

UNIT 9

THE DENTAL SURGERY

15 1. Read the text about a dental surgery and answer the following questions.

Przeczytaj tekst o gabinecie stomatologicznym i odpowiedz na poniższe pytania.

- 1 How many different areas are there in a modern dental practice?
- 2 Why is the reception area important?
- 3 What are procedure rooms?
- 4 What happens in the tray and sterilisation area?
- 5 What is a nonclinical area?

GLOSSARY

competitive - konkurencyjny
contaminated - skażony, zanieczyszczony
cross-contamination - zakażenie krzyżowe
cutting-edge - innowacyjny, najnowocześniejszy
demanding - wymagający
digital imaging - cyfrowa diagnostyka obrazowa
impression - wrażenie
in-house - na miejscu, wewnętrznie
modern - nowoczesny, współczesny
procedure room - sala zabiegowa
restroom - toaleta
staff lounge - pokój wypoczynkowy dla personelu
state-of-the-art - najnowocześniejszy, technologicznie zaawansowany
storage room - magazyn
switch (to sth) - przełączać, przerzucać się (na coś)
tray - taca

What makes up the dental surgery?

To be **competitive** it is not enough for a dental surgery to look professional. It must be professional. Patients are very **demanding** these days. They not only expect first-class service but also **cutting-edge** technology and **state-of-the-art** design. You never get a second chance to make a first **impression**. If your dental practice still hasn't **switched to** digital X-rays, doesn't have a website or uses cheap materials, chances are... patients won't be coming back! For this reason it is important to make sure patients feel "at home" the moment they walk into your dental practice.



Many patients feel scared or nervous before their appointment, so make sure the reception area is welcoming and provides comfort. Although magazines, newspapers or Wi-Fi don't really matter to you, they will successfully keep stressed patients busy as they wait for their treatment. Apart from a reception area, every **modern** dental practice should have:

- **treatment rooms**

Treatment rooms are also called **procedure rooms**.

- **an X-rays and digital imaging facility**

X-rays are done **in-house**.

- **a nonclinical area**

Like a **staff lounge** or the dentist's office.

- **storage room**

This is where extra supplies are kept.

- **public and staff restroom**

Two separate facilities that need to be kept clean at all times.

- **a tray and sterilisation area**

The human mouth is full of different types of bacteria. To avoid **cross-contamination**, this area needs to be clean and separate from the treatment room. Once **contaminated** instruments are cleaned and sterilised, a **tray** may be set up and left in the sterilisation area until it is needed in the treatment room.

2. Read the text again and decide whether the following statements are true (T) or false (F).

Przeczytaj tekst ponownie i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

- 1 It is important for a dental surgery to look and be modern.
- 2 Most patients feel relaxed before their dental appointment.
- 3 Modern X-ray devices can be used in-house.
- 4 Extra supplies are kept in a staff restroom.
- 5 Sterilisation usually takes place in the procedure room.

3. Match the words to make correct expressions.

Połącz słowa, aby utworzyć poprawne wyrażenia.

- | | |
|----------------|--------------|
| 1 digital | a technology |
| 2 cutting-edge | b room |
| 3 staff | c lounge |
| 4 first | d impression |
| 5 procedure | e imaging |
| 6 storage | |

4. Complete the following sentences with the appropriate expressions from exercise 3.

Uzupełnij poniższe zdania odpowiednimi wyrażeniami z ćwiczenia 3.

- 1 A treatment room is also called a _____.
- 2 The _____ is a place where team members can talk, have lunch or relax.
- 3 Traditional radiographic film is being replaced by _____. It is safer for patients (reduced radiation exposure), environmentally friendly (no chemicals are used) and faster (no need to wait for developing).
- 4 The reception area should be warm and welcoming to make a good _____ on new patients. It should be kept tidy at all times!
- 5 The practice is equipped with the latest in _____; from computerised X-rays and dental camera to state-of-the-art sterilisation area.
- 6 If you keep everything in order in the _____, you will never have problems finding the things you need!

5. Label the pictures.

Podpisz zdjęcia.

procedure room
sterilisation area

reception area
storage room

X-ray room



16 6. Read the text and decide whether the following statements are true (T) or false (F).

Przeczytaj tekst i określ, czy poniższe stwierdzenia są prawdziwe (T) czy fałszywe (F).

- 1 There can only be one dentist per one practice.
- 2 Treatment rooms must be separate rooms.
- 3 Medical waste containers are not kept in the treatment room.

