

PRACTICAL CLINICAL COURSES
*A Service of the Gordon J. Christensen
Career Development Program*

V3501
Making Foolproof Class II Composites

Gordon J. Christensen, DDS, MSD, PhD

Materials Included:

C.E. Instruction Sheet
Products List
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Goals & Objectives
Overview
Supplemental Materials
AGD Post-Test

Gordon J. Christensen
PRACTICAL CLINICAL COURSES

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Gordon J. Christensen
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V3501 Making Foolproof Class II Composites
Presented by: Gordon J. Christensen, DDS, MSD, PhD

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15. **Dentapops**
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16. **DEXIS CariVu**
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www.greatercurve.com
87. **TPH Spectra ST**
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 (717)845-7511
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 (801)572-4200
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(651)575-5144
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93. **Wedjets**
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PROGRAM

V3501 Making Foolproof Class II Composites

CLINICIAN RESPONSIBLE:

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Founder and CEO, Practical Clinical Courses
Senior Consultant & Previous CEO, CR Foundation
Practicing Prosthodontist, Provo, Utah

GOALS & OBJECTIVES

At the completion of this video presentation, viewers should be able to:

1. Discuss alternative methods to locate initial dental caries.
2. Discuss when to treat initial caries.
3. Identify the category of anesthetic and how to deliver it for typical operative procedures.
4. List the two most adequate methods to obtain dry field.
5. List other dry field methods.
6. Discuss how to avoid cutting adjacent teeth when doing class II composite restorations.
7. Describe and draw images of typical class II preps for composite.
8. Discuss use of glutaraldehyde for disinfection and desensitizing class II preps.
9. List four potential preparation liners.
10. Discuss the sequence of placement of glutaraldehyde and liners.
11. List the three concepts for placing bonding agents.
12. Describe the techniques for placing the bonds listed in #11 above.
13. Discuss the available matrices for class II composites.
14. Compare the composite properties of today with those of 10 years ago.
15. List potential uses for flowable composites.
16. Describe the suggested placement technique for class II composites.
17. Describe dual-cure composite for class II restorations.
18. List the disadvantages of bulk fill composites.
19. List the instruments and describe the technique for finishing class II composites.
20. List the instruments and describe the technique for final finishing and polishing class II composites.

OVERVIEW

V3501 Making Foolproof Class II Composites

Resin-based composite has been used in dentistry since the late '50s, and class II composite restorations were becoming popular in the late '60s. However, these restorations are not serving as well as desired for several reasons. The materials are very good, but the placement procedures could be better. This presentation is aimed at overcoming the placement challenges with class II composites.

The following topics are included in this presentation:

- Alternative methods to locate initial dental caries
- When to treat initial caries
- The category of anesthetic and how to deliver it for typical operative procedures
- The two most adequate methods to obtain dry field
- Other dry field methods
- How to avoid cutting adjacent teeth when doing class II composite restorations
- Typical class II preps for composite
- Use of glutaraldehyde for disinfection and desensitizing class II preps
- Potential preparation liners
- The sequence of placement of glutaraldehyde and liners
- Three concepts for placing bonding agents
- Techniques for placing the bonds listed above
- Available matrices for class II composites
- Composite properties of today with those of 10 years ago
- Potential uses for flowable composites
- Placement technique for class II composites
- Dual-cure composite for class II restorations
- Bulk fill composites
- Instruments and techniques for finishing class II composites
- Instruments and techniques for final finishing and polishing class II composites

