



Filtek™

Supreme XTE
Universal Restorative

Technique Guide

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Technique Guide

We want you to get the best results using 3M™ Filtek™ Supreme XTE Universal Restorative in your restorative procedures. That's why we've created this interactive Technique Guide. In it, you'll find a list of indications and simple technique guides for the most commonly performed procedures. Each guide has step-by-step illustrations and easy instructions that are important to know in advance of the procedure.

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Indications

- Direct anterior and posterior restorations (including occlusal surfaces)
- Core build-ups
- Splinting
- Indirect restorations including inlays, onlays and veneers



Anterior Multishade*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm ²)	3M™ Elipar™ DeepCure-S LED Curing Light (with output 1000–2000 mW/cm ²)
Body, Enamel, Translucent	2 mm	20 sec.	10 sec.
Dentine, A6B and B5B	1.5 mm	40 sec.	20 sec.



①

Preparation:

- Select tooth shade using the VITAPAN® classical shade guide
- Select three composite shades using the 3M™ Filtek™ Supreme XTE Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



②

Bonding procedure:

- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

Place composite—dentine replacement:

- Place and cure Dentine shade of Filtek Supreme XTE restorative to provide opacity and colour intensity
- Light cure



④

Place composite—dentine replacement:

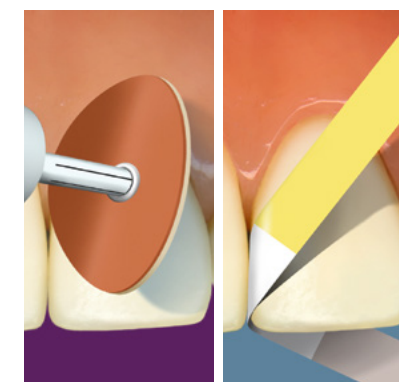
- Place and cure Body shade of Filtek Supreme XTE restorative to the dentine enamel junction
- Light cure



⑤

Place composite—enamel replacement:

- Fill remaining preparation using Enamel and/or Translucent shades of Filtek Supreme XTE restorative to provide translucency for depth of colour and incisal edge match
- Light cure



⑥

Finish and polish:

- Use 3M™ Sof-Lex™ Finishing and Polishing Discs and Strips
- The aesthetic result will be enhanced by creating surface texture similar to the adjacent teeth

*Please refer to the Instructions for Use for more information.

Anterior Simple*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm ²)	3M™ Elipar™ DeepCure-S LED Curing Light (with output 1000–2000 mW/cm ²)
Body, Enamel, Translucent	2 mm	20 sec.	10 sec.
Dentine, A6B and B5B	1.5 mm	40 sec.	20 sec.



①

Preparation:

- Select tooth shade using the VITAPAN® classical shade guide
- Select two composite shades using the 3M™ Filtek™ Supreme XTE Universal Restorative Shade Selector as a guide
- Prepare the tooth
- Bevel enamel margins



②

Bonding procedure:

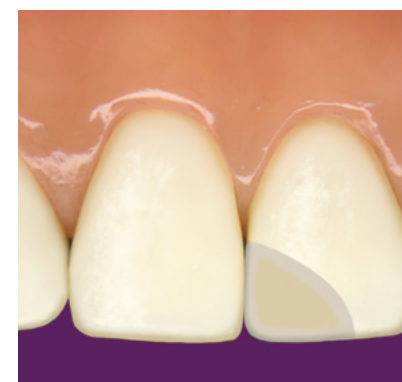
- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

Place composite—dentine replacement:

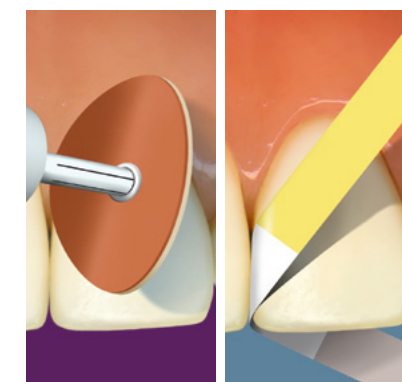
- Place and cure Body (or Dentine) shade of Filtek Supreme XTE restorative in layers to the dentine enamel junction
- Light cure



