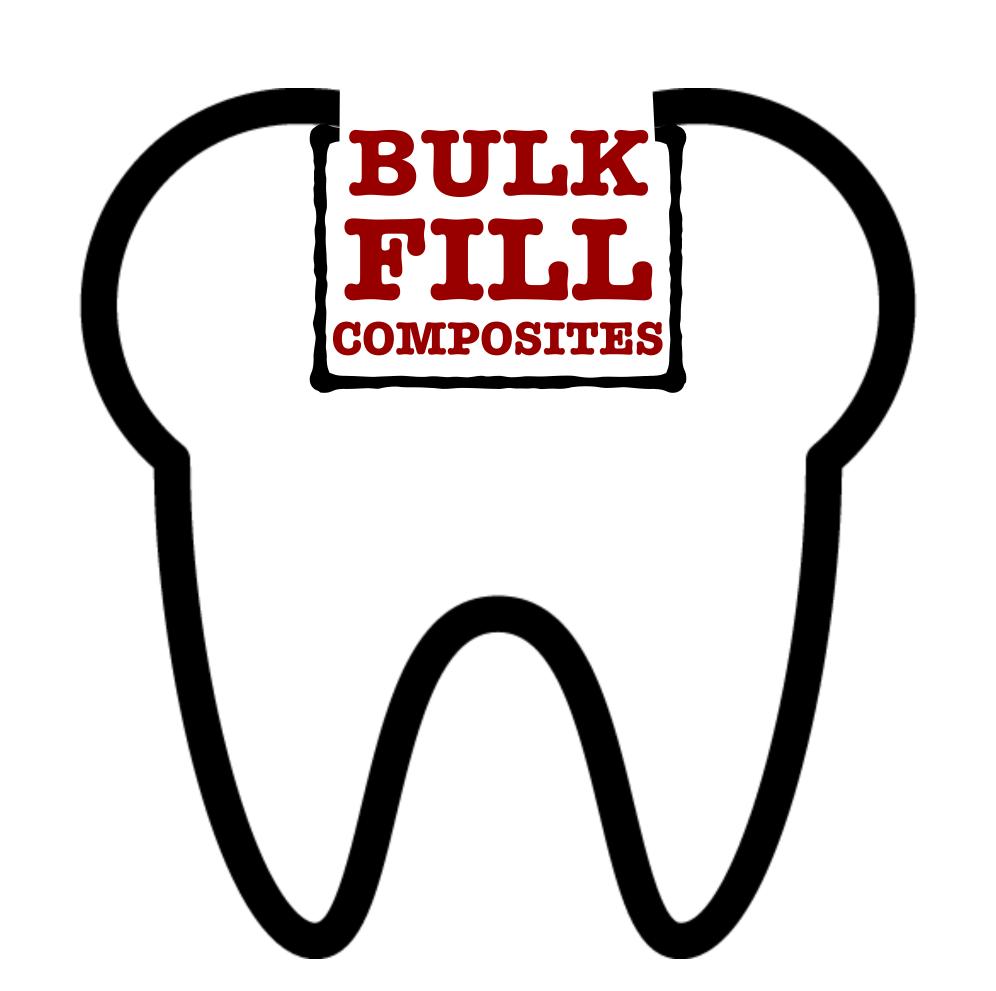
## EVERYDAY COMPOSITES

TAKE-HOME TECHNIQUE GUIDE



Anthony S. Mennito

# Materials and Techniques Efficiency meets evidence



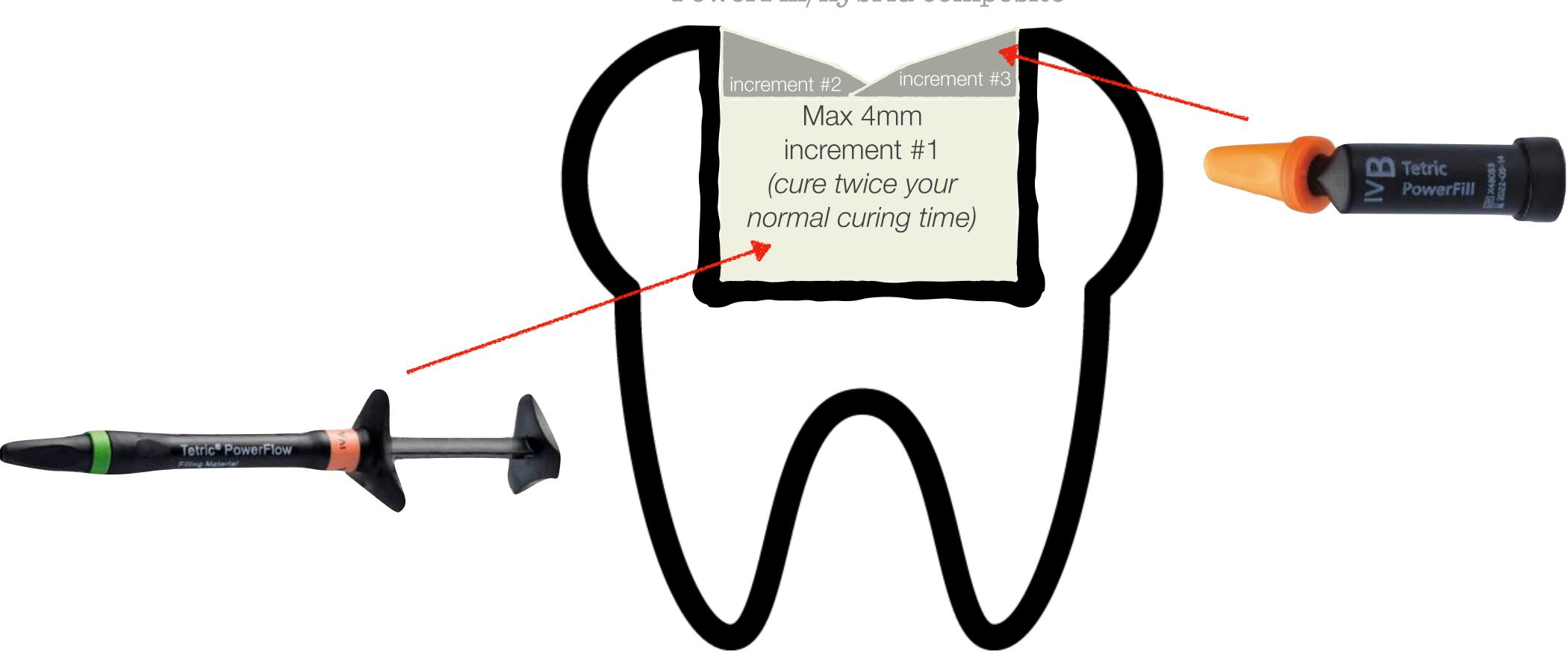
Optrasculpt Instrument



### low strength materials (low viscosity)

### high strength materials (high viscosity)

PowerFill/hybrid composite





