**3 Filtek**<sup>™</sup>

Supreme Ultra Universal Restorative

## Technique Guide

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### **Technique Guide**

We want you to get the best results using 3M<sup>™</sup> Filtek<sup>™</sup> Supreme Ultra Universal 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)
- Core Build-ups
- Splinting
- Indirect restorations including inlays, onlays and veneers





## **Anterior Multishade**<sup>\*</sup>



1

#### Preparation:

- Select tooth shade using the VITAPAN<sup>®</sup> classical shade guide
- Select three composite shades using the 3M<sup>™</sup>
   Filtek<sup>™</sup> Supreme Ultra Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



### Bonding procedure:

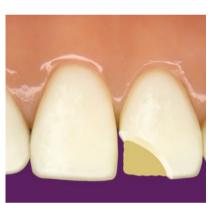
• Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



Place composite—dentin replacement:

3

- Place and cure Dentin shade of Filtek Supreme Ultra restorative to provide opacity and color intensity
- Light cure



**Shades** 

Body, Enamel,

Translucent Dentin, A6B

and B5B

4 Place composite—dentin replacement:

- Place and cure Body shade of Filtek Supreme Ultra restorative to the dentin enamel junction
- Light cure



Increment

Depth

2 mm

1.5 mm

#### 5 Place composite—enamel replacement:

All Halogen and

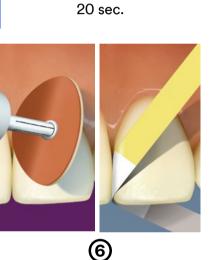
**LED** Liahts

(with output of 400–1000 mW/cm<sup>2</sup>)

20 sec.

40 sec.

- Fill remaining preparation using Enamel and/or Translucent shades of Filtek Supreme Ultra restorative to provide translucency for depth of color and incisal edge match
- Light cure



3M<sup>™</sup> Elipar<sup>™</sup> LED

Curing Lights (with output 1000–2000 mW/cm<sup>2</sup>)

10 sec.

Finish and polish:

- Use 3M<sup>™</sup> Sof-Lex<sup>™</sup> Finishing and Polishing Discs and Strips
- The aesthetic result will be enhanced by creating surface texture similar to the adjacent teeth

4



## **Anterior Simple**<sup>\*</sup>



1

#### Preparation:

- Select tooth shade using the VITAPAN<sup>®</sup> classical shade guide
- Select two composite shades using the 3M<sup>™</sup> Filtek<sup>™</sup> Supreme Ultra Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



#### Bonding procedure:

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



### Place composite—dentin replacement:

3

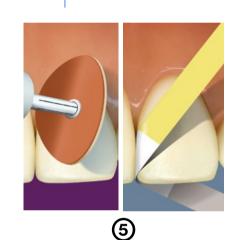
- Place and cure Body (or Dentin) shade of Filtek Supreme Ultra restorative in layers to the dentin enamel junction
- Light cure

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm²)	3M <sup>™</sup> Elipar <sup>™</sup> LED Curing Lights (with output 1000–2000 mW/cm²)
Body, Enamel, Translucent	2 mm	20 sec.	10 sec.
Dentin, A6B and B5B	1.5 mm	40 sec.	20 sec.



Place composite—enamel replacement:

- Fill remaining preparation using the Body (or Enamel) shade of Filtek Supreme Ultra restorative
- Light cure



Finish and polish:

- Use 3M<sup>™</sup> Sof-Lex<sup>™</sup>
  Finishing and Polishing
  Discs and Strips
- The aesthetic result will be enhanced by creating surface texture similar to the adjacent teeth