④

Place composite—enamel replacement:

- Fill remaining preparation using the Body (or Enamel) shade of Filtek Supreme XTE restorative
- Light cure



⑤

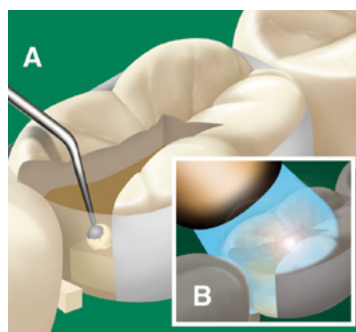
Finish and polish:

- Use 3M™ Sof-Lex™ Finishing and Polishing Discs and Strips
- The aesthetic result will be enhanced by creating surface texture similar to the adjacent teeth

*Please refer to the Instructions for Use for more information.

Posterior Dual Shade*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm ²)	3M™ Elipar™ DeepCure-S LED Curing Light (with output 1000–2000 mW/cm ²)
Body, Enamel, Translucent	2 mm	20 sec.	10 sec.
Dentine, A6B and B5B	1.5 mm	40 sec.	20 sec.



①

Preparation:

- Select shade using the VITAPAN® classical shade guide and the 3M™ Filtek™ Supreme XTE Universal Restorative Shade Selector Wheel
- Prepare the tooth and isolate

Apply liner/base if desired:

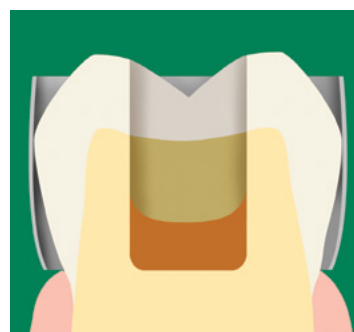
- Mix 3M™ Vitrebond™ or 3M™ Vitrebond™ Plus
- Apply a thin layer of the liner/base to dentine surfaces
- Light cure



②

Bonding procedure:

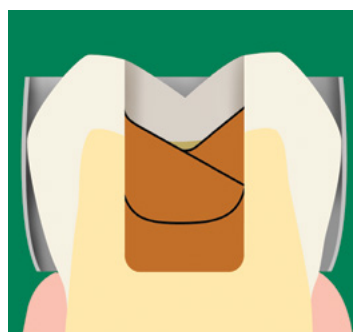
- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

Place composite—proximal box:

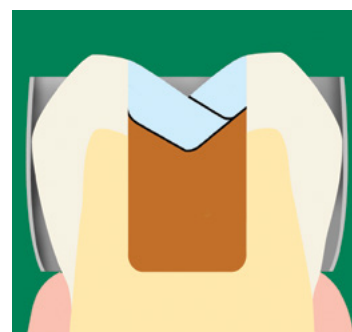
- To ensure good adaptation, place chosen Body (or Dentine) shade of Filtek Supreme XTE restorative in a 1 mm increment in the proximal box and on the floor of the cavity
- Light cure



④

Place composite—dentine replacement:

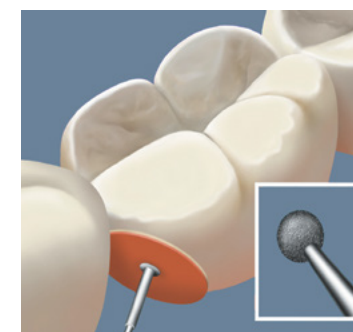
- Continue placing chosen Body (or Dentine) shade of Filtek Supreme XTE restorative in increments to the DEJ
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Light cure



⑤

Place composite—enamel replacement:

- Place chosen Enamel (or Translucent) shade of Filtek Supreme XTE restorative in increments
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Overfill slightly
- Light cure



