

**3M**

**Filtek™**

**One  
Bulk Fill Restorative**

# Technique Guide

**MENU >**



## Technique Guide

We want you to get the best results using 3M™ Filtek™ One Bulk Fill Restorative in your restorative procedures. That's why we've created this interactive Technique Guide. In it, you'll find a list of indications and simple technique guides for the most commonly performed procedures. Each guide has step-by-step illustrations and easy instructions that are important to know in advance of the procedure.

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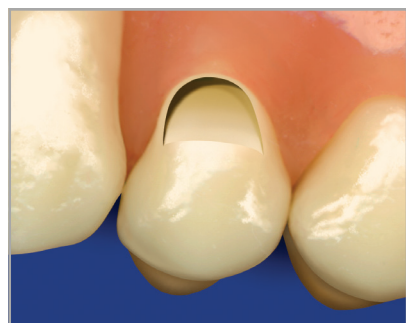
# Indications

- Direct anterior and posterior restorations (including occlusal surfaces)
- Base/liner under direct restorations
- Core build-ups
- Splinting
- Indirect restorations, including inlays, onlays and veneers
- Restorations of deciduous teeth
- Extended fissure sealing in molars and premolars
- Repair of defects in porcelain restorations, enamel and temporaries



# Anterior Restorations\*

Increment Depth	Halogen Lights (with output of 550–1000 mW/cm <sup>2</sup> )	LED Lights (with output 1000–2000 mW/cm <sup>2</sup> )
≤ 3 mm	20 sec.	10 sec.



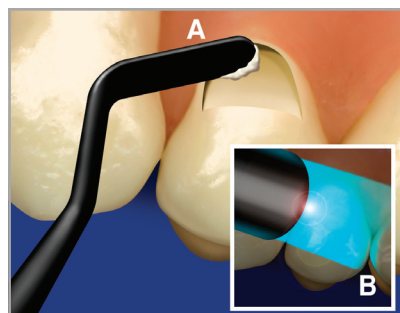
①

Prepare the tooth.



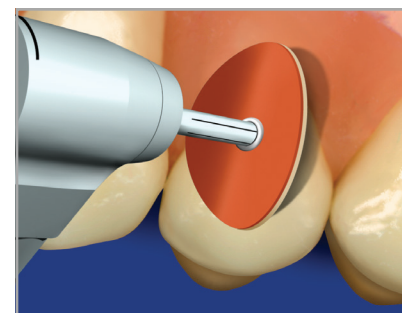
②

Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice.



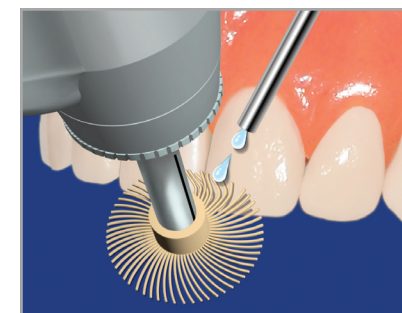
③

Place composite and light cure according to Instructions for Use.



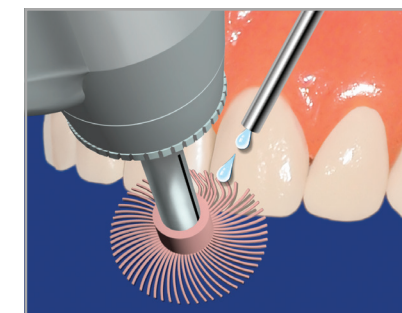
④

Contouring disc.



⑤

Finishing wheel.



⑥

Polishing wheel.

\*Please refer to the Instructions for Use for more information.

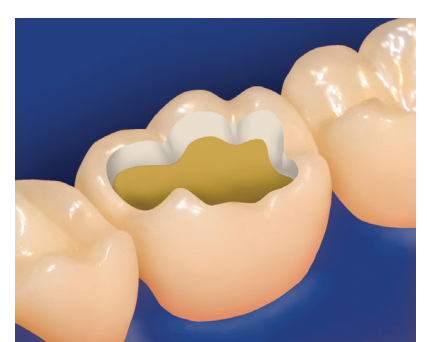
# Class I Restorations\*

Increment Depth	Halogen Lights (with output of 550–1000 mW/cm <sup>2</sup> )	LED Lights (with output 1000–2000 mW/cm <sup>2</sup> )
4 mm	40 sec.	20 sec.



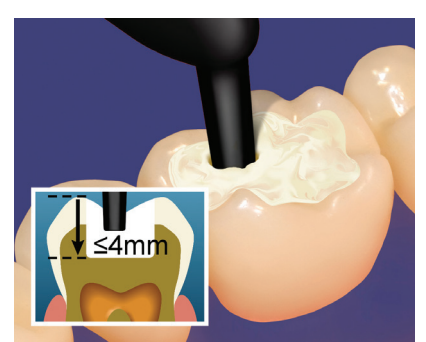
①

Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice.



