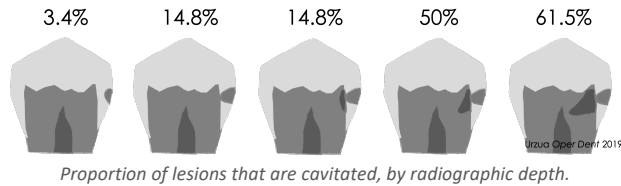


CLINICAL CHEAT SHEET

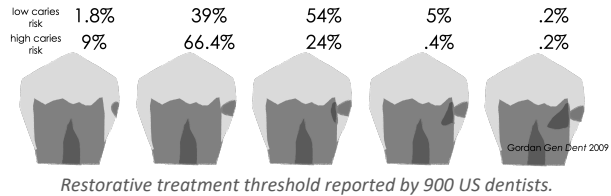
Posterior Composites

Caries management, adhesive protocol, and restorative technique

What percentage are cavitated?



Treatment threshold of 900 US dentists



PREVENTION & ISOLATION

Caries prevention	5,000 ppm fluoride toothpaste; rotating/oscillating electric brush; sugar alcohols (xylitol, maltitol).
Isolation	True Dam (Clinician's Choice); Wingless W3 clamp; Isovac (Zyris). For technique, see Mario Romero's rubber dam videos on YouTube.

SELECTIVE CARIES REMOVAL

Reference: *JADA evidence-based clinical practice guideline on restorative treatments for caries lesions.*

STUDY	FOLLOW-UP	SUCCESS RATE
Rando-Meirelles 2012; Orhan 2010	1 year	100%
Gruythuysen 2010	3 years	93%
Leksell 1996	3.5 years	100%
Bjørndal 2017; Maltz 2018	5 years	76%; 75–80%
Maltz 2011	10 years	62%

VITAL PULP THERAPY

See the AAE position paper on vital pulp therapy.

Pulp survival	MTA: 80% at 5 years. Calcium hydroxide: 55% at 5 years.
TheraCal LC (Bisco)	MTA in resin — convenient, but a lower success rate than traditional MTA.
NeoPUTTY (NuSmile)	MTA putty that sets via moisture. Place Lime-Lite or a glass ionomer over it.

PREPARATION & ADHESIVE PROTOCOL

Preparation	Rounded line angles; diamonds; non-retentive prep; alumina sandblast (Microetcher II, Danville).
Bonding agent	Gold standard: Clearfil SE (Kuraray). Universal adhesives: self-etch the dentin, selectively etch the enamel.
Technique	Do not over-etch dentin. Apply to moist dentin, scrub the adhesive, and evaporate solvent until the surface stops moving.
Curing light	Elipar DeepCure; SmartLite Pro; VALO. Hold the tip close to and parallel with the surface.

CONTAMINATION TROUBLESHOOTING

CONTAMINATION	RECOVERY
Saliva — after etching	Rinse and continue.
Saliva — after adhesive application	Rinse and reapply the adhesive.
Saliva — after the adhesive is cured	Rinse and continue.
Blood	Stop the bleeding with ferric sulfate, then clean with phosphoric acid.
MMP deactivation	2% chlorhexidine (Cavity Cleanser, Consepsis) or GLUMA.

ARMAMENTARIUM

CATEGORY	PRODUCTS
Matrices	Anatomic: Ultra Wrap (Clinician's Choice); Composi-Tight (Garrison); Palodent (Dentsply Sirona). Stiff: Torr, 50 µm hard.
Separation rings	Most adaptable: Composi-Tight 3D (Garrison). Highest separation force: Dual Force (Clinician's Choice).
Composites	Flowable: SureFil SDR (Dentsply Sirona); SimpliShade Bulk Fill Flow (Kerr). Bulk-fill injectable: Bulk EZ (Zest); Activa (Pulpdent).
Finishing & polishing	Q-Finisher (Komet); Enhance Point (Dentsply Sirona); DiaComp Featherlite (Brasseler).
Occlusion & contacts	Troll Foil articulating paper; Gorilla Floss (Piksters).