

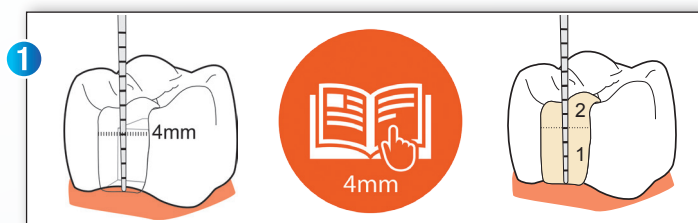
# Guidelines For Using Bulk Filled Resin Composites

## Before you START...

Shade	Exposure Time
A1	10s
A4	20s



## Before you FILL a Class II...

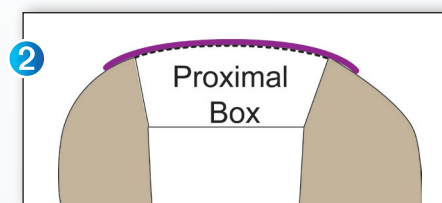


**Measure the depth** of the preparation.

**Do not exceed maximum** increment thickness.

**Follow manufacturer's** recommended exposure time.

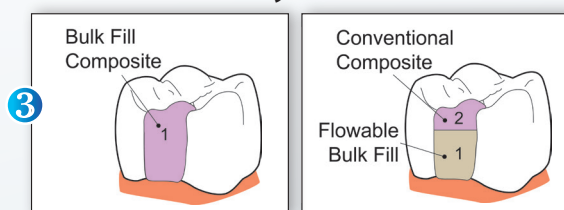
**Incremental filling and light curing** each increment separately may be required for large restorations.



**Ensure you have a good matrix contour** and adaption, especially at the bottom of the proximal box.



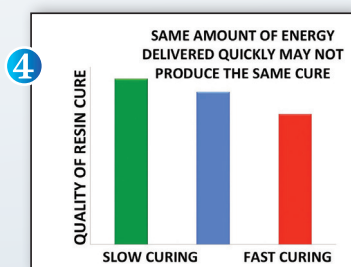
## When you FILL...



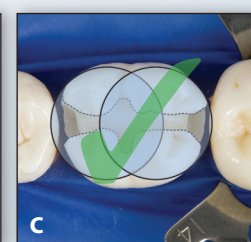
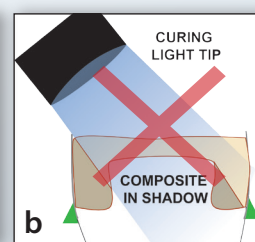
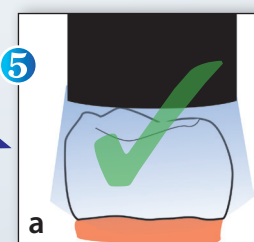
**Fill carefully** to avoid trapping air.  
**Most flowable** bulk-filling resins should be covered with a conventional composite to improve esthetics, reduce wear, and to help create occlusal anatomy.



## When you LIGHT CURE...



**Short exposure times** using high-output curing lights may compromise the properties of some resins.



Cure each increment for recommended time.

a) **Keep** light tip close to the restoration.

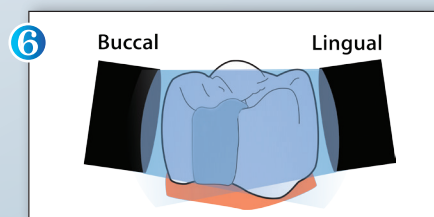
b) **Avoid** creating shadows.

c) **Use multiple exposures** to fully cover the restoration.



**Light cure from the buccal & lingual** directions after removing matrix.

**Avoiding overheating** tooth & gingiva.  
(Directing high-volume suction across tooth **during** light curing helps).



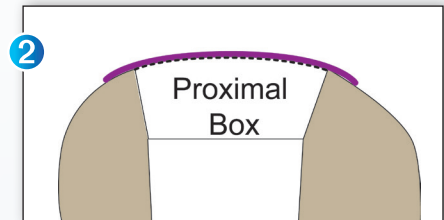
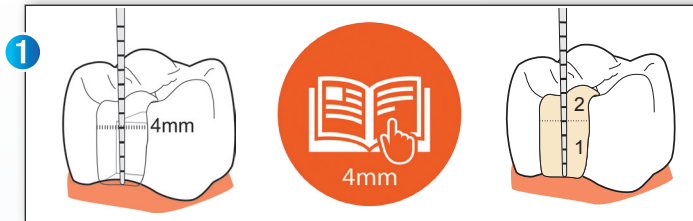
# Guidelines For Using Bulk Filled Resin Composites

Before you START...

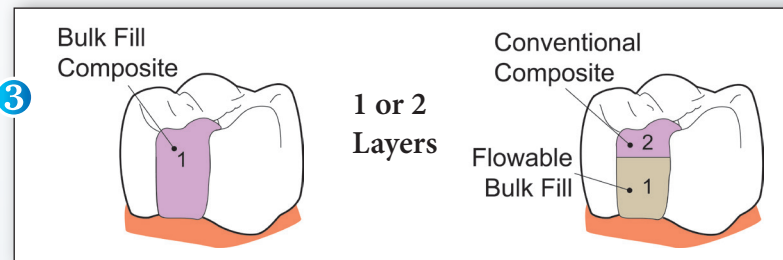
Shade	Exposure Time
A1	10s
A4	20s



Before you FILL  
a Class II...



When you FILL...



When you LIGHT CURE...

