

# RESTORATIVE COOKBOOK

## SUPPLIES

1. Rubber Dan  
Clamp, punch, frame, forceps, lubrication (water soluble), floss
2. Alloy  
Matrix band, retainer, wedges, articulating paper
3. Composite  
Etch, primer, bond (adhesive), clear matrix, polishing supplies, curing light, and articulating paper.
4. Burs  
Friction Grip (high speed), #330, 35, 2, 4  
Latch (low speed), 2, 4, and round mandrel

## ALLOY

1. Clean prep with air and water.
2. Place matrix band and wedge (usually from lingual works best)
3. Burnish band to establish good contact
4. Place alloy in small increments and condense. (over fill prep)
5. Remove gross overpack
6. Remove wedge
7. With large condenser holding alloy in proximal area (takes 2 hands) remove matrix band.
8. Complete carving (watch those overhangs)
9. Remove Dam if used
10. Check occlusion

## COMPOSITES

1. Select shade (can be done prior to dam also!)
2. Clean prep with air and water
3. Place matrix and wedge
4. Etch 10-15 sec., rinse with lots of water.
5. Lightly dry with air (no standing water but moist dentin, don't dry out).
6. Place primer on dentin, some on enamel is okay.
7. Air dry primer after 20 seconds.
8. Place adhesive (bond) thin with blast of air (short) cure 10-20 sec. Note: some bonding kits combine primer and bond so check your brand.
9. Place and adapt to prep small increments of composite and cure 20-40 sec. (adhesive on the instrument makes less likely for composite to stick to it. Fill complete prep this way.
10. Remove wedge, and matrix. Polish as needed with discs and strips. (Be careful with strips, they will cut lips, gingiva and maybe fingers.)
11. Remove dam if used.
12. Check occlusion