

## **PRACTICAL CLINICAL COURSES**

*A Service of the Gordon J. Christensen  
Career Development Program*

**S3564**

### **Solving Composite Restoration Challenges**

Gordon J. Christensen, DDS, MSD, PhD

#### **Materials Included:**

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

**Gordon J. Christensen**  
**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](http://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.garrisdental.com](http://www.garrisdental.com)
4. **Diamond Wedge**  
Bioclear Matrix Systems  
3901 South Fife Street  
Suite 100  
Tacoma, WA 98409  
(855)712-5327  
[www.bioclearmatrix.com](http://www.bioclearmatrix.com)
5. **Dr. Colonna Instruments**  
American Eagle Instruments  
6575 Butler Creek Road  
Missoula, MT 59808  
(800)551-5172  
[www.am-eagle.com](http://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](http://www.henryschein.com)
7. **EQUIA Forte and  
EQUIA Forte HT**  
GC America Inc.  
3737 West 127<sup>th</sup> Street  
Alsip, IL 60803  
(800)323-7063  
[www.gcamerica.com](http://www.gcamerica.com)
8. **FenderWedge**  
Garrison Dental Solutions  
150 Dewitt Lane  
Spring Lake, MI 49456  
(888)437-0032  
(616)842-2244  
[www.garrisdental.com](http://www.garrisdental.com)
9. **Filtek Supreme Ultra**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
10. **Filtek Universal**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
11. **GLUMA Desensitizer**  
Kulzer North America  
4315 S. Lafayette Blvd.  
South Bend, IN 46614  
(800)431-1785  
[www.kulzerus.com](http://www.kulzerus.com)
12. **Kenda Polishettes**  
Diatech  
497 La Mesa Road  
Suite A  
Mount Pleasant, SC 29464  
(800)222-1851  
[www.diatechusa.com](http://www.diatechusa.com)
13. **Ketac Universal**  
Solventum  
2510 Conway Avenue  
St. Paul, MN 55144  
(855)423-6725  
(612)842-1263  
[www.solventum.com](http://www.solventum.com)
14. **MicroPrime**  
Zest Dental Solutions  
2875 Loker Avenue East  
Carlsbad, CA 92010  
(800)262-2310  
(442)244-4835  
[www.zestdent.com](http://www.zestdent.com)
15. **OptraSculpt**  
Ivoclar Vivadent  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
[www.ivoclar.com](http://www.ivoclar.com)
16. **Politip**  
Ivoclar Vivadent  
175 Pineview Drive  
Amherst, NY 14228  
(800)533-6825  
[www.ivoclar.com](http://www.ivoclar.com)

17. **PreviDent 5000 BOOSTER Toothpaste**  
Colgate Oral  
Pharmaceuticals  
300 Park Avenue  
New York, NY 10022  
(800)226-5428  
[www.colgateprofessional.com](http://www.colgateprofessional.com)
18. **PreviDent Gel**  
Colgate Oral  
Pharmaceuticals  
300 Park Avenue  
New York, NY 10022  
(800)226-5428  
[www.colgateprofessional.com](http://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](http://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](http://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](http://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](http://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](http://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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