# Bonding Step Selective etch plus application of adhesive system Adhese Universal: Scrub on entire preparation for AT LEAST 20 seconds. Then blow thin with medium air Adhese Universal = pressure until no movement of material occurs. Light Adhesive cure for 10 seconds.

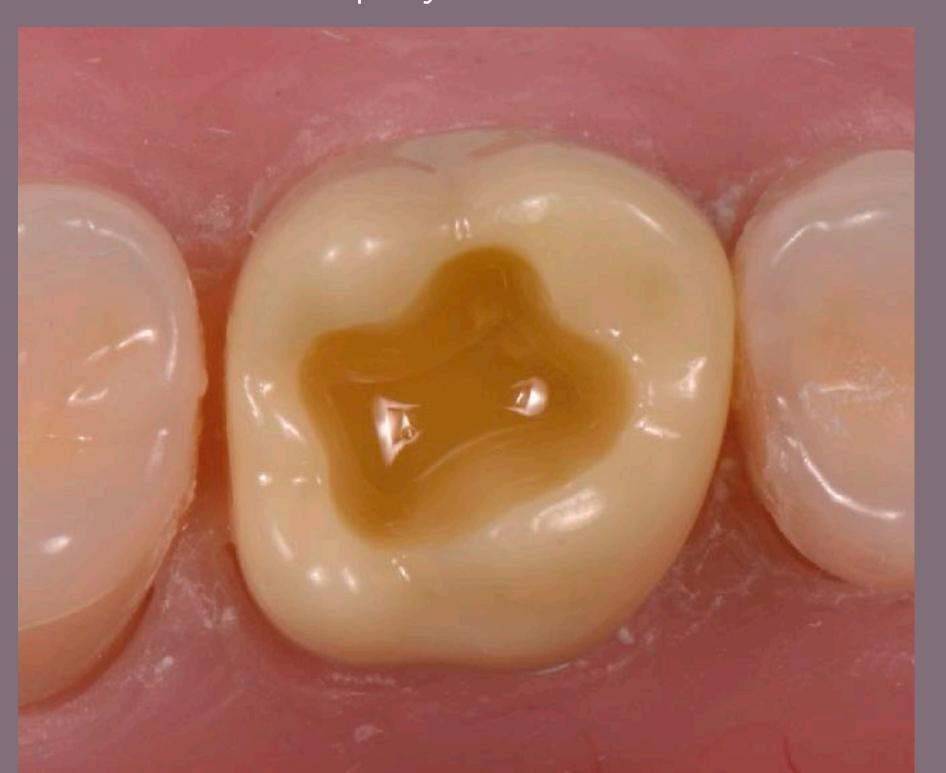
Aust layer;