GLOSSARY

cabinet - szafka
duty - obowiązek, dyżur
dispenser - podajnik
employ - zatrudniać
layout - układ
require - wymagać

sharps container - pojemnik na odpady ostre
sink - zlew
sound-absorbing carpet - wykładzina pochłaniająca dźwięk
stool - stołek, taboret

The treatment room and dental equipment

The number of treatment rooms in a given dental practice depends on the size of the practice and the number of dentists it **employs**. Typically, a dental practice with one dentist and one dental hygienist **requires** at least three treatment rooms: two for the dentist and one for the hygienist. If the practice is big or if there are more dentists, more procedure rooms may be needed.

Treatment rooms should be functional. They should be of the same size, **layout** and equipment. This will make it easier for the dental team to perform their **duties**. That way they will not have to look for any equipment or instruments as everything will be in the same place.

Treatment rooms can be individual rooms or open spaces divided by walls. To reduce noise and make patients feel more comfortable it is a good idea to invest in **sound-absorbing carpets** or acoustical wallcovering.

A standard treatment room contains:

- a dental unit,
- the operator's **stool**,
- the assistant's stool,
- a mobile **cabinet**,
- cabinets,
- a **sink**,
- soap and disinfectant **dispensers**,
- a paper towel dispenser,
- medical waste containers,
- a **sharps container**.

The dental unit is the heart of every treatment room.

7. Label the pictures with the suitable names from the text.

Podpisz zdjęcia poprawnymi nazwami z tekstu.



A

B

C

D

E



F

G

H

I



1. Try to answer the following questions.

Spróbuj odpowiedzieć na poniższe pytania.

- 1 What is a dental unit used for?
- 2 What elements does a dental unit consist of?
- 3 What important pieces of dental equipment are not part of a dental unit?



2. Read the text below to find out what the particular elements of a dental unit are.

Przeczytaj tekst poniżej, aby dowiedzieć się, jakie są poszczególne elementy unitu stomatologicznego.

GLOSSARY

abdominal - brzuszny
adjustable - regulowany
air-water syringe - strzykawka wodno-powietrzna
backrest - oparcie
castor - kółko
ceiling - sufit
circulation - krążenie
debris - odpady, resztki
dental curing light - lampa polimeryzacyjna
disposable - jednorazowy
engine - silnik
handpiece - końcówka
hazard - niebezpieczeństwo, ryzyko
headrest - zagłówek

high volume evacuator (HVE) - ssak
intraoral camera - kamera wewnątrzustna
lumbar - lędźwiowy
mount - przymocować
plane - tutaj: płaszczyzna
resin - żywica
retinal damage - uszkodzenie siatkówki
rinse - przepłukiwać
saliva ejector - ślinociąg
spittoon - spluwaczka
suction - ssanie
supine - (leżący) na plecach, na wznak
tip - końcówka
unconscious - nieprzytomny
upright - pionowy, wyprostowany
wipe - wycierać

The dental unit

The dental unit consists of:

- a dental chair,
- the operator's stool,
- the assistant's stool,
- a dental **engine**,
- an operating light,
- a **spittoon** (cupidor),
- a **high volume evacuator** (HVE),
- a **saliva ejector** (low volume **suction**),
- an **air-water syringe**,
- a **dental curing light**,
- an **intraoral scanner / camera**,
- an instrument tray,
- the control panel,
- high- and low-speed **handpieces**.

Dental chair

The patient receives treatment in the dental chair. The chair is designed to support the body of the patient. It has an **adjustable backrest** and **headrest**. The chair needs to be ergonomic so that the dentist and the dental assistant can easily perform their duties.

Depending on the type of procedure, the patient can be in:

- an **upright** position (90 degree angle; used for patient entry and dismissal),
- a **supine** position (lying with the face upward with the nose and legs at the same **plane**; used for most dental treatments),
- a subsupine position (the head is lower than the feet; used to revive the patient when the patient is **unconscious** or in emergency situations).

The dental chair can easily be contaminated. For this reason it must always be **wiped** between patients!

Operator's stool

Depending on the procedure the dentist, the dental assistant or the dental hygienist can be the operator. The stool needs to be comfortable and easily adjustable because it usually has to support the operator's body for a long period of muscular inactivity.

Assistant's stool

The assistant's stool should be ergonomically designed. Because the assistant needs to be able to move freely around the room, the stool typically has five **castors**. They provide mobility and stability. The stool also needs to have an adjustable backrest (provides support for the **lumbar** area of the assistant) and an **abdominal** bar (provides support for the arm and the upper body). The stool itself must also be easily adjustable to the height of the assistant. Because the assistant needs to be positioned between 10-20 centimeters higher than the operator, the stool needs to have a foot rest

or foot platform so that the assistants can rest their feet on it. If the stool has no foot platform and the assistants cannot reach the floor, it might be difficult to maintain proper **circulation** especially during longer treatments.

Spittoon

The spittoon should be placed next to the dental chair. Patients use it to **rinse** during and after procedures. To reduce the risk of cross-contamination some modern units do not have a cuspidor. If your unit has one, it should be cleaned between patients to get rid of blood, saliva and **debris**. Don't forget to disinfect it!

