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Career Development Program*

S3564
Solving Composite Restoration Challenges

Gordon J. Christensen, DDS, MSD, PhD

Materials Included:

C.E. Instruction Sheet
Products List
Clinician Responsible
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Overview
Supplemental Materials
AGD Post-Test

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PRACTICAL CLINICAL COURSES

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PRACTICAL CLINICAL COURSES
Sources of Products Discussed in
S3564 Solving Composite Restoration Challenges
Presented by Gordon J. Christensen, DDS, MSD, PhD

1. **330, 329 Burs**
Midwest Dental
2700 Commerce Street
Wichita Falls, TX 76301
(800)766-2025
www.midwestdental.com
2. **7406, 7801, 7901 Burs (Finishing & Polishing)**
Various Distributors
3. **Composi-Tight 3D Fusion Matrix Rings**
Garrison Dental Solutions
150 Dewitt Lane
Spring Lake, MI 49456
(888)437-0032
(616)842-2244
www.garrisondental.com
4. **Diamond Wedge**
Bioclear Matrix Systems
3901 South Fife Street
Suite 100
Tacoma, WA 98409
(855)712-5327
www.bioclearmatrix.com
5. **Dr. Colonna Instruments**
American Eagle Instruments
6575 Butler Creek Road
Missoula, MT 59808
(800)551-5172
www.am-eagle.com
6. **DualForce Active-Wedges by Clinician's Choice Dental**
Henry Schein
135 Duryea Road
Melville, NY 11747
(800)372-4346
www.henryschein.com
7. **EQUIA Forte and EQUIA Forte HT**
GC America Inc.
3737 West 127th Street
Alsip, IL 60803
(800)323-7063
www.gcamerica.com
8. **FenderWedge**
Garrison Dental Solutions
150 Dewitt Lane
Spring Lake, MI 49456
(888)437-0032
(616)842-2244
www.garrisondental.com
9. **Filtek Supreme Ultra**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
10. **Filtek Universal**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
11. **GLUMA Desensitizer**
Kulzer North America
4315 S. Lafayette Blvd.
South Bend, IN 46614
(800)431-1785
www.kulzerus.com
12. **Kenda Polishettes**
Diatech
497 La Mesa Road
Suite A
Mount Pleasant, SC 29464
(800)222-1851
www.diatechusa.com
13. **Ketac Universal**
Solventum
2510 Conway Avenue
St. Paul, MN 55144
(855)423-6725
(612)842-1263
www.solventum.com
14. **MicroPrime**
Zest Dental Solutions
2875 Loker Avenue East
Carlsbad, CA 92010
(800)262-2310
(442)244-4835
www.zestdent.com
15. **OptraSculpt**
Ivoclar Vivadent
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
www.ivoclar.com
16. **Politip**
Ivoclar Vivadent
175 Pineview Drive
Amherst, NY 14228
(800)533-6825
www.ivoclar.com

17. **PreviDent 5000 BOOSTER Toothpaste**
Colgate Oral
Pharmaceuticals
300 Park Avenue
New York, NY 10022
(800)226-5428
www.colgateprofessional.com
18. **PreviDent Gel**
Colgate Oral
Pharmaceuticals
300 Park Avenue
New York, NY 10022
(800)226-5428
www.colgateprofessional.com
19. **Strata-G Matrix Bands**
Garrison Dental Solutions, LLC
150 Dewitt Lane
Spring Lake, MI 49456
(888)437-0032
(616)842-2244
www.garrisdental.com
20. **Ultra-Etch**
Ultradent Products Inc.
505 West Ultradent Drive
South Jordan, UT 84095
(888)230-1420
(801)572-4200
www.ultradent.com
21. **VALO Grand Curing Light**
Ultradent Products Inc.
505 West Ultradent Drive
South Jordan, UT 84095
(888)230-1420
(801)572-4200
www.ultradent.com
22. **VITA Classical Shade Guide**
VITA North America
22705 Savi Ranch Parkway
Suite 100
Yorba Linda, CA 92887
(800)828-3839
www.vitanorthamerica.com
23. **VITA 3D-Master Shade Guide**
VITA North America
22705 Savi Ranch Parkway
Suite 100
Yorba Linda, CA 92887
(800)828-3839
www.vitanorthamerica.com

Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.

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PROGRAM

S3564 Solving Composite Restoration Challenges

CLINICIAN RESPONSIBLE:

Gordon J. Christensen, DDS, MSD, PhD
Founder and CEO, Practical Clinical Courses
Senior Consultant and Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah

GOALS & OBJECTIVES

At the completion of this video presentation, viewers should be able to:

1. Discuss the importance of resin-based composite restorations.
2. List the major challenges observed with composite resin restorations.
3. Discuss the importance of reducing or eliminating the major challenges known to be present with composite restorations.
4. Discuss how to minimize the clinical time to place, finish, and polish a composite restoration.
5. List procedures dental assistants can accomplish for composite restorations.
6. Discuss the necessity of overall organization when doing composites.
7. Discuss the desirability of having all composite instruments organized in a tray or bin.
8. Discuss the differences between the two major Vita shade guides used in dentistry.
9. List the steps in matching tooth color with a small amount of resin applied to the tooth to be restored.
10. Discuss the several reasons for keeping composite tooth preparations as small as possible.
11. Define how a small Class II composite reduces composite wear.
12. Discuss the burs appropriate for a small Class II composite tooth preparation.
13. List two methods for avoiding nicking adjacent teeth when doing Class II composite restorations.
14. List the materials and steps necessary for disinfecting and desensitizing a tooth preparation.
15. Describe the methods to use both glass ionomer and composite in the same prep for reducing future caries.
16. List two brand names of conventional glass ionomer restorative material.
17. Describe the application of sectional matrixes to reduce overhangs.
18. Describe the best ways to ensure adequate resin curing.
19. Describe how to avoid white lines when finishing composite restorations.
20. Identify the best ways to increase composite restoration longevity.

