Guidelines For Using Bulk Fill Resin Composites

Before you START...

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

Before you FILL a Class II...

When you FILL...

1. Bulky Fill Composite
2. Conventional Composite
3. 1 or 2 Layers
   - ✓
   - ✖

When you LIGHT CURE...

4. SAME AMOUNT OF ENERGY DELIVERED QUICKLY MAY NOT PRODUCE THE SAME CURE

5. CURING TIP
   - a: ✓
   - b: ✖
   - c: ✓

6. Buccal
   - Lingual

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