Filtek™ Z350 XT Universal Restorative

Technique Guide

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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^{*}



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



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



Shades

Body, Enamel,

Translucent Dentin, A6B

and B5B

Increment

Depth

2 mm

1.5 mm

4 Place composite—dentin replacement:

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



All Halogen and

LED Lights

(with output of 400–1000 mW/cm²)

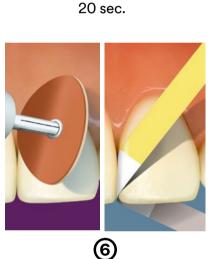
20 sec.

40 sec.

Place composite—enamel replacement:

(5)

- 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



3M[™] Elipar[™] DeepCure-L

LED Curing Light

(with output 1000–2000 mW/cm²)

10 sec.

Use 3M[™] Sof-Lex[™] Finishing and Polishing Discs and Strips

Finish and polish:

• The aesthetic result will be enhanced by creating surface texture similar to the adjacent teeth



Anterior Simple^{*}



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



Bonding procedure:

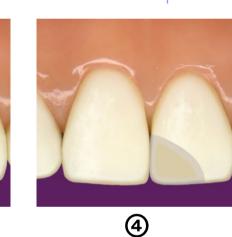
• Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



Place composite—dentin replacement:

3

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



Shades

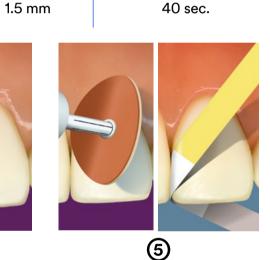
Body, Enamel,

Translucent Dentin, A6B

and B5B

Place composite—enamel replacement:

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



All Halogen and

LED Lights

(with output of 400–1000 mW/cm²)

20 sec.

Increment

Depth

2 mm

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

5

3M[™] Elipar[™] DeepCure-L

LED Curing Light

(with output 1000–2000 mW/cm²)

10 sec.

20 sec.

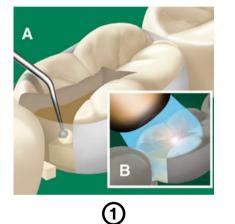


Posterior Dual Shade^{*} 3M[™] Elipar[™] DeepCure-L All Halogen and Increment **Shades** LED Lights LED Curing Light Depth (with output 1000–2000 mW/cm²) (with output of 400–1000 mW/cm²) Body, Enamel, 20 sec. 10 sec. 2 mm Translucent Dentin, A6B 1.5 mm 40 sec. 20 sec. and B5B S ESPE 3 (1)(2) (4) (5) (6) \bigcirc **Preparation: Bonding procedure:** Place composite— Place composite— Place composite— Finish and polish: Occlusion: proximal box: dentin replacement: enamel replacement: • Select shade using the • Follow the bonding • Finish occlusal surface • Check lateral and • Continue placing • Place chosen Enamel VITAPAN[®] classical procedure provided in • To ensure good using an appropriate centric occlusion shade guide and the the Instructions for Use adaptation, place chosen Body (or (or Translucent) finishing instrument Adjust as necessary 3M[™] Filtek[™] Z350 XT Dentin) shade of Filtek shade of Filtek Z350 chosen Body (or Dentin) of the adhesive system • Finish interproximal shade of Filtek Z350 Z350 XT restorative in XT restorative in Universal Restorative of choice surfaces with 3M[™] Shade Selector Wheel XT restorative in a increments to the DEJ increments Sof-Lex[™] Extra Thin 1mm increment in the • Prepare the tooth and • Use remaining coronal Use remaining coronal Discs and 3M[™] proximal box and on the Sof-Lex[™] 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[™] Vitrebond[™] or 3M[™] Vitrebond[™] Plus • Apply a thin layer of the liner/base to dentin surfaces

• Light cure



Posterior Single^{*}



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

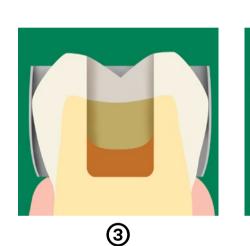
Apply liner/base if desired:

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



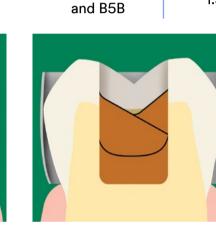
Bonding procedure:

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



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



Shades

Body, Enamel,

Translucent Dentin, A6B

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



All Halogen and

LED Lights

(with output of 400–1000 mW/cm²)

20 sec.

40 sec.

Increment

Depth

2 mm

1.5 mm

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



3M[™] Elipar[™] DeepCure-L

LED Curing Light

(with output 1000–2000 mW/cm²)

10 sec.

20 sec.

Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary



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