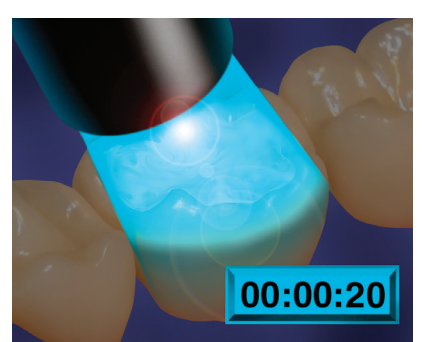
②

Prepare the tooth.



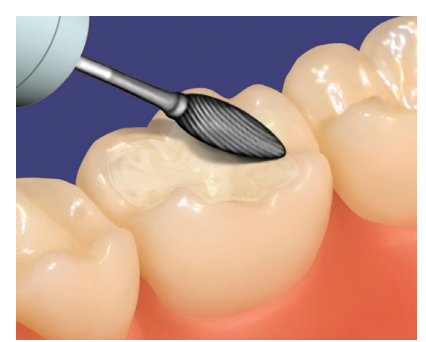
③

Place composite up to 4 mm.



④

Light cure occlusal surface.



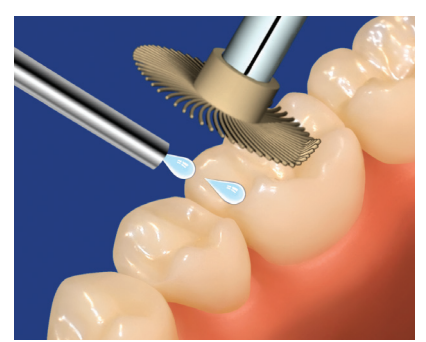
⑤

Contouring bur.



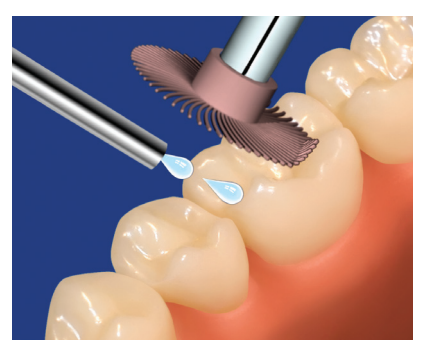
⑥

Bite registration.



⑦

Finishing wheel.



⑧

Polishing wheel.

\*Please refer to the Instructions for Use for more information.

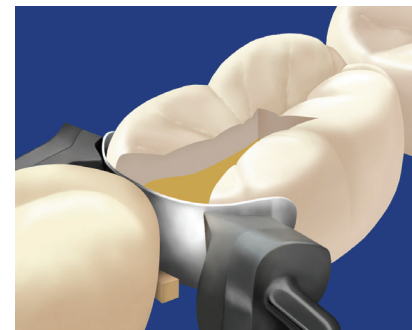
# Class II Restorations\*

Increment Depth	Halogen Lights (with output of 550–1000 mW/cm <sup>2</sup> )	LED Lights (with output 1000–2000 mW/cm <sup>2</sup> )
5 mm	20 sec. Occlusal 20 sec. Buccal 20 sec. Lingual	10 sec. Occlusal 10 sec. Buccal 10 sec. Lingual



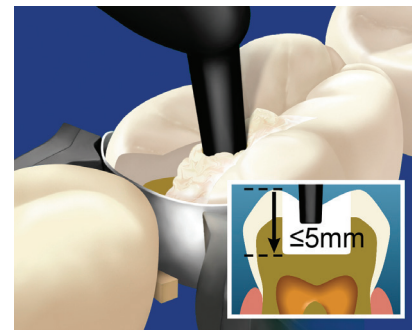
①

Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice.



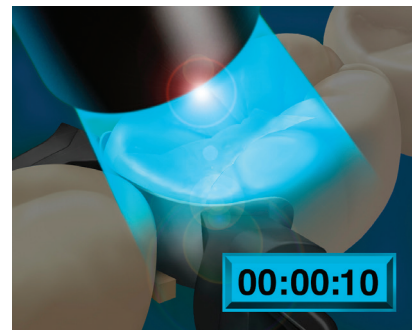
②

Prepare the tooth and apply matrix band.



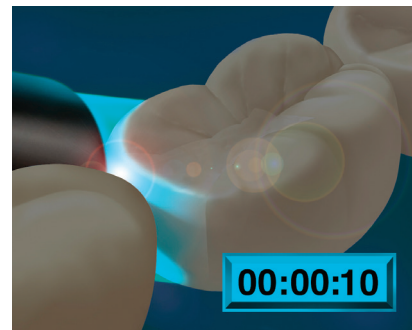
③

Place composite up to 5 mm.



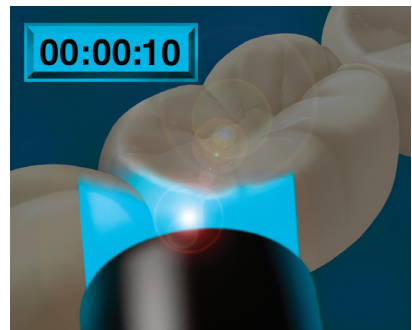
④

Light cure **occlusal** surface.



