3. The size-associated reamer is used to re-prepare the canal to the proper length.

4. The ParaPost Taper Lux is tied into the proper depth.

5. The remaining radicular tooth structure is etched thoroughly. It is then washed and dried.

6. The bonding agent is applied into the canal and (inset) on the remaining dentin as well.

7. ParaCore Dentin shade is injected into the canal from bottom to top.

8. The ParaPost Taper Lux is inserted fully into the canal (the colored sizing ring has been previously removed).

9. The lubricated HuFriedy interproximal contact curing instrument is used to begin forming the core.

10. The surface composite is light cured.

11. Additional ParaCore Dentin is immediately added to form the full dimensions of the core.

12. Once the core has been shaped to the required dimension it is light cured (inset).

13. The post and core is now complete (buccal view).
The solution is:

The long and complex post and core procedure has been reduced to a simplified technique that utilizes the post and core material as the post cement as well. In order for this technique to function, the core material must be a dual cure composite resin which will in the depths of the canal around the deepest portions of the post, cure within 5-6 minutes even though no light can actually reach it. Thus the post and core procedure can be reduced to 15 minutes or even less in most situations.

About the author

Dr. George Freedman is past president of the American Academy of Cosmetic Dentistry and a founder of the Canadian Academy for Esthetic Dentistry. He is the chairman of the Clinical Innovations Conference (London) as well as the Dental Innovations Forum (Singapore). Dr. Freedman is the author or co-author of nine textbooks, more than 220 dental articles, and numerous CDs, video and audio tapes, and is a Team Member of REALITY. He is a past director of CE programs in Esthetic Dentistry at the Universities of California at San Francisco, Florida, UMKC, Minnesota, Baylor College and Case Western Reserve and was the founding associate director off the Esthetic Dentistry Education Center at the State University of New York at Buffalo. Dr. Freedman is a diplomate of the American Board of Aesthetic Dentistry and lectures internationally on dental esthetics, dental technology and photography. A graduate of McGill University in Montreal, Dr. Freedman maintains a private practice limited to esthetic dentistry in Toronto.

Dr. Howard Glazer is a fellow and past president of the Academy of General Dentistry, as well as former assistant clinical professor in dentistry at the Albert Einstein College of Medicine (Bronx, N.Y.). He has been a visiting clinician at several universities around the country, including SUNY-Buffalo, Univ. of Minnesota, Univ. of California-San Francisco, Univ. of Texas-Houston, Univ. of Florida, and the Univ. of Missouri-Kansas City. Additionally, he is a Fellow of the American College of Dentists; International College of Dentists; American Society for Dental Aesthetics; the American Academy of Forensic Sciences; and is a diplomate of the American Board of Aesthetic Dentistry. Dr. Glazer is an attending dentist at the Englewood Hospital in Englewood, N.J. Additionally, Dr. Glazer is the deputy chief forensic dental consultant to the Office of Chief Medical Examiner in New York City. He lectures throughout the United States, Latin America, Canada, Europe, Scandinavia, India and Korea on the subjects of cosmetic dentistry, forensic dentistry and patient management. Dr. Glazer is a frequent author of dental articles and has been published throughout the world. He maintains a general practice in Fort Lee, N.J.

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