#### Bulk fill flowable composite

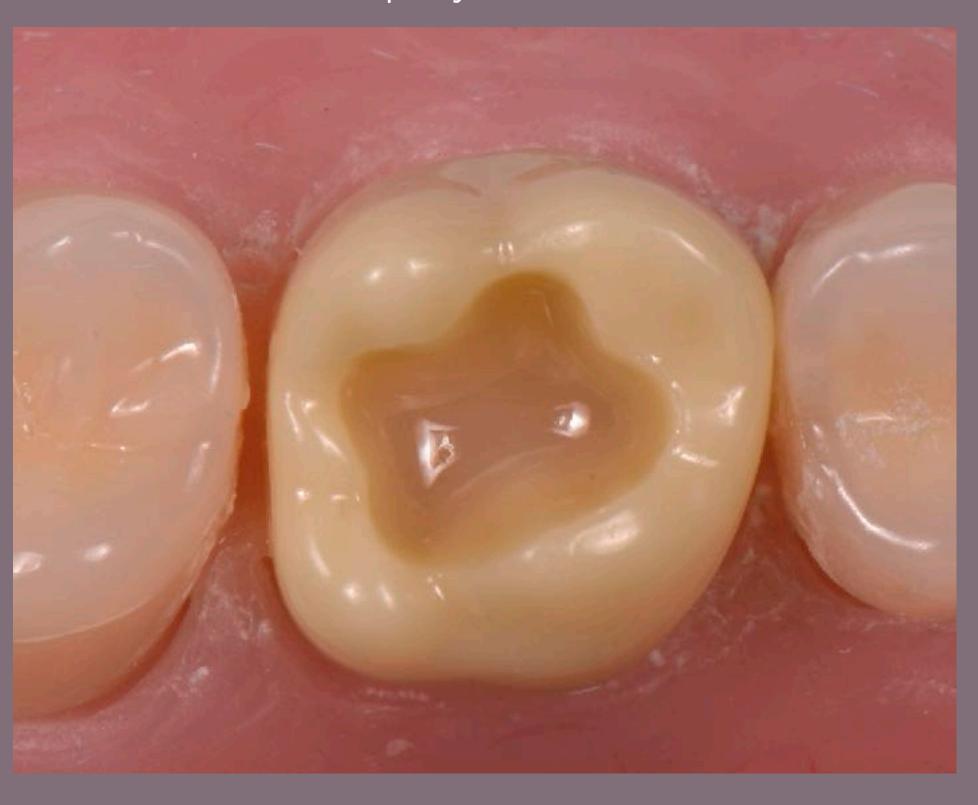


up to 4mm but keep it at least 2mm from cavosurface margin cure this increment for twice as long due to it's distance from the curing light.

