and a repaired smile.

**Materials:** Dental alginate, molding plaster, dental impression trays set 1 upper and 1 lower, modeling clay, 1 large/2 small disposable mixing cups, the large cup to mix the plaster, the two small cups are for the 2 batches of alginate, measuring cups & measuring spoons, 3 plastic spoons or stir sticks, felt-tip pen, disposable gloves, disposable mask, material labels

#### Steps:

##### Part 1- Mixing the alginate (for one tray):

- Measure out 2 level tablespoons of the dental alginate and place into the disposable cup.
  - Add in 20 mL cold water.
  - Stir for about 1 minute.
  - The mixture is ready when you have achieved a creamy mixture.
- Making the negative impression:
    - Fill the tray
    - Rinse the mouth with warm water.
    - Insert filled tray; press gently into position: pull lip over side of tray and hold immovable for 1 minute after stickiness vanishes.
    - Use the leftover alginate in your mixing cup to tell when the alginate in mouth is completely solidified.
    - When the alginate is set, remove from mouth by using the tab as a handle, next gently jiggle the tray side to side to release the vacuum.
    - Remove the tray and rinse impression thoroughly under running water to remove saliva and debris.
  - Repeat this process for the second impression tray

##### Part 2 - Mixing the Impression Material and Making the Positive Impression:

- Pour impression material immediately to achieve the most accurate results.
- Preparing the trays for pouring:
  - Obtain a small amount of modeling clay.
  - Use one piece of clay to box off the open end of each back tooth so that the impressions will be able to hold liquid plaster.
- Mixing:
  - Put 2/3 cup lukewarm H<sub>2</sub>O into a disposable cup.
  - Put 225 grams of molding plaster into the same cup and sprinkle on top of the water, until the molding plaster settles on top and looks like a dry river bed.
  - Mix until a nice creamy consistency, work out all lumps.
- Making the negative impressions (both trays):
  - Gently spoon/pour some of the mixed molding plaster into the front of the mold, getting it into the impression of the front teeth.
  - Holding the dental tray by its tab, gently tap mold on the corner of the table to remove air bubbles and fill in the rest of the mold.
  - Let sit for about 10 minutes.
  - After the first coat has started to set use the extra mixture and slowly fill to the top of the mold, filling in the extra space.
  - Scrap the mixture even with the top of the impression tray.
- Unmolding:
  - Let mold sit for about 12 hours or overnight.
  - After mold has had plenty of time to cure, gently pull dental tray from mold.
  - Discard negative alginate mold.



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1. Surgical set of instruments



2. Tooth feeling set of instruments and materials