

Dentists

What to Bring Checklist



We want to help!

COMOM understands that many dentists have limited access to dental instruments/supplies, and will provide you with needed items.

If you have questions, contact your department lead as shown on page 5.

COMOM is a latex-free dental clinic.

Clearly mark personal instruments and supplies with your name, and bring:

GENERAL ITEMS FOR ALL DENTISTS

- ☐ Comfortable clothing and closed-toed shoes
- ☐ Containers to store and transport instruments with multiple compartments (such as plastic divided containers, fishing tackle boxes, or multi-drawer wheeled unit)
- ☐ Personal equipment and supplies that you are accustomed to using, and by having the items, your COMOM experience will be enhanced.
- ☐ Operator and assistant stools/chairs
A limited number of portable stools will be available. COMOM, however, encourages you to bring your own for maximum comfort.
- ☐ Headlight/Loupes and extra batteries
This would be an adjunct to a freestanding halogen light.
- ☐ Masks (N95 or ASTM – Level 3), goggles, gowns, gloves
These items will be available, but consider bringing these items if you have a special preference.
- ☐ DEA number for prescription writing
- ☐ Pens with **blue** ink for charting

DEPARTMENT SPECIFIC ITEMS

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**If you have limited access to dental instruments / supplies,
COMOM will provide you with needed items.**

Contact Bob Meyer, DMD, at 719.351.2152 or rdmeyer7@gmail.net with questions.

**If you can reasonably bring some or all of the following instruments and supplies
for treating 12-15 restorative patients per day, it would be sincerely appreciated.**

Cassette size limited to 8"x5"

- ☐ Local anesthetic, three syringes, needles, and topical anesthetic.
- ☐ Amalgam, composite and/or glass ionomer restoration materials
 - ☐ Amalgam capsules (if used)
 - ☐ Composite materials
 - ☐ Glass Ionomer material and applicator (if used)
 - ☐ Garrison clamp kit
 - ☐ Matrix holders, bands, and wedges
 - ☐ Bonding agent and etchant
 - ☐ Base material (like Vitrebond or Limelight)
 - ☐ Finishing supplies (polishing materials, strips, 12 blades, etc.)
 - ☐ Silver diamine fluoride (if used)
 - ☐ Retraction cord, hemostatic agents
- ☐ Rubber dams, holders, clamps with clamp placers, and hole punch
- ☐ Curing light (If you have a preference)
- ☐ Articulating paper and holders
- ☐ 4 instrument set-ups for the varied procedures that you will perform at COMOM
- ☐ 3 or 4 high-speed and slow-speed handpieces (four holed) with desired attachments
- ☐ 3 or 4 bur blocks with extra burs you normally use
- ☐ Assorted mouth props (if normally used)
- ☐ Hand-held mirror for patient instruction

ORAL SURGERY

**If you have limited access to dental instruments / supplies,
COMOM will provide you with needed items.**

**Contact Michael Burnham, DDS, MD at 303.809.1550
or m-burnham@comcast.net with questions.**

Cassette size limited to 8"x5"

Basic Surgical Tray Instruments, i.e., (It is very advantageous to bring 3 set-ups)

- | | |
|---|---|
| ☐ Syringes | ☐ Double-Ended Root Tip Pick |
| ☐ Minnesotas | ☐ Single Root Tip Pick |
| ☐ Mirror | ☐ Double-Ended Curette |
| ☐ Cotton Pliers | ☐ #9 Molt currette |
| ☐ Blade Handles | ☐ Rongeur |
| ☐ #1 Woodson elevator | ☐ Suture Scissors |
| ☐ #9 periosteal elevator | ☐ Hemostat (Needle Holder) |
| ☐ 301 straight elevator | |

Forceps

- ☐ Universal upper and universal lowers
- ☐ Cowhorns
- ☐ 88L and 88R
- ☐ Ash forceps
- ☐ Your favorite forceps (e.g., 217's)

Nice to Have

- | | |
|---|---|
| ☐ Handpiece with Burs | ☐ 27G Needles and Needle Guards |
| ☐ Blades | ☐ Extra Chair Barriers |
| ☐ Sutures | ☐ Extension cord (10 to 25 feet) |
| ☐ Extra Local Anesthetic | ☐ Extra Gowns |
| ☐ Box of 15 Blades | ☐ Small Surgicel |
| ☐ Collaplug | ☐ Silver Nitrate |

**If you have limited access to dental instruments / supplies,
COMOM will provide you with needed items.**

Contact Ben Ricketts, DDS at 317.201.0491 or benricketts@altitudeendo.com.

