

Section A:

Without a doubt, mouth mirrors are the workhorse of the dental armamentarium and are relied upon for diagnosis and literally every dental procedure thereafter. We also place trust in our mirror choice to properly reflect light, retract, and provide indirect vision. Those are tall orders for a small reflective surface! But, do we overlook small details that can make this important tool even more value added? Several factors should be considered when choosing which specific mirror offers the best quality for your practice.

Dental mirrors work on the principle of reflective light and how it enters the eyes to formulate an image. The most brilliant mirror on the market today that offers a 99% reflective factor is the Crystal HD mirror from Zirc. Not only does this feature improve visual quality, but drastically reduces eye fatigue.

Other influences are the design of the mirror, its composition, and how it balances in your hand. A lightweight mirror with a larger grip is going to provide the best ergonomics. Obviously the heaviness of an all-metal versus a resin mirror can be striking. The design of the lightweight Crystal HD mirror offers a specific resin that incorporates protection into the handles. This durable anti-microbial agent deters the growth of bacteria and is a distinct feature.

And finally, patients appreciate when a resin-based mirror is used during their procedures for several reasons. A resin head based design is kinder to the tissue, teeth, and yields no galvanic shock.

## Section B:

A 15 year old female patient presented with the need to restore her right Maxillary central, #8. Due to a variety of reasons, the treatment plan called for building a pontic in site #8 and bonding to adjacent teeth #7 and #9. (Figure 1)

Photographs and shade selection were taken. Because of the esthetics demands, a Crystal HD mirror (Zirc) was used because of the clarity it provides, reflection, and high degree of color accuracy it offers. A self-adhesive disposable swipe pad was conveniently adhered to the backside of my glove. A droplet of Mirror Magic (Zirc), an anti-fog agent was placed on the pad. Rather than rely on dry gauze to wipe my mirror which often can lead to residual fuzz on the mirror or even worse cotton fibers possibly contaminating the adhesive process, Mirror Magic removes debris and anti-fogs the mirror in one swipe. (Figure 2)

Enamel of the adjacent teeth was prepared, a selective etch method was utilized with a universal bonding agent application, and composite was built - incrementally filling the pontic space, followed by light curing. Figure 3 shows a comparison view of a traditional metal mirror versus the Crystal HD Mirror (Zirc) in the patient's mouth. Notice the quality of light reflection, clarity, and color accuracy. This example also illustrates how eye fatigue can become relevant, especially during longer procedures.

After completing the composite bridge, the restoration was finished, polished, and occlusion verified. The final restoration as revealed from the lingual aspect, offering a seamless transition with the Crystal HD clarity. (Figure 4)