OVERVIEW

S3564 Solving Composite Restoration Challenges

Resin-based composite tooth restorations have been used in dentistry since the late 1950s. They have been improved significantly since that time, but numerous challenges are still present. These challenges reduce the potential longevity of restorations, cause tooth sensitivity and pain, necessitate replacement of failing restorations, weaken teeth, and cost patients significantly more money than needed. This presentation will potentially reduce the major challenges.

The following topics are included:

- The importance of resin-based composite restorations.
- The major challenges observed with composite resin restorations.
- The importance of reducing or eliminating the major challenges known to be present with composite restorations.
- How to minimize the clinical time to place, finish, and polish a composite restoration.
- Procedures that dental assistants can accomplish for composite restorations.
- The necessity of overall organization when doing composites.
- The desirability of having all composite instruments organized in a tray or bin.
- The differences between the two major Vita shade guides used in dentistry.
- Steps in matching tooth color with a small amount of resin applied to the tooth to be restored.
- Several reasons for keeping composite tooth preparations as small as possible.
- How a small Class II composite reduces composite wear.
- Burs appropriate for a small Class II composite tooth preparation.
- Two methods for avoiding nicking adjacent teeth when doing Class II composite restorations.
- Materials and steps necessary for disinfecting and desensitizing a tooth preparation.
- Methods to use both glass ionomer and composite in the same prep for reducing future caries.
- Two brand names of conventional glass ionomer restorative material.
- Application of sectional matrixes to reduce overhangs.
- The best ways to ensure adequate resin curing.
- How to avoid white lines when finishing composite restorations.
- The best ways to increase composite restoration longevity.

SUPPLEMENTAL MATERIALS

S3564 Solving Composite Restoration Challenges

1. Christensen GJ. Ask Dr. Christensen: Reducing recurrent caries in composite restorations. *Dental Economics*. 2024 Apr;114(4):42-7.
2. Cribari L, Madeira L, Roeder RBR, Macedo RM, Wambier LM, Porto TS, Gonzaga CC, Kaizer MR. High-viscosity glass-ionomer cement or composite resin for restorations in posterior permanent teeth? A systematic review and meta-analyses. *J Dent*. 2023 Oct;137:104629. doi: 10.1016/j.jdent.2023.104629. Epub 2023 Jul 26.
3. Christensen GJ. Ask Dr. Christensen: What's wrong with resin curing lights? *Dental Economics*. 2023 Apr;113(4):41-3.
4. Christensen GJ. Ask Dr. Christensen: Occlusion and caries: Continuing zirconia challenges. *Dental Economics*. 2023 Feb;113(2):52-4.
5. Demarco FF, Cenci MS, Montagner AF, de Lima VP, Correa MB, Moraes RR, Opdam NJM. Longevity of composite restorations is definitely not only about materials. *Dent Mater*. 2023 Jan;39(1):1-12. doi: 10.1016/j.dental.2022.11.009. Epub 2022 Dec 7.
6. Christensen GJ. Ask Dr. Christensen: How long do dental restorations last? *Dental Economics*. 2022 Dec;112(12):57-60.
7. Christensen GJ. Ask Dr. Christensen: Reducing composite resin failures. *Dental Economics*. 2022 Jun;112(6):59-61.
8. Heintze SD, Loguercio AD, Hanzen TA, Reis A, Rousson V. Clinical efficacy of resin-based direct posterior restorations and glass-ionomer restorations – An updated meta-analysis of clinical outcome parameters. *Dent Mater*. 2022 May;38(5):e109-e135. doi: 10.1016/j.dental.2021.10.018. Epub 2022 Feb 24.
9. Osiewicz MA, Werner A, Roeters FJM, Kleverlaan CJ. Wear of bulk-fill resin composites. *Dent Mater*. 2022 Mar;38(3):549-553. doi: 10.1016/j.dental.2021.12.138. Epub 2021 Dec 28.
10. Demarco FF, Collares K, Correa MB, Cenci MS, de Moraes RR, Opdam NJ. Should my composite restorations last forever? Why are they failing? *Braz Oral Res*. 2017 Aug 28;31(suppl 1):e56. doi: 10.1590/1807-3107BOR-2017.vol31.0056.

POST-TEST

S3564 Solving Composite Restoration Challenges

1. Producing a quality composite resin restoration can require significant clinical time.
 - a. True
 - b. False

2. Properly educated dental assistants can reduce clinical time needed by accomplishing some steps in the composite procedure.
 - a. True
 - b. False

3. Most composite materials are only produced in the Vita Classic colors.
 - a. True
 - b. False

4. The isthmus of a Class II resin prep should be slightly wider than a 330 bur.
 - a. True
 - b. False

5. Nicking the adjacent tooth when doing a Class II resin is not a significant problem.
 - a. True
 - b. False

6. When placing glutaraldehyde solutions on a tooth prep, getting the liquid on the gingiva is not a problem.
 - a. True
 - b. False

7. MicroPrime is a chlorhexidine liquid.
 - a. True
 - b. False

POST-TEST (CONT'D)

S3564 Solving Composite Restoration Challenges

- 8. Sectional matrixes are usually more predictable than circumferential bands.
 - a. True
 - b. False

- 9. White lines are usually caused by aggressive use of finishing instruments.
 - a. True
 - b. False

- 10. Placing composite resin in one increment, filling an entire box form, has been proven to be acceptable.
 - a. True
 - b. False

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