SUPPLEMENTAL MATERIALS

V3501 Making Foolproof Class II Composites

1. Duarte Jr S, Knezevic A, Peruchi LD, Phark J, Sartori N. Effects of Light Attenuation through Dental Tissues on Cure Depth of Composite Resins. *Acta Stomatol Croat.* 2019 Jun; 53(2):95-105. doi: 10.15644/asc53/2/1.
2. Bae E, Bae H, Cho W, Choi J, Gwon B, Huh J, Lee J. Wear Characteristics of Dental Ceramic CAD/CAM Materials Opposing Various Dental Composite Resins. *Materials (Basel).* 2019 Jun; 12(11):1839. Published online 2019 Jun 6. doi: 10.3390/ma12111839.
3. Christensen GJ. Better Class II Composites. *Dental Town.* 2019 Feb;20(2):56-63.
4. Alfano P, Pamato S, Pereira JR, Ricci WA, dos Santos Cruz CA. Mechanical Degradation of Different Classes of Composite Resins Aged in Water, Air, and Oil. *Biomed Res Int.* 2019; 2019: 7410759. Published online 2019 Jan 9. doi: 10.1155/2019/7410759.
5. Ancona-Meza AL, Cuevas-Suárez CE, D'Accorso N, Macchi R, Meereis CTW, Zamarripa-Calderón E. Effect of radiant exposure and UV accelerated aging on physico-chemical and mechanical properties of composite resins. *J Appl Oral Sci.* 2019; 27: e20180075. Published online 2019 Jan 7. doi: 10.1590/1678-7757-2018-0075.
6. Christensen GJ. Ask Dr. Christensen: Reducing caries in proximal boxes of Class II resin restorations. *Dental Economics.* 2018 Jul;108(7):60-2.
7. Christensen GJ. Ask Dr. Christensen: Increasing the predictability and longevity of Class II resins. *Dental Economics.* 2017 Sept;107(9):82-5.
8. Christensen GJ. Ask Dr. Christensen: Crown, onlay, or direct restoration? *Dental Economics.* 2017 Apr;107(4):80-2.
9. Christensen GJ. Ask Dr. Christensen: Reducing or eliminating failure of large Class II composites. *Dental Economics.* 2015 Nov;105(11):72-4, 112.
10. Christensen GJ. Ask Dr. Christensen: Increasing the longevity of class II resin-based composites. *Dental Economics.* 2014 May;104(5):36-40.

POST-TEST

V3501 Making Foolproof Class II Composites

1. Current digital radiographic sensors:
 - a. show initial caries well.
 - b. do not need improvement.
 - c. are inexpensive.
 - d. need immediate improvement.

2. When to treat initial caries is related to:
 - a. age.
 - b. diet.
 - c. oral hygiene.
 - d. all of the above.

3. The two most adequate dry-field techniques were stated to be:
 - a. rubber dam and cotton rolls.
 - b. Isolite 3 and cotton rolls.
 - c. rubber dam and Isolite 3.
 - d. none of the above.

4. The most used local anesthetic for operative dentistry is:
 - a. mepivacaine.
 - b. articaine.
 - c. lidocaine.
 - d. bupivacaine.

5. Inadvertently nicking adjacent teeth when prepping has been shown to be:
 - a. infrequent.
 - b. almost always.
 - c. not avoidable.
 - d. not of major concern.

6. Liners for class II composite restorations are:
 - a. not needed.
 - b. always needed.
 - c. needed for deep preparations.
 - d. not controversial.

7. Bonding agents:
 - a. provide long-term retention of resin on dentin.
 - b. plug dentinal tubules and can reduce postoperative tooth sensitivity.
 - c. should be used before placing glutaraldehyde.
 - d. none of the above.

POST-TEST (CONT'D)

V3501 Making Foolproof Class II Composites

- 8. Curing lights effectively cure in day-to-day clinical practice:
 - a. about 8-9 mm.
 - b. about 2-3 mm.
 - c. about 4-6 mm.
 - d. about 3-5 mm.

- 9. Composites compared to amalgam:
 - a. are easier to place.
 - b. are more esthetically acceptable.
 - c. last longer.
 - d. seal margins better.

- 10. Challenges with class II composites include:
 - a. occasional tooth sensitivity.
 - b. open margins.
 - c. occasional lack of complete cure.
 - d. all of the above.

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