Guidelines For Using Bulk Fill Resin Composites

Before you START...

<table>
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<tr>
<th>Shade</th>
<th>Exposure Time</th>
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<tbody>
<tr>
<td>A1</td>
<td>10s</td>
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<tr>
<td>A4</td>
<td>20s</td>
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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.

When you FILL...

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...

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

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).

Before you FILL a Class II...

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

Resource courtesy of Dr. Richard Price, professor and head of fixed prosthodontics, department of dental clinical sciences, faculty of dentistry, Dalhousie University. Email: rbprice@dal.ca