

## 1. INTRODUCTION

This manual is free to download or copy. However, it is not intended as an independent resource. This manual is to be used in conjunction with training by a dentist or hygienist. It is in many ways a reference for quick review of skills that have been taught. If you have not had training in how to deliver basic dental care, but would like to receive some so that you can provide care for your community, please contact us through our website [www.wisdomtooth.org](http://www.wisdomtooth.org) and we will work with you to send a volunteer dentist to come to your community and provide free training. If you are a dentist or hygienist and would like to utilize this manual in a volunteer project please feel free to do so. We would just ask that if you find it helpful, a donation to our cause would be greatly appreciated. Also, if you contact us before you go, we may have additional resources that we can make available for you. At the very least, we would like to hear how your project goes.

### **Check list of instruments and supplies referred to in this manual**

Intraoral mirror	Plastic instrument
Periodontal probe	Tofflemyer bands
Explorer (optional)	Tofflemyer retainer
Head lamp	Cotton pliers
Syringe	Cement spatula
Needles	Wooden wedges
Anesthetic	Mixing pad
Floss	Composite gun
Toothbrush	Composite carpule with plunger
Perio scalers (13/14, 11/12, IPC)	Cotton pellets
Sharpening stone	Cotton rolls
Curette	Gingival retraction cord
Periosteal elevator (optional)	Hand mixed filling material
Elevator	Gloves
Forceps (150, 151, 23, pedo)	Sterilizer
Gauze	
Enamel hatchet	
Spoon	

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