



MARISOL KING, DDS

Dr. King received her Bachelor of Science in Chemistry and Music from the University of New Mexico in Albuquerque and graduated from the University of Colorado School of Dental Medicine in Aurora, CO. She is a member of the American Dental Association, New Mexico Dental Association, Academy of General Dentistry, Hispanic Dental Association, and the American Association of Women Dentists.

Mr. Thirsty One-Step

**DISPOSABLE, HANDS-FREE DEVICE
RETRACTS, ISOLATES, AND EVACUATES**



When Dr. Marisol King found herself with only one assistant, too many patients, and not enough time in the day, Zirc's Mr. Thirsty One-Step came to the rescue as a cost-effective, easy-to-use retraction and isolation solution. In this article, she describes how the device not only relieves patient anxiety, but also allows her entire team to work more efficiently.

Patients have tremendous anxiety about keeping their mouth open during procedures. If you doubt me, just ask your patients! Bite blocks are cumbersome, uncomfortable, and take time away from procedures because they need to be taken out and replaced in order to suction. Mr. Thirsty One-Step has relieved my patients of this anxiety, moved their tongues out of my way, and allowed me to practice true, 4-handed dentistry. My hygienist and assistants also use Mr. Thirsty to help keep patients comfortable during hygiene appointments and achieve appropriate isolation for sealant placement.

Mr. Thirsty to the Rescue

Just yesterday I was treating a woman who had tremors due to multiple CVAs (strokes) sustained in her lifetime. She had broken her anterior veneer while eating and came to me to have it fixed. I knew she was nervous that her shaking would have an adverse effect on my dentistry, but I assured her that she had nothing to worry about and showed her Mr. Thirsty One-Step.

Just a few short minutes after we placed Mr. Thirsty One-Step, the procedure was done and the patient raved about how this had been the most comfortable dental appointment she ever had because she wasn't worried she might accidentally bite down, or that her lower jaw would shake and move my hand. The veneer turned out perfectly and was delivered with excellent isolation, in part due to Mr. Thirsty.



Working More Efficiently

When I think about a retraction and isolation device, the most important features are ease of use, cost effectiveness, and patient comfort. Mr. Thirsty One-Step checks off all 3 of these boxes, plus it's disposable, which boosts patient safety. I have used other isolation and retraction systems, and what makes Mr. Thirsty superior to them is the ability to easily use it in any operatory without a prefixed connector or adaptor.

Earlier in my career, I found myself with only one assistant and too many patients for just the 2 of us. Mr. Thirsty One-Step came to the rescue as a cost-effective, easy-to-use solution that allowed the entire team to work more cohesively. It made my assistant's time more efficient during sealant placement, and my hygienist's scaling and root planing time decreased. Best of all, it allowed me to do more of what I do best—dentistry.



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