

General tips & tricks GCP Restoratives

- Instructional videos can be seen on www.gcp-dental.com/media/videos/ or scan the QR code on the package.
- DO NOT etch the prepared cavity. The cavity can be cleaned with a EDTA solution or a 1,5% sodium-hypochlorite solution. Rinse with water and dry, but do not desiccate (chalk white). The cavity should be 'tissue wet' before filling.
- DO NOT use a bonding agent, fusion of the cement with enamel and dentine will be through enhanced remineralisation.
- BULK FILL: GCP Glass Fill does not need to be applied in layers. The entire filling can be applied in one layer (bulk-fill) and then cured by command set with thermocure.
- One capsule usually suffices for a molar. If this is not the case, fill the molar with more capsules in a row, model at the end with GCP Gloss, and cure by means of command set.
- GCP Glass Fill can be used for class I, II, III, V, cervical fillings.
- GCP Glass Fill can be used as a underlayer/substrate for composite, (the so-called "two-fase sandwich technique"). Prepare the layer of GCP Fill back about 1mm to remove excess gloss and create a rough surface. Do not etch the glass but use bonding directly on the surface. Follow manufacturer's instructions for applying composite to dentin and enamel.
- To obtain the optimal technical properties, fillings should be cured immediately one by one. Applying more than one filling at the same time will therefore affect the final result.

The function of GCP Gloss

- GCP Gloss is used for easier modelling of the restoration. It protects against moisture and dessication during setting. It also provides a protective layer on the surface of the restoration with enhanced product properties. GCP Gloss can be applied as a thin layer after application of the fill or sealant. Some drops of Gloss can be put onto a mixing cushion or cup and then applied with a rounded instrument, a cotton tip rod, or a disposable brush.
- A plastic dispensing cup can be used to dip the instrument finger or thumb to apply some Gloss to the glove tip and subsequently press and model the filling properly; this technique is especially suitable for sealants or occlusal fillings.

Tools needed for GCP restoratives

For finishing and modelling:

- For this purpose several green and white wheels and soflex discs can be used, finalizing with diamond finishing burs and fine soflex discs.
- Use extra fine, friction grip diamond with water cooling,
- Use diamond polishing burs and yellow striped burs

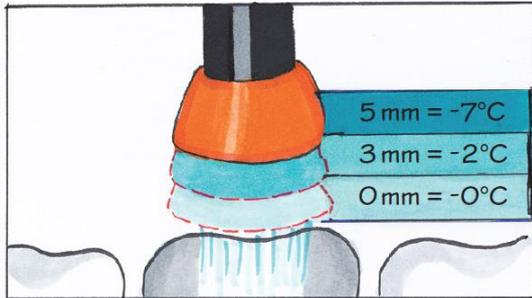
Apparatus needed for *GCP-Dental restorative products*:

- Capsule mixer: GCP CarboMIX CM-02, several other mixers such as amalgamators.
 - Applicator to apply the capsule: GCP CarboCAP CC-01 or a GC or 3M applicator
 - Thermocure lamp: GCP CarboLED CL-01; Ultradent VALO; 3M Elipar
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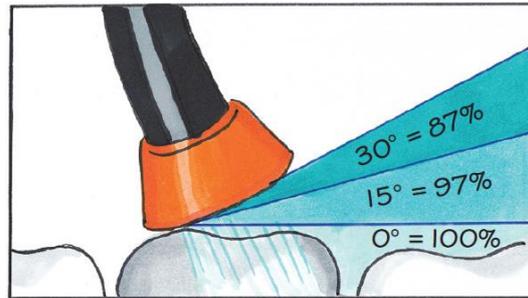
How to use thermocure with the LED lamp

- High-energy LED curing lamp for curing fillings and sealants with a tip temperature between 50 °C and 65 °C. Thermo curing is a crucial part of Glass Carbomer® Tech. If you have any doubt whether your lamp reaches the correct temperature, replace it with a dedicated thermo-cure lamp like the CarboLED.

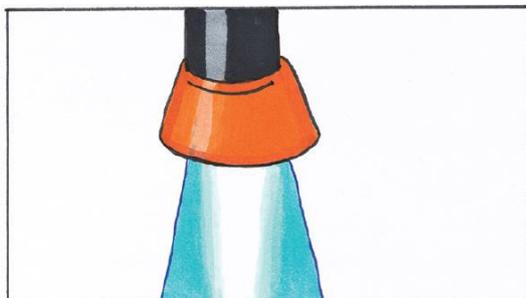
How to aim the lamp towards the filling or sealant:



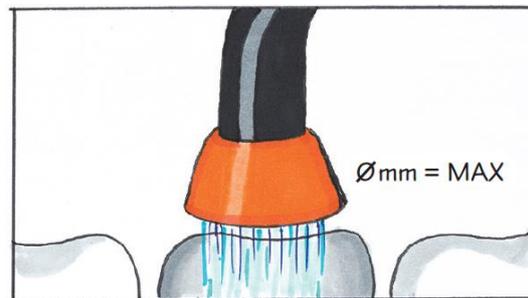
- A larger distance will reduce heat transfer and prolong curing time



- Increasing the angulation also reduces heat transfer and prolongs curing time



- Effective curing only takes place within the focal area of the curing tip which should be pointed towards the most critical section of the restoration surface first
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- For optimal curing, hold the lamp head steady, and as close as possible to the restorative material for at least 60 seconds

How to use a matrix system in order to create a good contact point:

When choosing a matrix system it is important that you pick a system that supplies anatomically contoured matrices. For thermo curing the matrix must be metal. Conventional Tofflemire systems often have straight bands resulting in a contact point that is anatomically too high and creates a sharp occlusal edge. The result is a weak contact point that is liable to fracture when removing the matrix or after occlusal adjustment.

Partial matrix systems (like from Garrison or Triodent) are suited for:

- ✓ anatomically contoured matrices
- ✓ metal (dead-soft) matrices preferably with non-stick coating
- ✗ straight Tofflemire matrices

GCP Dental recommends:



Triodent V3 Sectional Matrix System with non-stick bands



Garrison Composit-Tight® 3D™ System with Slick Bands™ Matrices

Removing the matrix

The material has very high bond strength to enamel and dentin. Unfortunately it also bonds well to the matrix system. Here are several tips that should help you install and remove the matrix successfully:



- Use a matrix band with a non-stick coating
- Before installing the matrix, apply a very thin layer of GCP Gloss to the matrix
- Break the bond between the matrix and the restoration using an explorer or other instrument before removing.
- Grab the side of the matrix using a forceps and carefully check if you can freely wiggle the matrix. Remove the matrix slowly in a lingual-buccal direction
- Use the full thermocure cycle (60 seconds) and prolong it with 30 seconds with larger 3D restorations
- Aim the thermocure device towards the metal matrix band, keeping the light guide in touch with the metal matrix in order to conduct the heat along the contact point.
- Wait until full chemical setting is finished (approx. 7 min 30 sec) before removing the matrix.
- Use a dead soft matrix and use a tight, well-fitting anatomical wedge and tight V-ring. Please apply the V-ring and wedge early in Tx on patient in order to open the contact point as compensation for matrix thickness. When two adjacent restorations, command-set harden 1 filling at the time. Please cure and finish these before continuing the other opposite on behalf of an optimal approximal anatomic design.
- In severely critical MOD restorations (in same tooth mesial and distal box cases) apply 1/2 sides filling separately and cure. Use of patience in these cases is important. Please realize that contact points in natural elements in youth are very light and after wear and mesial drift-migration will become heavier