
The ABC's of Direct Composites; Tips for Teaching Adhesion, Bands and Composites

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- **Methodology Notes**
 - Competency based
 - Growth Mindset
 - Memorize vs. Understand- 'Teach back'
 - Reality Esthetics, CRA, research

- **A-Dental Adhesives:**
 - Generations of dental adhesives-components and how to use each
 - Etch
 - Primer
 - Adhesive-aka Bonding agent/Unfilled Resin

 - What about the smear layer? (Major to understand)
 - Leave it or remove it- why or why not?

 - To etch or not to etch?
 - Total
 - Self
 - Selective

- **B-Bands:**
 - Tofflemire retainer and bands- assembly & supplemental lines of bands

 - Sectionals- generations of these too-Palodent, Triodent, Garrison, Premier

 - Retainerless- Automatrix, 360

 - Wedges- wooden, plastic, anatomical, 'fins'- pros/cons

 - Challenges- gingival retraction, margin elevation

- **C-Composites:**
 - Types- Flowable, Hybrid, Microfil, etc.-filler differences defined
 - Top Reasons for Post-Operative Sensitivity:
 - Over-etching dentin/ Over-drying dentin
 - Solvents not removed during drying step
 - Incomplete material coverage
 - Under-curing (importance of lights)
 - Polymerization shrinkage and stress (ALL composites shrink!)
 - Flowables- NOT the same! SDR Flow +
 - Bulk-Fill discussion
 - Shading advances
 - Curing Light – critical role

- **Finishing/Polishing**
 - Many options, but necessary once occlusion is adjusted.
 - Fine Diamonds, white stones, abrasive points, cups, discs
 - 3M Polishing wheels- replace Sof-lex
 - Shofu Super-snap/Onegloss
 - Ivoclar Optragloss
 - DS Enhance/Pogo
 - Brasseler points

NOTES:

Talking points for Colleagues :