Pre-polymerization



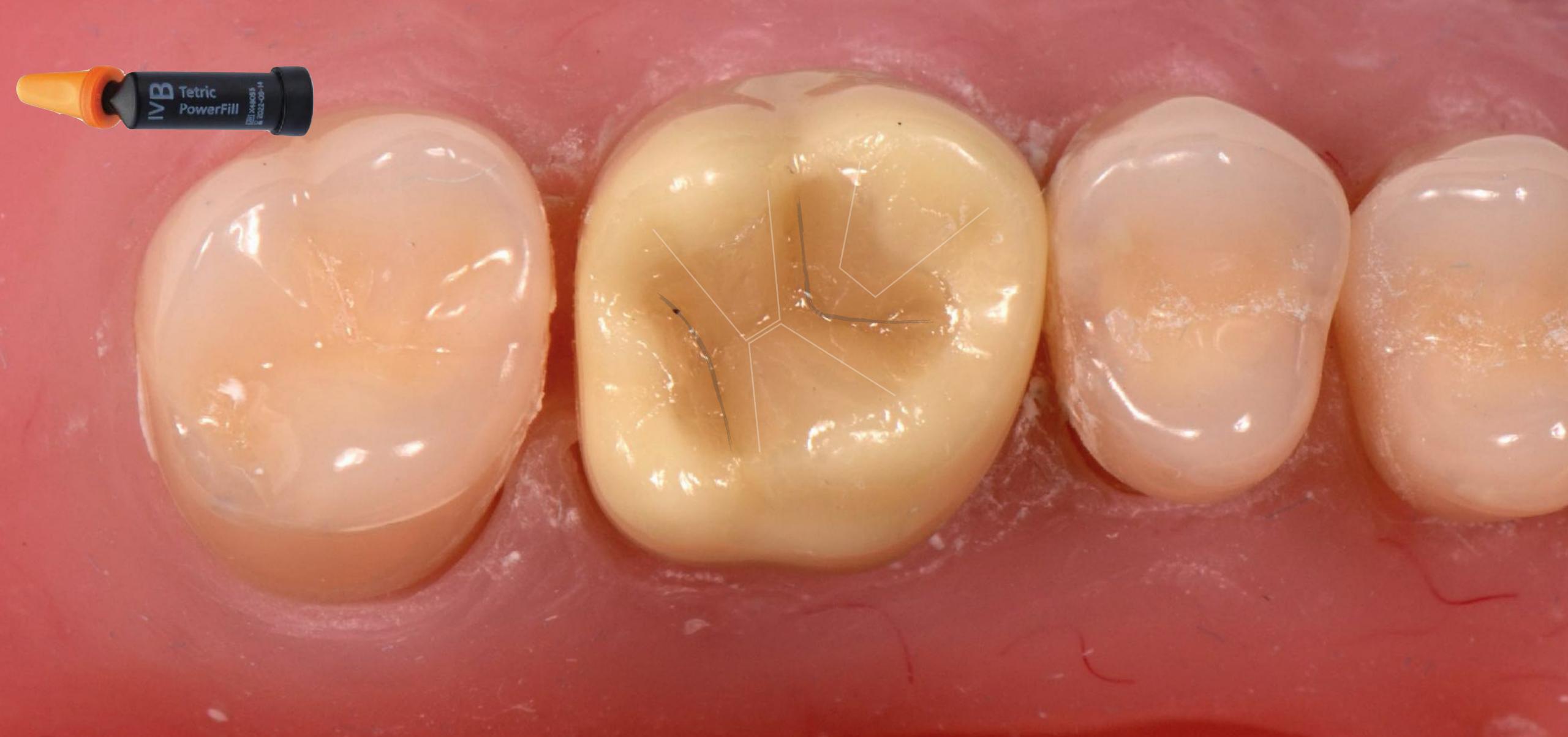
Post-polymerization



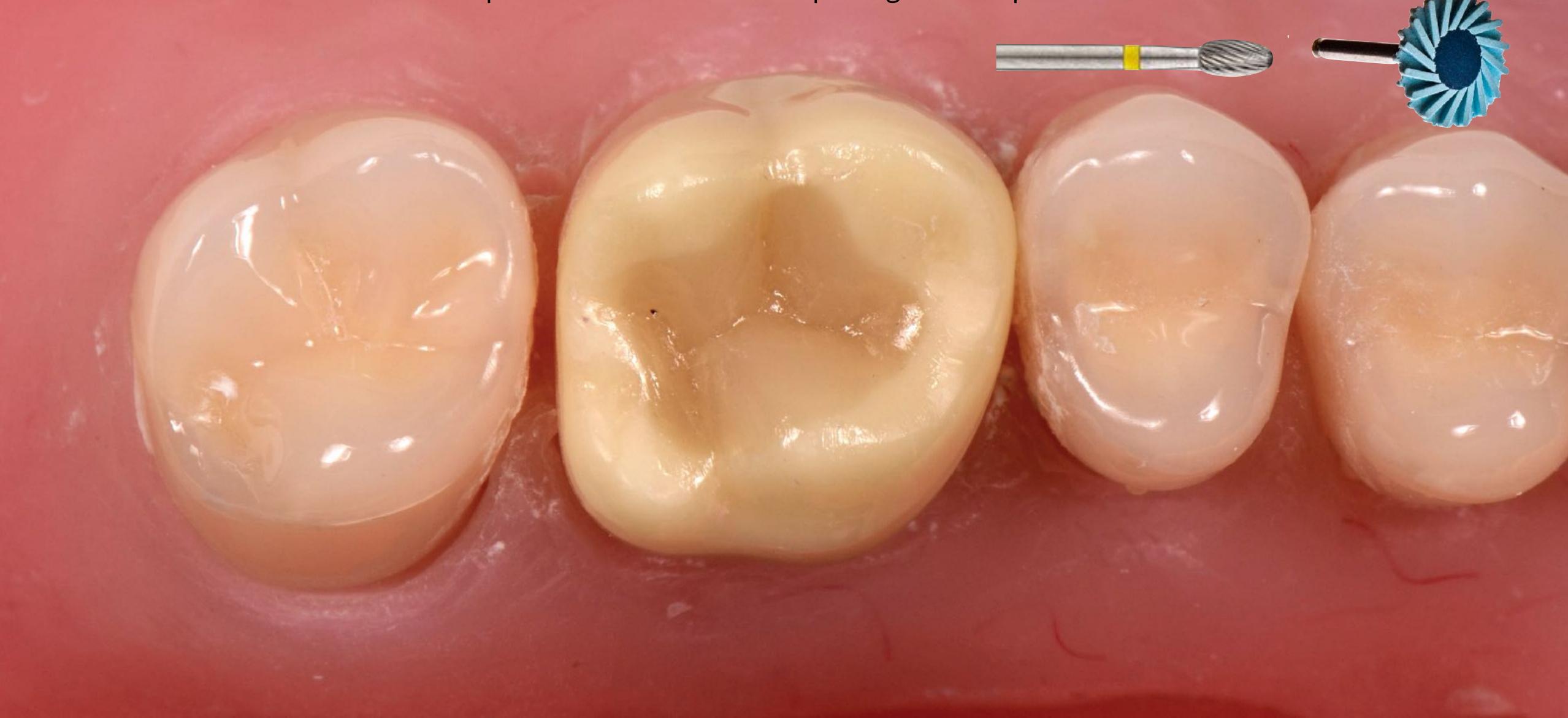
Restore buccal cusps first by placing composite with your plastic instrument and create basic anatomy with your Optrasculpt point. Try to limit the amount of flash produced. A paintbrush or microbrush used for bonding can help smooth the margins better. Polymerize the composite. This can be accomplished in 3 seconds with the BluePhase PowerCure light on the 3 second phase or 10 seconds with a standard 1000MW/cm2 LED.



Now restore the lingual cusps in the same manner, trying to limit the amount of flash produced. Polymerize. Notice the anatomy taking shape?



Check occlusion. Any finishing can be done with a red or yellow stripe carbide or diamond and is likely only needed to smooth the margins. Finally polish. This was finished with a yellow stripe football shaped carbide and polished with an Optragloss spiral.



How tooks



IPC-type plastic instrument

COMPOSITE SERIES-REJ#4

thin paddles are best





Putty should just overlap the incisal edges and be well adapted to the palatal surfaces. If the tooth has already fractured, I generally mock it up quickly using a mylar strip wrapped around the palatal.

