Ingrid Paloma-Westergaard

Dental Technician (CAD/CAM, Fixed Prosthetics)

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SUMMARY

Dental technician with 6 years in full-service laboratories, specializing in CAD/CAM design of zirconia and lithium disilicate crowns and bridges. Design 28-35 units a day in exocad with a remake rate under 2%, and layer porcelain on anterior cases. Certified Dental Technician (CDT) in crown and bridge.

EXPERIENCE

CAD/CAM Dental Technician — American River Dental Laboratory

Sacramento, CA · May 2022 – Present

- Design 28-35 crown and bridge units a day in exocad from intraoral scans sent by 40+ client practices.
- Keep a remake rate of 1.8% across about 6,500 units a year, against a lab average of 3.5%.
- Run nesting and milling on 2 five-axis mills for zirconia and wax, cutting mill idle time by about 20% with batch planning.
- Layer and stain porcelain on 6-10 anterior units a week to match shade photos, with 95% accepted at the first try-in.
- Trained 3 model technicians to design posterior single crowns, moving them to design work within 4 months.

Dental Technician — Folsom Precision Dental Studio

Folsom, CA · Jun 2019 – Apr 2022

- Poured, trimmed and articulated models for 60-80 cases a day, with dies sectioned to the lab's margin standard.
- Finished and polished 25+ zirconia units a day, checking contacts and occlusion before shipment.
- Helped move the lab from stone models to printed models, reducing model prep time per case by about 35%.

SKILLS

Digital: exocad, 3Shape Dental System, intraoral scan files, nesting software, resin 3D printers

Fixed: Zirconia and lithium disilicate crowns, bridges, implant abutments, porcelain layering, staining and glazing

Lab work: Model pouring, die sectioning, articulation, wax-up, milling, sintering, finishing

Quality: Shade matching, contact and occlusion checks, infection control, case tracking software

CERTIFICATIONS

Certified Dental Technician (CDT), Crown and Bridge, National Board for Certification in Dental Laboratory Technology, 2023

EDUCATION

Certificate in Dental Laboratory Technology, Sierra Valley Technical College, Sacramento, CA, 2019

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