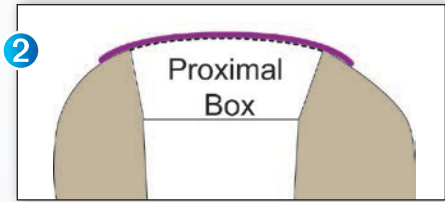


# Guidelines For Using Bulk Fill Resin Composites

## Before you START...

Shade	Exposure Time
A1	10s
A4	20s

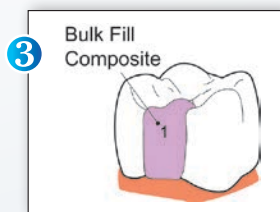
## Before you FILL a Class II...



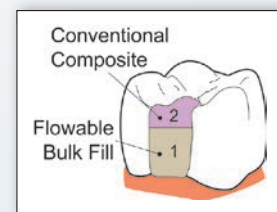
**1** Measure the depth of the preparation.  
 Do not exceed maximum increment thickness.  
 Follow manufacturer's recommended exposure time.  
 Incremental filling and light curing each increment separately may be required for large restorations.

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

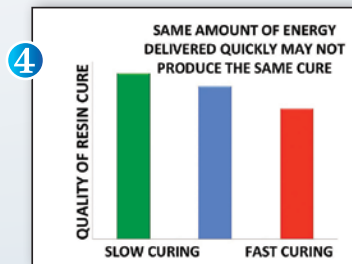
## When you FILL...



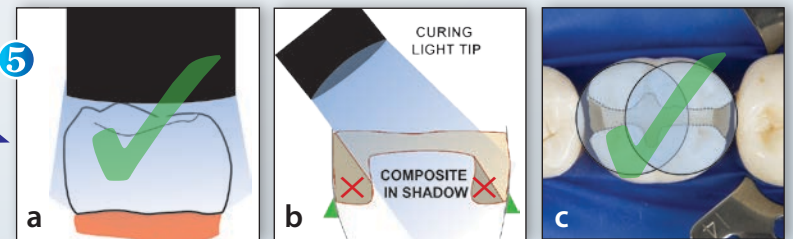
**3** Fill carefully to avoid trapping air.  
 Most flowable bulk fill resins should be covered with a conventional composite to improve esthetics, reduce wear, and to help create occlusal anatomy.



## When you LIGHT CURE...



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



**5** Cure each increment for recommended time.  
 a) Keep light tip close to the restoration.  
 b) Keep tip **directly** over restoration. **Avoid** creating shadows.  
 c) Use **multiple exposures** to fully cover the restoration.

**6** Light cure from the buccal & lingual directions after removing matrix.  
 Avoid overheating tooth & gingiva. (Directing high-volume suction or air across tooth during light curing helps).

