The Quick Step Technique

The Quick Step or dual arch impression technique has already grown popular in the US, but is less widely used in Europe. Special heavy body fast setting tray materials have been developed for this particular technique. Although not yet routinely taught at many European dental schools, the “Quick Step” technique offers substantial time and material savings. Various published studies have indicated that the occlusal accuracy is at least as good as that obtained from a full arch impression when used for simple, single unit impression cases. When the cases, trays and materials are properly selected and proper care is given to the correct impression technique, very good impressions can be taken.

1. Before preparation of the tooth the maximum intercuspal position is checked. The patient has to able to close into this position in a reproducible way. This can be verified using thin tape, and the situation on the opposing side is memorized for future reference.

2. The dentist can then syringe the preparation with the fast setting 3M Imprint II Quick Step wash material.

3. The correct tray is selected, and trial inserted. The tray should capture the teeth adjacent and opposed to the preparation. Maximum intercuspal position should be possible without interference from the tray. The tray should not touch any of the soft or hard tissues in the mouth.

4. The assistant fills the tray with Imprint II Quick Step tray material simultaneous to the intra-oral syringing. This tray material requires very little hand strength to fill the tray. When working solo the tray should first be filled, and then the preparation can be syringed.

5. The tray is inserted within 40 seconds from the start of syringing the wash material. The patient slowly closes into maximum intercuspal position, verified with the appearance of the teeth on the opposing side.

6. Before preparation of the tooth the maximum intercuspal position is checked. The patient has to able to close into this position in a reproducible way. This can be verified using thin tape, and the situation on the opposing side is memorized for future reference.

7. The correct tray is selected, and trial inserted. The tray should capture the teeth adjacent and opposed to the preparation. Maximum intercuspal position should be possible without interference from the tray. The tray should not touch any of the soft or hard tissues in the mouth.

8. 2.5 minutes after placement the impression is carefully removed from the mouth. Proper margins in wash material and a fluent connection between wash and tray material should be apparent.

9. Inspection of the impression of the opposing arch should reveal good detail reproduction and translucency on the points of contact when held against the light. In one impression the preparation, opposing side and relation are recorded.

10. The lab fabricated gold onlay cemented in place. Single restorations produced from an impression made with the Quick Step technique routinely require very little or no occlusal adjustments. Properly done the fit is excellent.

DR. TERRY E. DONOVAN
Education in Prosthodontics
University of Southern California, USA
e-mail: tdonovan@hsc.usc.edu

Material:
3M™ Imprint™ II Quick Step Impression Material