



# Filtek™

Z350 XT  
Universal Restorative

## Technique Guide

MENU ›



## Technique Guide

We want you to get the best results using 3M™ Filtek™ Z350 XT 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\*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm²)	3M™ Elipar™ DeepCure-L LED Curing Light (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.



①

## Preparation:

- Select tooth shade using the VITAPAN® classical shade guide
- Select three composite shades using the 3M™ Filtek™ Z350 XT Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



②

## Bonding procedure:

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



③

## Place composite—dentin replacement:

- Place and cure Dentin shade of Filtek Z350 XT restorative to provide opacity and color intensity
- Light cure



④

## Place composite—dentin replacement:

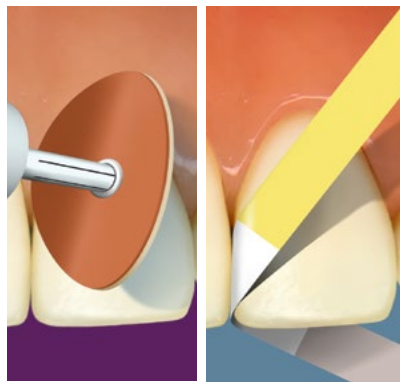
- Place and cure Body shade of Filtek Z350 XT restorative to the dentin enamel junction
- Light cure



⑤

## Place composite—enamel replacement:

- Fill remaining preparation using Enamel and/or Translucent shades of Filtek Z350 XT restorative to provide translucency for depth of color and incisal edge match
- Light cure



⑥

## Finish and polish:

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

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

# Anterior Simple\*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm²)	3M™ Elipar™ DeepCure-L LED Curing Light (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.



①

## Preparation:

- Select tooth shade using the VITAPAN® classical shade guide
- Select two composite shades using the 3M™ Filtek™ Z350 XT Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



②

## Bonding procedure:

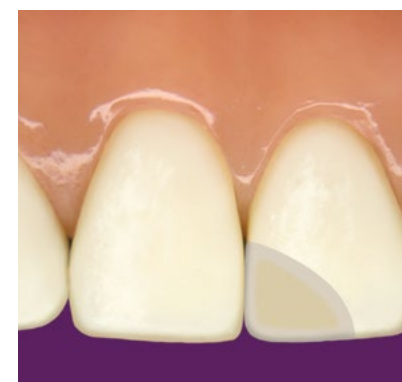
- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

## Place composite—denture replacement:

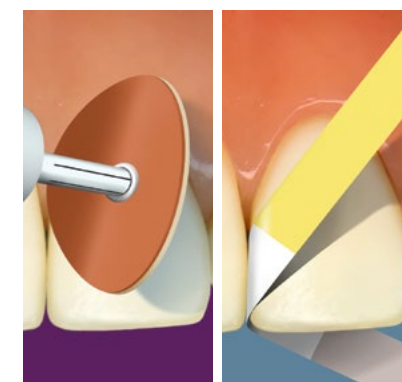
- Place and cure Body (or Dentin) shade of Filtek Z350 XT restorative in layers to the dentin enamel junction
- Light cure



④

## Place composite—enamel replacement:

- Fill remaining preparation using the Body (or Enamel) shade of Filtek Z350 XT restorative
- Light cure



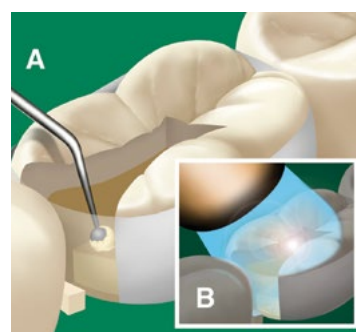
⑤

## Finish and polish:

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

# Posterior Dual Shade\*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm²)	3M™ Elipar™ DeepCure-L LED Curing Light (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.



①

## Preparation:

- Select shade using the VITAPAN® classical shade guide and the 3M™ Filtek™ Z350 XT Universal Restorative Shade Selector Wheel
- Prepare the tooth and isolate

## Apply liner/base if desired:

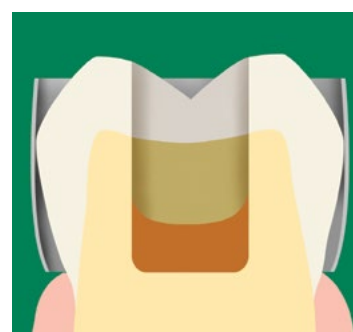
- Mix 3M™ Vitrebond™ or 3M™ Vitrebond™ Plus
- Apply a thin layer of the liner/base to dentin surfaces
- Light cure



②

## Bonding procedure:

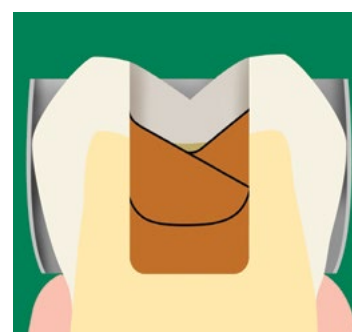
- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

## Place composite—proximal box:

- To ensure good adaptation, place chosen Body (or Dentin) shade of Filtek Z350 XT restorative in a 1mm increment in the proximal box and on the floor of the cavity
- Light cure