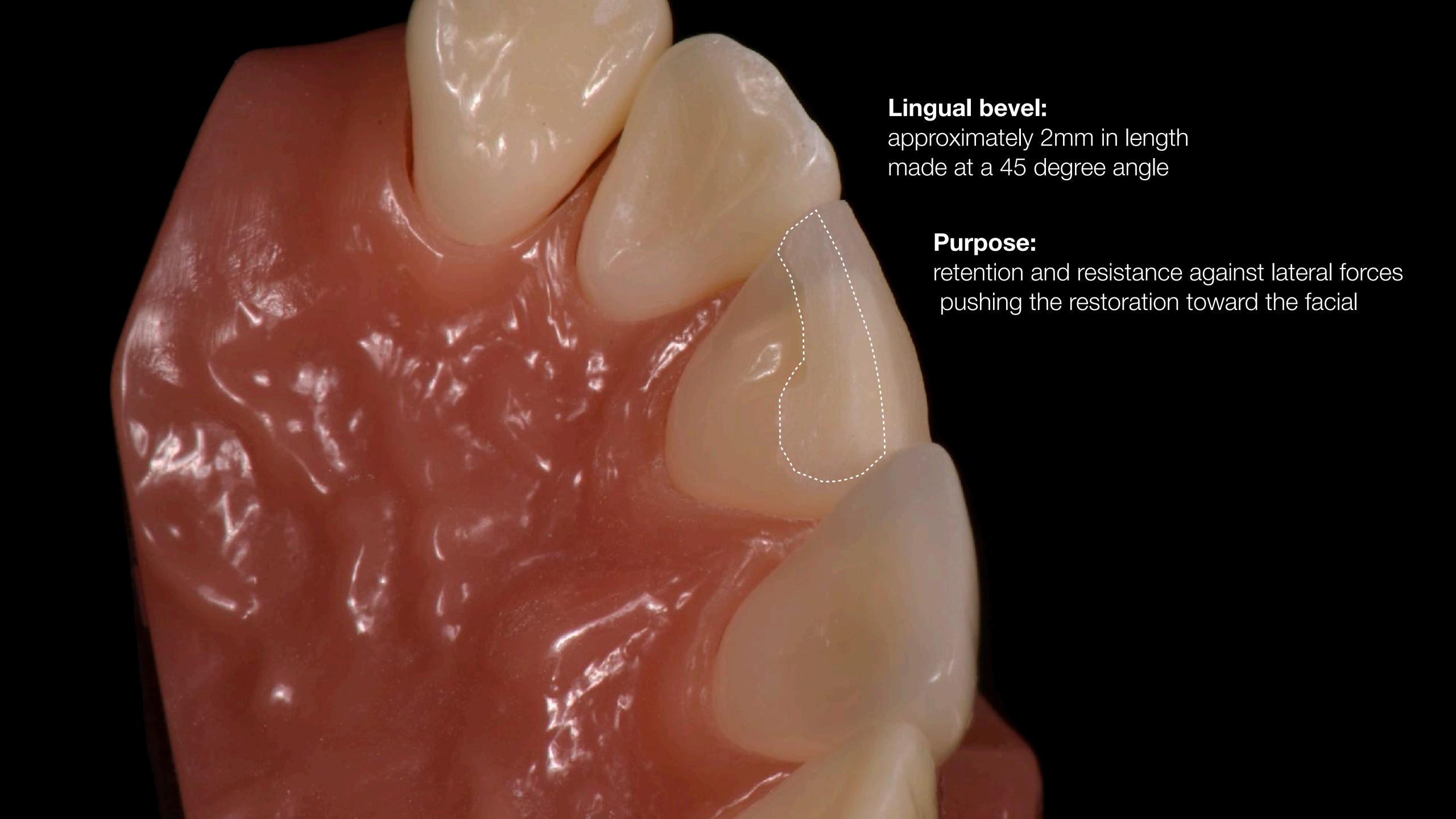


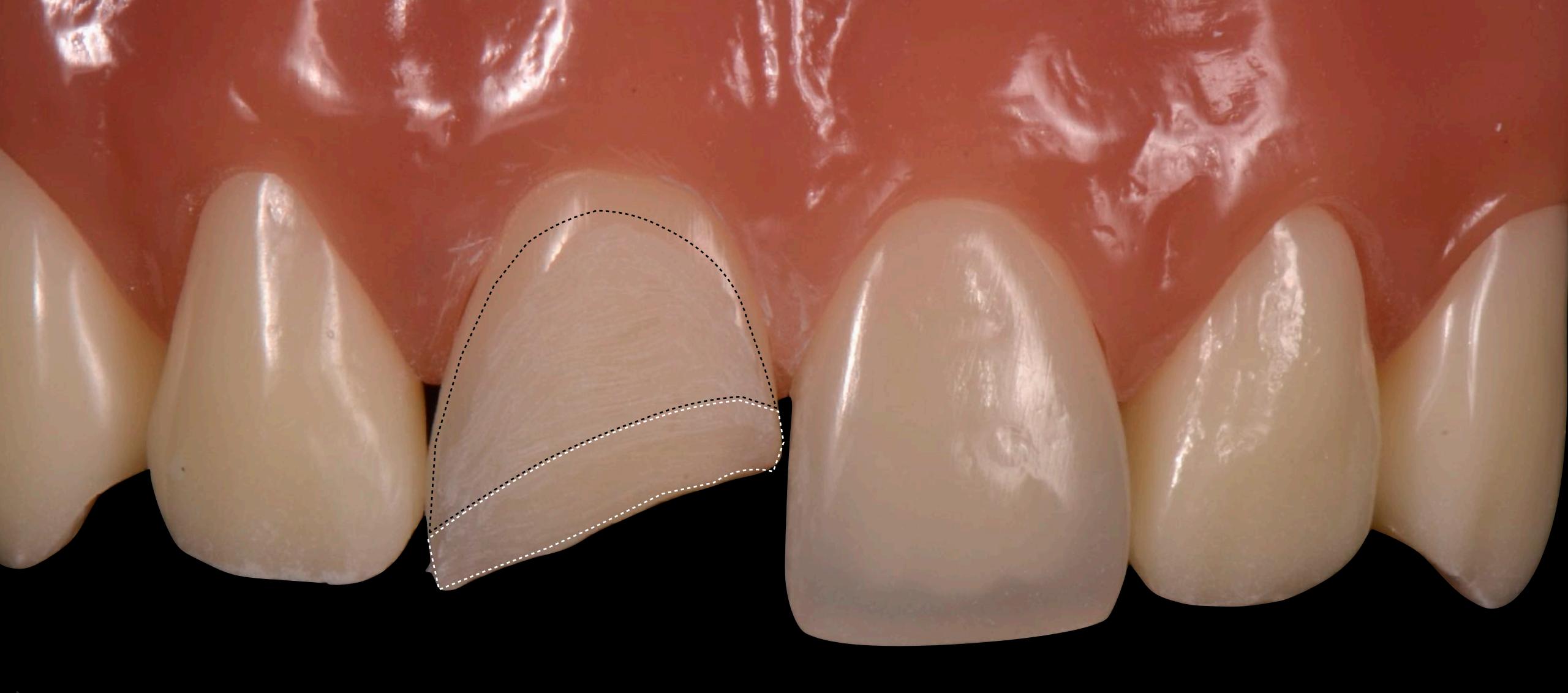
#### Facial bevel 1:

approximately 2mm in length made at a 45 degree angle

#### Purpose:

retention and esthetics (space to mask the fracture line with dentin composite)

