

Dental Anatomy and Occlusion: Groove in Maxillary Central

Armamentarium

Fissure bur - #256
High speed handpiece
Typodont
No. 2 pencil

Step 1: Outline the Groove

Begin by using a pencil to draw an approximate outline of the groove. Remember the outline should be approximately 1.5 mm wide and 1.5 mm from the incisal edges.

Step 2: Cut the Groove

Cut the outline using the edges of the fissure bur, holding the bur parallel to the labial surface of the tooth. Remember the groove should be about 1.5 mm deep. Try to keep the outline straight and the floor of the preparation even.

Step 3: Smooth and Sharpen

Using a flat-ended straight tapered bur, flatten the floor and provide a smooth, precise preparation for the groove. This bur can also be used to sharpen the edges of the groove.

The finished groove should be a smooth box, with clean, even edges, and the walls at right angles to the floor.