5



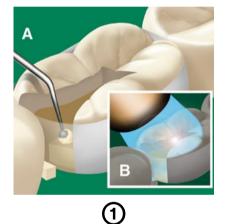
• Light cure

#### **Posterior Dual Shade**<sup>\*</sup> 3M<sup>™</sup> Elipar<sup>™</sup> LED All Halogen and Increment **Shades** Curing Lights (with output 1000–2000 mW/cm²) **LED Lights** Depth (with output of 400–1000 mW/cm<sup>2</sup>) Body, Enamel, 20 sec. 10 sec. 2 mm Translucent Dentin, A6B 1.5 mm 40 sec. 20 sec. and B5B 3 (1)(2) (4) (5) (6) $\bigcirc$ **Occlusion: Preparation: Bonding procedure:** Place composite— Place composite— Place composite— Finish and polish: proximal box: dentin replacement: enamel replacement: • Select shade using the • Follow the bonding • Finish occlusal surface • Check lateral and • To ensure good • Continue placing • Place chosen Enamel VITAPAN<sup>®</sup> classical shade procedure provided in using an appropriate centric occlusion chosen Body (or Dentin) guide and the 3M<sup>™</sup> the Instructions for Use adaptation, place (or Translucent) shade finishing instrument Adjust as necessary shade of Filtek Supreme of Filtek Supreme Filtek<sup>™</sup> Supreme Ultra chosen Body (or Dentin) of the adhesive system • Finish interproximal **Universal Restorative** shade of Filtek Supreme Ultra restorative in Ultra restorative in of choice surfaces with 3M<sup>™</sup> Shade Selector Wheel Ultra restorative in a increments to the DEJ increments Sof-Lex<sup>™</sup> Extra Thin 1mm increment in the • Prepare the tooth and • Use remaining coronal • Use remaining coronal Discs and 3M<sup>™</sup> proximal box and on the Sof-Lex<sup>™</sup> Strips isolate tooth structure as a tooth structure as a floor of the cavity guide for placement guide for placement • Light cure and adaptation and adaptation Apply liner/base if desired: • Light cure • Overfill slightly • Light cure • Mix 3M<sup>™</sup> Vitrebond<sup>™</sup> or 3M<sup>™</sup> Vitrebond<sup>™</sup> Plus • Apply a thin layer of the liner/base to dentin surfaces

MENU



## **Posterior Single<sup>\*</sup>**



#### **Preparation:**

- Select shade using the VITAPAN<sup>®</sup> classical shade guide and the 3M<sup>™</sup> Filtek<sup>™</sup> Supreme Ultra Universal Restorative Shade Selector Wheel
- Prepare the tooth and isolate

### Apply liner/base if desired:

- Mix 3M<sup>™</sup> Vitrebond<sup>™</sup> or 3M<sup>™</sup> Vitrebond<sup>™</sup> Plus
- Apply a thin layer of the liner/base to dentin surfaces
- Light cure



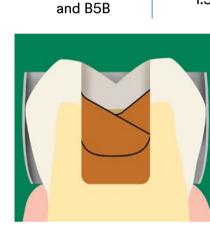
#### **Bonding procedure:**

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



③ Place composite proximal box:

- To ensure good adaptation, place chosen Body shade of Filtek Supreme Ultra restorative in a 1 mm increment in the proximal box and on the floor of the cavity
- Light cure



**Shades** 

Body, Enamel,

Translucent Dentin, A6B Increment

Depth

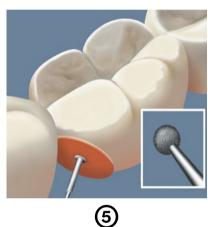
2 mm

1.5 mm

4

Place composite:

- Continue placing chosen Body shade of Filtek Supreme Ultra restorative in increments
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Overfill slightly
- Light cure



All Halogen and

**LED Lights** 

(with output of 400–1000 mW/cm<sup>2</sup>)

20 sec.

40 sec.

 Finish occlusal surface using an appropriate finishing instrument

**Finish and polish:** 

 Finish interproximal surfaces with 3M<sup>™</sup> Sof-Lex<sup>™</sup> Extra Thin Discs and 3M<sup>™</sup> Sof-Lex<sup>™</sup> Strips



3M<sup>™</sup> Elipar<sup>™</sup> LED

Curing Lights (with output 1000–2000 mW/cm²)

10 sec.

6 Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary

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