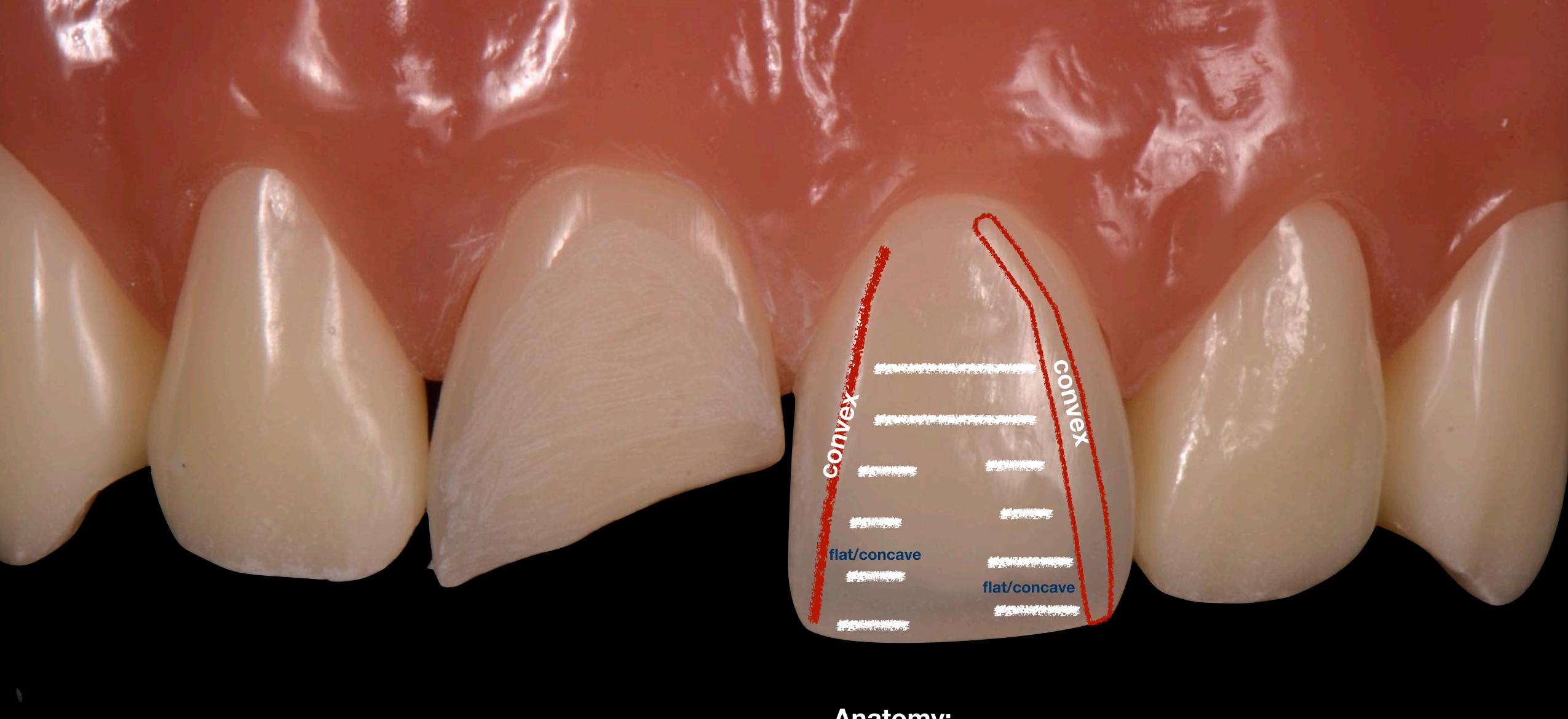




Facial bevel 2: slight roughening of the facial surface

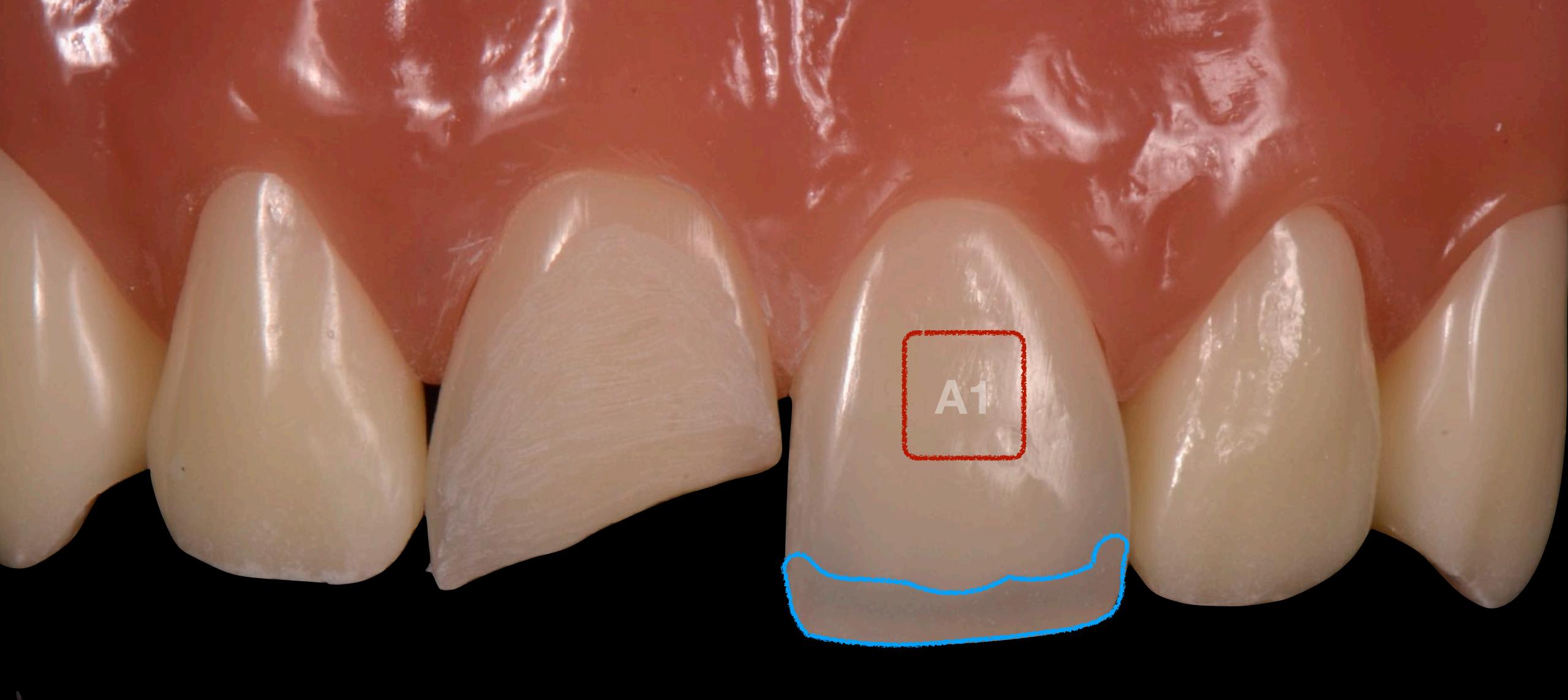
#### Purpose:

blending of composite and additional retention. This allows you to finish your composite anywhere along the facial surface



