

H & H TECHNIQUE

Described & Photographed by
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The H & H, "Hydraulic & Hydrophobic" technique was invented by Dr. Jeff Hoos. He designed suitable H & H materials for J. Morita. The concept is that a preliminary, fully polymerised Stiff Bite impression in a closed bite tray is washed with a light body material.

The technique requires special care for die spacing since the Stiff Bite is expanded slightly by the wash. The light wash is placed on a clean and dry Stiff Bite surface while the impression is retained on the opposite arch. The patient closes and the Light is hydraulically forced into subgingival margin areas first, then out from the edges of the Stiff Bite material.

H & H may be done trayless by the same technique except that a stray is not used to deliver the Stiff Bite for the initial impression. Instead, the Stiff Bite is injected directly into the mouth. The patient closes and the tongue is rested against the Stiff Bite, effectively forming the preliminary impression. Another variation is to inject the light body onto margin areas only; the patient closes the clean and dry Stiff Bite onto the Light.



1. Patient requires a new crown on upper right central. Preparation is completed.



2. Fill Polybite Anterior Tray with First Quarter Heavy Stiff Bite. Fill prep side to regular level; fill opposing side with 30% more material. Maximum working time is 20 seconds.



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4. Once the impression is set, the patient opens while your fingers retain the impression on the opposing arch.



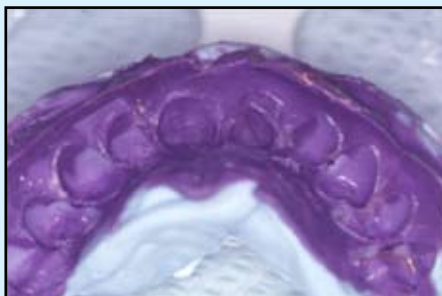
5. The impression is spray washed & dried while in the mouth.



6. First Quarter Light Body Fast Set is syringed into the tray in the prep areas in a thin layer. Maximum working time is 15 seconds.



7. The patient closes; this exerts hydraulic force on the light impression material.



8. The H & H technique takes a very detailed impression quickly & easily without the use of retraction cord.



9. A closer view shows perfect detail where the Light Body fast Set is incorporated into the impression.



10. The H & H technique achieves an impression of the prep, the opposing teeth & a bite registration ALL-IN-ONE.