Operating light

An operating light is used during procedures to illuminate the oral cavity of the patient. It is usually attached to a flexible arm **mounted** to the dental chair or to the **ceiling**. The operating light is very bright so make sure you do not direct it at the patient's eyes. The handles and the on and off switch need to be covered with a removable barrier. The barrier needs to be changed between patients.

Dental curing light

A dental curing light is used to polymerise **resins** and composites. When it is turned on it is a potential health **hazard** both to the operator and the patient. The blue light may cause eye damage, reduced night vision and cause tiredness. Because of this the patient and the operator need to wear protective glasses to minimise the risk of **retinal damage**.

Saliva ejector

A saliva ejector is used to suck saliva out of the mouth. It also helps prevent pooling of saliva in the mouth and keeps a tooth (or teeth) dry and clean during some procedures.

High volume evacuator (HVE)

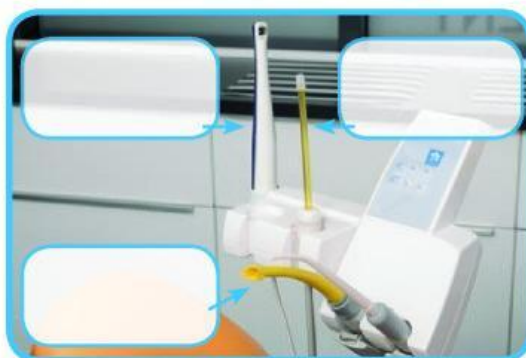
The HVE is used to get rid of debris - excess dental materials. For example, a dental hygienist may use an HVE to remove excess cleaning paste leftover after cleaning and polishing the teeth.

Air-water syringe

The air-water syringe delivers: air, water and a combined spray of air and water. It is used during all procedures to rinse or keep a given area of the mouth dry. The syringe can have a metal or plastic **tip**. Metal tips must be sterilised after every treatment. The **disposable** plastic tips need to be thrown away after every procedure.

3. Label the elements of a dental unit in the pictures with the words from the text.

Podpisz elementy unitu stomatologicznego na zdjęciach słowami z tekstu.



4. Choose the correct answer.

Wybierz prawidłową odpowiedź.

- 1 In a supine position the patient is:
 - a lying with the face upward with the nose and legs at the same plane.
 - b lying with the head lower than the feet.
 - c sitting at a 90° angle.
- 2 In a subsupine position the patient is:
 - a lying with the head lower than the feet.
 - b sitting at a 90° angle.
 - c lying with the face upward with the nose and legs at the same plane.
- 3 The assistant's stool should have _____.
 - a a foot rest
 - b handles
 - c a headrest
- 4 The _____ provides support for the arm and the upper body of an assistant.
 - a foot rest
 - b castor
 - c abdominal bar
- 5 The operating light should illuminate:
 - a the oral cavity of the patient.
 - b the patient's face.
 - c dental materials.
- 6 The HVE is mainly used to:
 - a get rid of saliva.
 - b get rid of debris.
 - c get rid of blood.
- 7 The curing light:
 - a can damage the lumbar area.
 - b is used to polymerise resins and composites.
 - c helps prevent pooling of saliva.
- 8 The plastic tip of an air-water syringe must be _____.
 - a thrown out because it is disposable
 - b covered with a removable barrier
 - c sterilised before it is used again

5. Translate the following words into English.

Przetłumacz poniższe słowa na język angielski.

- 1 strzykawka wodno-powietrzna - _____
- 2 lampa polimeryzacyjna - _____
- 3 unit stomatologiczny - _____
- 4 spluwaczka - _____
- 5 zagłówek - _____
- 6 fotel stomatologiczny - _____
- 7 podajnik na ręczniki jednorazowe - _____
- 8 krzesło dla asysty - _____
- 9 kamera wewnątrzustna - _____
- 10 panel sterujący - _____
- 11 pojemnik na odpady ostre - _____
- 12 ssak - _____
- 13 podajnik na mydło - _____
- 14 końcówka wolnoobrotowa - _____
- 15 przepłukiwać - _____

6. Check what you remember and answer the questions below.

Sprawdź, ile pamiętasz i odpowiedz na poniższe pytania.

- 1 Is a dental chair the same thing as a dental unit?
- 2 Which dental chair position is only used in emergency situations?
- 3 Which dental chair position is used most frequently for procedures?
- 4 What's the difference between an operating light and a dental curing light?
- 5 What's the difference between a saliva ejector and a high volume evacuator?
- 6 What are some characteristics of the dental assistant's stool?
- 7 How many functions does an air-water syringe have?
- 8 Which piece of equipment can cause retinal damage?