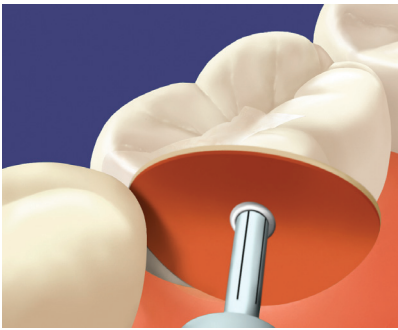
⑤

Light cure **buccal** surface.



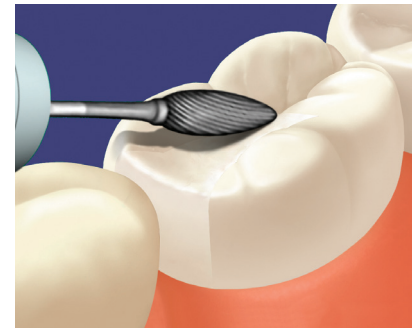
⑥

Light cure **lingual** surface.



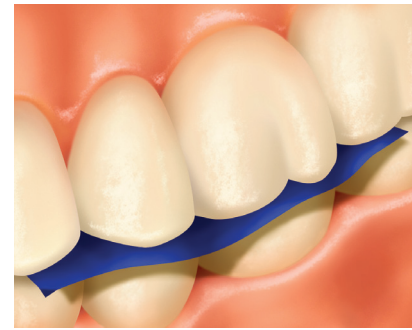
⑦

Contouring disc.



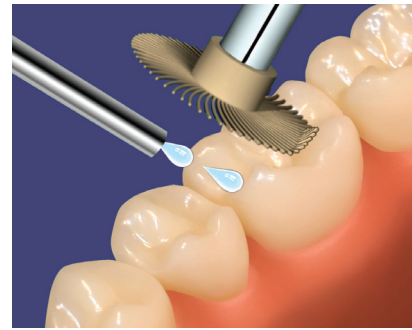
⑧

Contouring bur.



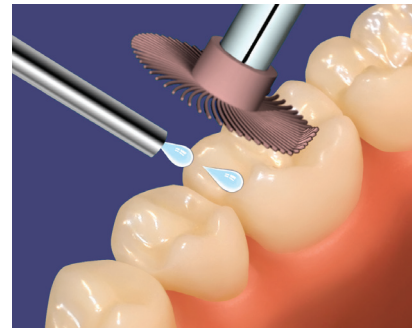
⑨

Bite registration.



⑩

Finishing wheel.



⑪

Polishing wheel.

\*Please refer to the Instructions for Use for more information.

# Core Build-Up Restorations\*

Increment Depth	Halogen Lights (with output of 550–1000 mW/cm <sup>2</sup> )	LED Lights (with output 1000–2000 mW/cm <sup>2</sup> )
5 mm	20 sec. Occlusal 20 sec. Buccal 20 sec. Lingual	10 sec. Occlusal 10 sec. Buccal 10 sec. Lingual



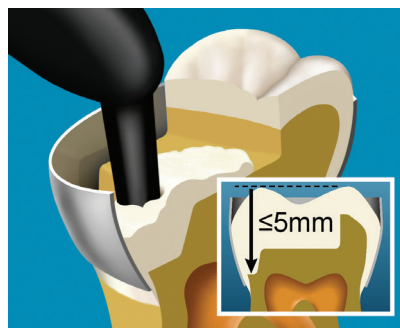
①

Prepare and isolate the tooth.



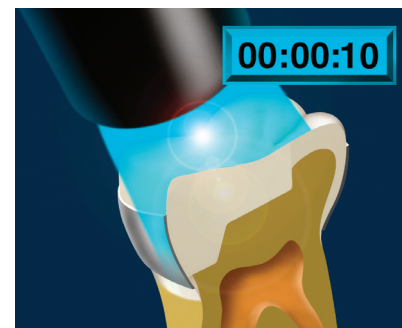
②

Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice.



③

Place composite up to 5 mm.



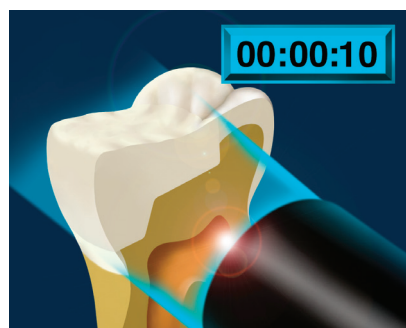
④

Light cure **occlusal** surface.



⑤

Remove matrix band and light cure **buccal** surface.



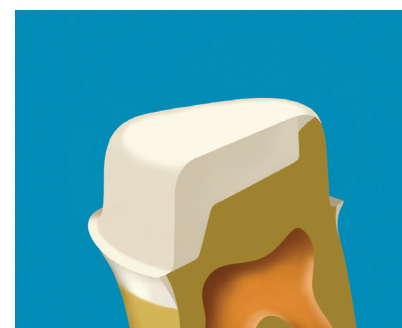
⑥

Light cure **lingual** surface.



⑦

Prepare tooth for crown placement.



⑧

Prepared tooth.

\*Please refer to the Instructions for Use for more information.



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