⑥

Finish and polish:

- Finish occlusal surface using an appropriate finishing instrument
- Finish interproximal surfaces with 3M™ Sof-Lex™ Extra Thin Discs and 3M™ Sof-Lex™ Strips



⑦

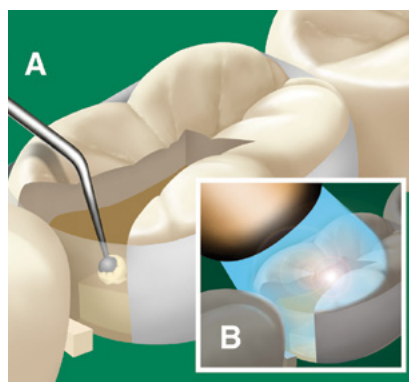
Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary

*Please refer to the Instructions for Use for more information.

Posterior Single*

Shades	Increment Depth	All Halogen and LED Lights (with output of 400–1000 mW/cm ²)	3M™ Elipar™ DeepCure-S LED Curing Light (with output 1000–2000 mW/cm ²)
Body, Enamel, Translucent	2 mm	20 sec.	10 sec.
Dentine, A6B and B5B	1.5 mm	40 sec.	20 sec.



①

Preparation:

- Select shade using the VITAPAN® classical shade guide and the 3M™ Filtek™ Supreme XTE Universal Restorative Shade Selector Wheel
- Prepare the tooth and isolate

Apply liner/base if desired:

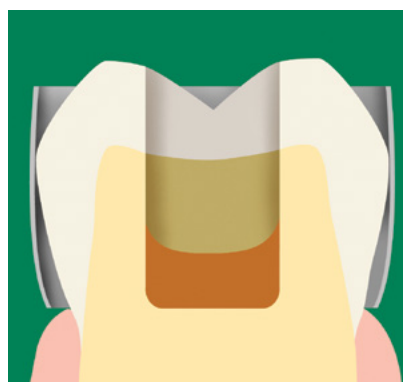
- Mix 3M™ Vitrebond™ or 3M™ Vitrebond™ Plus
- Apply a thin layer of the liner/base to dentine surfaces
- Light cure



②

Bonding procedure:

- Follow the bonding procedure provided in the Instructions for Use of the adhesive system of choice



③

Place composite—proximal box:

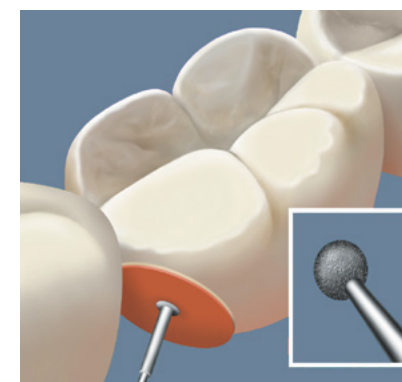
- To ensure good adaptation, place chosen Body shade of Filtek Supreme XTE restorative in a 1 mm increment in the proximal box and on the floor of the cavity
- Light cure



④

Place composite:

- Continue placing chosen Body shade of Filtek Supreme XTE restorative in increments
- Use remaining coronal tooth structure as a guide for placement and adaptation
- Overfill slightly
- Light cure



⑤

Finish and polish:

- Finish occlusal surface using an appropriate finishing instrument
- Finish interproximal surfaces with 3M™ Sof-Lex™ Extra Thin Discs and 3M™ Sof-Lex™ Strips



⑥

Occlusion:

- Check lateral and centric occlusion
- Adjust as necessary

*Please refer to the Instructions for Use for more information.


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3M.co.nz/Dental



3M Oral Care

3M Australia Pty Limited
Building A, 1 Rivett Road
North Ryde, NSW 2113
Ph: 1300 363 454
3M.com.au/Dental

3M New Zealand Limited
94 Apollo Drive
Rosedale, Auckland 0632
Ph: 0800 80 81 82
3M.co.nz/Dental

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