

Manual for the ART approach to control dental caries

Introduction

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## Chapter 9 - List of Essential Instruments and Materials

In order to carry out the Atraumatic Restorative Treatment approach in the field, the following essential instruments and materials are required.

### Instruments

Mouth mirror  
Explorer  
Pair of tweezers  
Dental hatchet  
Spoon excavator, small  
Spoon excavator, medium  
Spoon excavator, large  
Applier/carver  
Glass slab or paper mixing pad  
Spatula

### Materials

Cotton wool roll  
Cotton wool pellet  
Clean water  
Glass-ionomer restorative material  
liquid, powder and measuring spoon  
Dentine conditioner  
Petroleum jelly  
Wedge  
Plastic strip  
Articulation paper

### Other

Examination gloves  
Mouth mask  
Operating light  
Operation bed / headrest extensor  
Stool  
Methylated alcohol  
Pressure cooker  
Instrument forceps  
Soap and towel  
Sheet of textile  
Sharpening stone and oil