Cassette size limited to 8"x5"

Equipment

- ☐ Endodontic rotary units with motor and endodontic handpieces
- ☐ Apical Foramen Locator (e.g. Root ZX)
- ☐ System B or Touch n' Heat
- ☐ Obtura unit or Calamus unit (+ Gutta percha pellets, + tips)
- ☐ Heat source (e.g., Blazer)

Instruments

- ☐ Mouth Props
- ☐ Rubber Dam Frames and Forceps
- ☐ Rubber Dam Clamps (e.g., #5 /2a /9 /00 /w8 /8a)
- ☐ Endodontic explorer
- ☐ Finger or Hand Spreader (e.g., D11T)
- ☐ Pluggers (e.g. Glick)
- ☐ Blue Finger Rings with sponges
- ☐ Rotary and Hand Files
- ☐ Gutta percha cones (0.04, 0.06 and accessory)
- ☐ Paper points

Disposables

- ☐ Rubber Dams (nonlatex)
- ☐ Undiluted Bleach (e.g., Clorox)
- ☐ Cold testing agent (e.g., Endolce)
- ☐ Cavit
- ☐ Mini sponges for access openings
- ☐ Monoject syringes for solutions
- ☐ Irrigation Tips (e.g., 23g / 25g / 27g/ 30g)
- ☐ Sealer (e.g., Roth, AH+, RealSeal)

**If you have limited access to dental instruments / supplies,
COMOM will provide you with needed items.**

Contact Jill Shonka, DDS at 970.219.5376 or jill.shonka@gmail.com.

Cassette size limited to 8"x5"

What to bring:

- Loupes/headlamp
- Recommend: water bottle
- See list of "things you may notice missing" below

We have restorative kits available that contain: a mirror, explorer, ball burnisher, IPC carving instrument, syringe, rubber dam frame, rubber dam clamp and removers, cotton forceps. If you would like to bring your own instruments you can, please make sure they are clearly labeled with your name and Pediatrics.

We have the following materials and instruments available:

- | | |
|---|---|
| ▪ Local anesthetic 2% lidocaine w/ 1:1000000, and 2% septocaine w/ 1:2000000, | ▪ SSCs, glass ionomer cement |
| ▪ syringes, needles, and topical anesthetic | ▪ Pulpotomy medicaments: MTA |
| ▪ Packable and flowable composite, Fuji II RMGI, and sealant materials | ▪ Extraction instruments |
| ▪ Glass Ionomer material and applicator (if normally used) | ▪ Rubber dams, holders, clamps with clamp placers, and hole punch |
| ▪ Matrix holders, bands, and wedges | ▪ Curing light |
| ▪ Base material (like Vitrebond) | ▪ Articulating paper and holders |
| ▪ Silver diamine fluoride | ▪ High-speed and slow-speed handpieces |
| ▪ Bonding agent and Etchant | ▪ 3 or 4 bur blocks with extra burs you normally use |
| ▪ Composite guns | ▪ Assorted mouth props (if normally used) and molt mouth props |

Things that are not available that you may notice missing:

- Isovac's /Mr. Thirsty's
- Quality overhead lights
- Nitrous oxide (will have limited access to one unit this year)
- We do not place space maintainers

QUESTIONS? PLEASE CONTACT:

Department	Leads	Cell Phone	Email
Restorative	Bob Meyer, DMD	719.351.2152	rdmeyer7@gmail.com
Oral Surgery	Michael Burnham, DDS, MD	303.809.1550	m-burnham@comcast.net
Endodontics	Ben Ricketts, DDS	317.201.0491	benricketts@altitudeendo.com
Pediatrics	Jill Shonka, DDS	970.219.5376	jill.shonka@gmail.com

Thank you for volunteering at COMOM!

10/13/2025