④

## Place composite—dentin replacement:

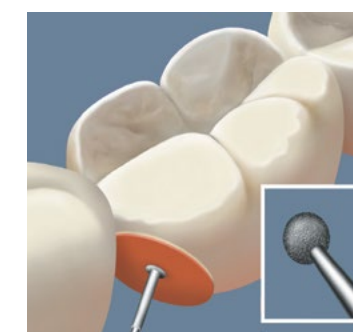
- Continue placing chosen Body (or Dentin) shade of Filtek Z350 XT restorative in increments to the DEJ
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Light cure



⑤

## Place composite—enamel replacement:

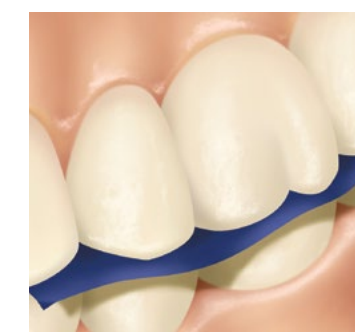
- Place chosen Enamel (or Translucent) shade of Filtek Z350 XT restorative in increments
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Overfill slightly
- Light cure



⑥

## Finish and polish:

- Finish occlusal surface using an appropriate finishing instrument
- Finish interproximal surfaces with 3M™ Sof-Lex™ Extra Thin Discs and 3M™ Sof-Lex™ Strips



⑦

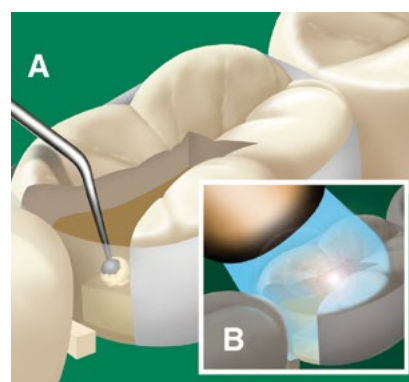
## Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary

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

# Posterior Single\*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm²)	3M™ Elipar™ DeepCure-L LED Curing Light (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.



①

## Preparation:

- Select shade using the VITAPAN® classical shade guide and the 3M™ Filtek™ Z350 XT Universal Restorative Shade Selector Wheel
- Prepare the tooth and isolate

## Apply liner/base if desired:

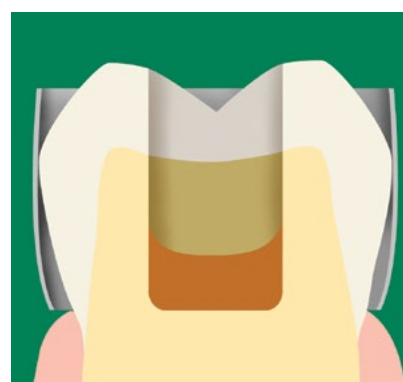
- Mix 3M™ Vitrebond™ or 3M™ Vitrebond™ Plus
- Apply a thin layer of the liner/base to dentin surfaces
- Light cure



②

## Bonding procedure:

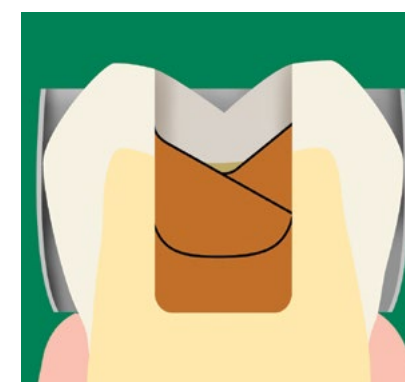
- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

## Place composite—proximal box:

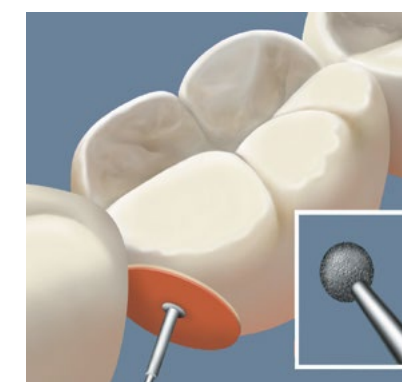
- To ensure good adaptation, place chosen Body shade of Filtek Z350 XT restorative in a 1 mm increment in the proximal box and on the floor of the cavity
- Light cure



④

## Place composite:

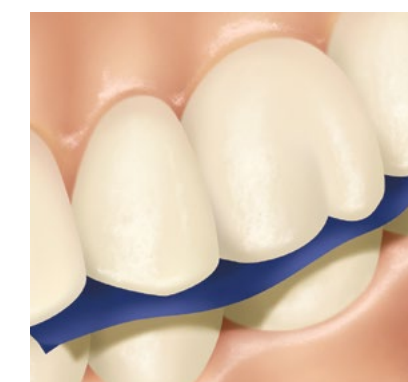
- Continue placing chosen Body shade of Filtek Z350 XT restorative in increments
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Overfill slightly
- Light cure



⑤

## Finish and polish:

- Finish occlusal surface using an appropriate finishing instrument
- Finish interproximal surfaces with 3M™ Sof-Lex™ Extra Thin Discs and 3M™ Sof-Lex™ Strips



⑥

## Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary



**3M Oral Care**  
**2510 Conway Avenue**  
**St. Paul, MN 55144-1000 USA**  
**Phone 1-800-634-2249**  
**Web 3M.com/dental**

**3M Deutschland GmbH**  
**Location Seefeld**  
**3M ESPE • ESPE Platz**  
**82229 Seefeld • Germany**  
**Info3MESPE@mmm.com**  
**www.3MESPE.com**

**[www.3M.com/Dental](http://www.3M.com/Dental)**

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