



Damn Good!!!

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When Dr Sanford Christie Barnum invented the Rubber dam in 1864, even he would have not realised the potential far reaching implications and lasting impact of his contribution to the dental fraternity. Rubber dam isolation has revolutionised the way we approach dentistry and deliver superior treatment. It is the gold standard for ideal treatment protocol and is the benchmark to assess diligent delivery of sublime skills. Infact it would not be wrong to state that root canal treatment without rubber dam is downright unethical and ideally restorative dentistry also benefits immensely with its application.

However the use of the rubber dam has a learning curve and requires a high degree of steadfastness and dedication to excellence. It is infact alarming that so few dental practitioners adopt and regularly implement this vital step in their treatment protocols especially root canal treatments. RCTs are successful and based on the premise of microbial reduction and elimination for which the use of rubber dam is paramount and indisputable. Yet a majority of practitioners neglect this vital modality, including specialists, at the

risk of delivering substandard treatment. Hence it is the need of the hour to not only make rubber dam isolation a compulsory part of the academic curriculum but also bring in legal guidelines and frameworks to make its use mandatory in root canal procedures.

This sustained drive for ideal isolation will not only contribute to superior and ethical patient outcomes, greater dentist satisfaction and will also propel better infection control. It is time we made dentistry DAMN Good!!!

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