#### **Anatomy:**

take note of the contralateral tooth and where the line angles are positioned



#### **Optics:**

Overall shade and relative translucency in the incisal portion



Application of bonding agent as directed



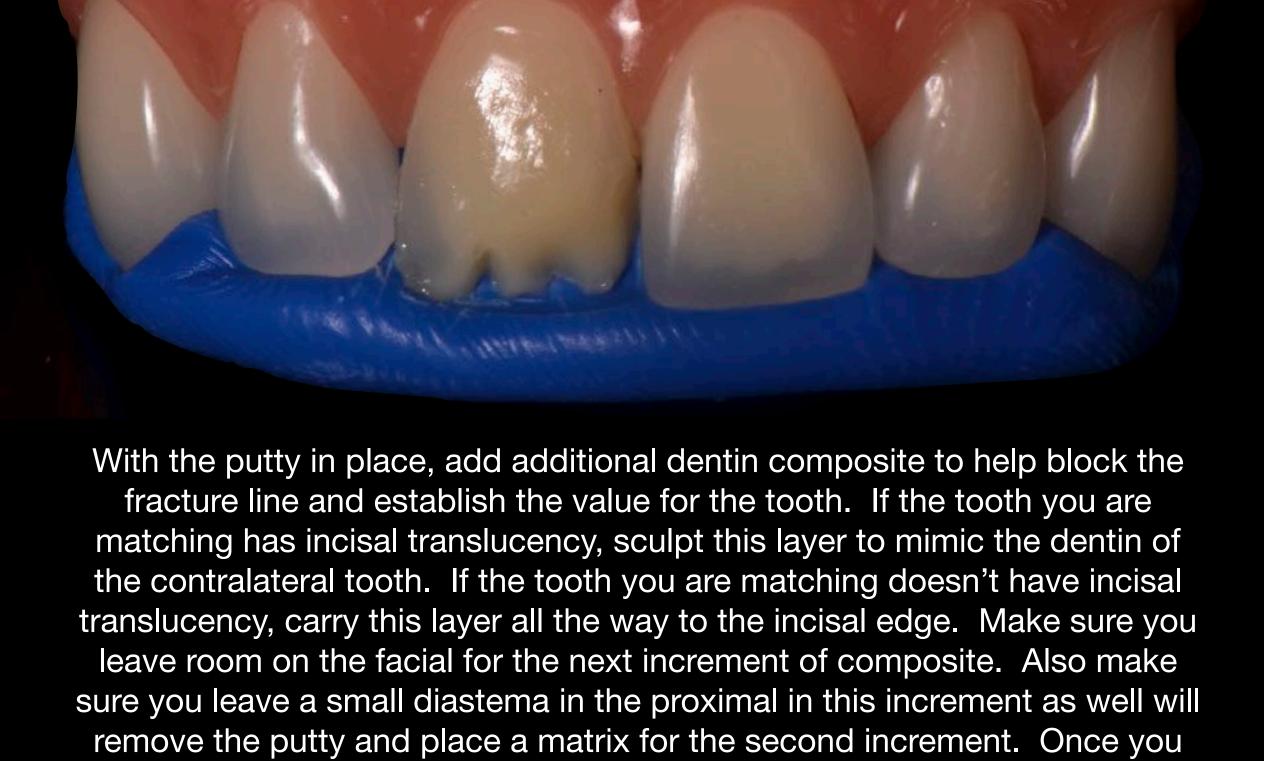
Dentin composite for the first increment.
Initially place on the palatal bevel, use a plastic smooth before placing the putty in place to form the proper anatomy. DO NOT CURE!



Notice the lack of flash on the lingual and proper anatomy of this surface using this technique



### FIRST INCREMENT

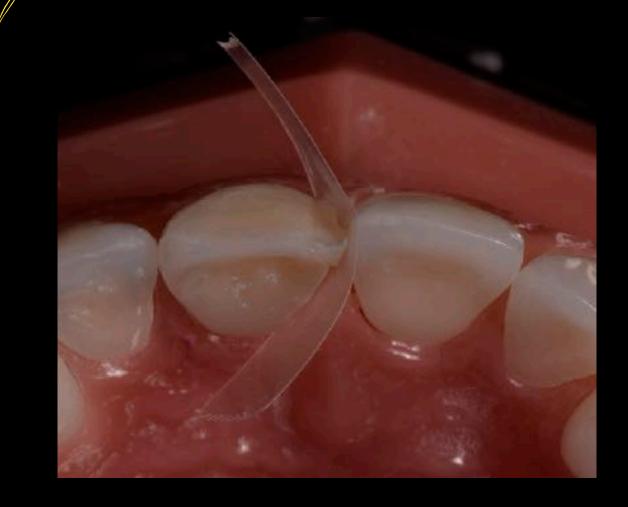


cure this increment you shouldn't be able to see the fracture line anymore.

If you still need to establish the incisal edge using the putty, add your body composite and condense it thoroughly against the putty to avoid creating voids. DO NOT CURE! Remove the putty and place a matrix in the interproximal area. Condense additional composite onto the facial and inter-proximal surfaces using your plastic instrument and Optrasculpt Pad.

# SECOND INCREMENT matrix options





\*immediate post cure, prior to finishing and polishing



Condense additional composite onto the facial and inter-proximal surfaces using your IPC plastic instrument and Optrasculpt Pad. Create primary anatomy and smooth surface using the Optrasculpt Pad and composite brush prior to curing

\*\*The entire facial surface should be one increment of composite, smoothed and shaped with the Optrasculpt pad and the paint brush prior to curing. This is critical to ensure your composite mimics the luster of enamel.

# Tinishing and polishing

Course disk: blending composite margins and incisal edge Shape

same as course disk but also anatomy

Medium disk: adjustments to

include inter-proximal/facial surfaces and line angle adjustments

Fine disk: Same as medium but also polishing entire surface of composite

Interproximal smoothing inter-proximal transitions and finishing strips: ensuring smooth passage of floss

Optragloss spiral: final polish - can be used with or without polishing paste