

# QUICK TECHNIQUE

## Bulk, Sculpt, and Cure for Predictable Posterior Restorations: Ivoclar Vivadent's Tetric EvoCeram Bulk Fill

Michael R. Sesemann, DDS

**D**irect posterior restorations play a significant role in everyday dentistry. However, achieving predictable and successful outcomes with resin composite restorations remains a main concern for many practitioners, primarily due to technique sensitivity and the numerous steps required for proper placement. New advancements in resin material science and photopolymerization technology now enable dentists to be productive without compromising the quality of care we provide patients. Among these is Ivoclar Vivadent's Tetric EvoCeram Bulk Fill composite, an easily adaptable, completely curable, low-shrinkage material that enables dentists to place a restoration with one material, in one increment, and with ample working time.

Typical composite resins contain standard photoinitiators that enable materials to be cured only in 2-mm increments, requiring multiple and technique-sensitive layering. Tetric EvoCeram Bulk Fill, however, incorporates an innovative initiator system that provides a deeper and more complete depth of cure for 4-mm increments, so direct posterior restorations can be placed faster, easier, and more efficiently. The material's patented "Polymerization Booster" enables 4-mm thick layers to be cured in only 10 seconds using the bluephase G2, for example.

Marginal integrity through nice adaptation and malleability is immediately noticeable, and the proximal contacts formed with just a segmented band and ring are exceptional. That's because Tetric EvoCeram Bulk Fill composite features a smooth consistency for excellent adaptation to cavity walls and can be bulk-filled and contoured immediately without the need for a final occlusal layer.

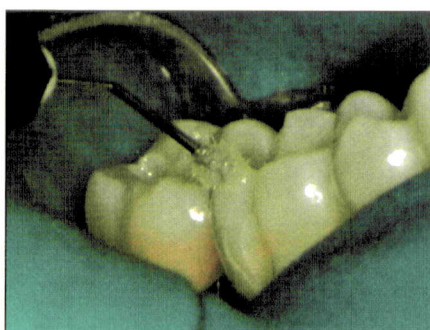
Patented "Shrinkage Stress Relievers" ensure superior marginal integrity, resulting in low shrink-

age stress distribution along cavity walls and surfaces, and produce exceptionally low shrinkage volume during polymerization. An innovative "Light-Sensitivity Filter" keeps the material soft and sculptable until cured, providing more working time compared to other bulk fill materials.

The reflective characteristics of Tetric EvoCeram Bulk Fill composite allow for a very good restoration aesthetically. The 3 universal shades (IVA



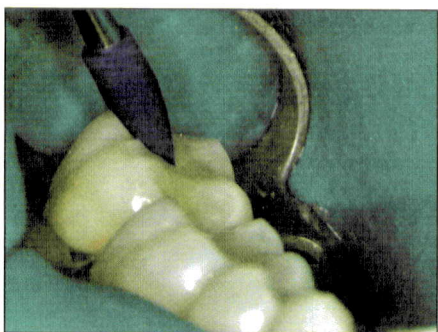
**Figure 1.** The patient presented with amalgam restorations requiring removal and rerestoration on teeth Nos. 29 through 31.



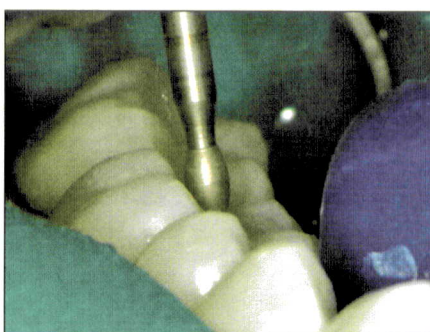
**Figure 2.** A fifth-generation adhesive (Excite F) was scrubbed into the enamel and dentin, then light-cured.



**Figure 3.** A 4-mm increment of Tetric EvoCeram Bulk Fill composite was placed into the preparations.



**Figure 4.** The Tetric EvoCeram Bulk Fill composite was sculpted using the OpraSculpt composite instrument, then light-cured.



**Figure 5.** The restorations were finished with Brasseler finishing diamonds.



**Figure 6.** Postoperative view of the Tetric EvoCeram Bulk Fill restorations demonstrates exceptional aesthetics and marginal integrity.

for slightly brownish teeth, IVB for slightly yellowish teeth, and IVW for quick deciduous fillings or light-colored teeth) demonstrate an enamel-like translucency of 15%, so restorations blend seamlessly with natural dentition. Yet the material demonstrates high radiopacity for easy detection on dental x-rays.

Tetric EvoCeram Bulk Fill composite finishes well and polishes easily due to the material's well-balanced filler composition. When the metric for a good posterior composite is good marginal adaptation and interproximal contacts, minimized shrinkage stresses, durability, ease of placement, and very good aesthetics, Tetric EvoCeram Bulk Fill composite is a clear choice.

### CLINICAL PROCEDURE

1. Place a rubber dam to ensure proper isolation.
2. Remove caries or prior restorations and prepare for restoration.
3. Etch the enamel first, then dentin, for 20 to 25 seconds (37% with benzalkonium chloride, BISCO Etch). Rinse for 10 to 15 seconds, leaving dentin slightly moist.
4. Scrub one coat of a fifth-generation adhesive

(Excite F) on the tooth for 10 seconds each, air-drying (Warm Air Dryer [A-dec]) for 2 to 3 seconds.

5. Light-cure the adhesive on low power.
6. Place a single bulk increment of Tetric EvoCeram Bulk Fill composite—up to 4 mm—into the preparation.
7. Sculpt the composite with a composite placement instrument (OpraSculpt).
8. Cure the 4-mm increment for 10 seconds using an LED curing light (bluephase G2).
9. Finish the restoration and anatomy and adjust the occlusion using finishing diamonds (Brasseler Diamond No. 368-016).
10. Easily polish the restoration to its final life-like luster (Oprapol).