

3M™ Filtek™ Matrix Finishing and Polishing Step-by-Step

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Appearance of Restorations After Matrix Removal

1 Step

Remove excess composite along facial gingival area and lingual surface.



Remove excess composite along gingival area with a flame finishing bur or fine flame diamond. There should be a smooth transition from composite to tooth.



Remove excess on lingual using a barrel-shaped finishing bur or barrel-shaped fine diamond bur.

2 Step

Remove extra composite on facial surfaces.



Remove excess composite on facial surface with straight or tapered fine or medium grit diamond bur. Remove the outline of the doors and the extra composite at the vent holes.



Once the gross composite is removed, use a coarse 3M™ Sof-Lex™ Extra-Thin Contouring and Polishing Disc to continue reshaping and finishing.

3 Step

Open any bonded interproximal contacts.



Utilize a thin interproximal saw (serrated edges on the end only) to break through the bonded contacts. This will work to open most of the contacts.

Recommended product:
Ultradent™ Jiffy™ Proximal Saws

or



If contact doesn't open easily with an interproximal saw, use a finger-held end-cutting strip to open. These are more durable and easier to hold.

Recommended product: Creative Dental Concepts QwikStrip™

4 Step

Make interproximal contacts smooth to flossing.



Once contacts are open, very thin metal strips are used to smooth the composite and ensure floss goes through easily without shredding. This is a necessary step.

Recommended product:
GC New Metal Strips



3M™ Sof-Lex™ Finishing and Polishing Strips are used for final finishing and smoothing of the contact. Each side of the contact should be smoothed.

Alternative Methods to Break Contacts



A needle-nosed bur can help thin the contacts.



A blade can also be used to thin contacts and assist in opening.



The teeth can be wedged apart with an instrument to "crack" the contacts.



There are other interproximal saws, such as the Bioclear TruContact Interproximal Saw shown here.

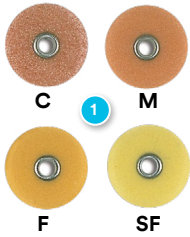


A DenMat® Ceri-Saw™ is another option.

5 Step

Continue with final finishing and polishing options.

Option A: Utilize 3M™ Sof-Lex™ Discs and Spirals



01

Included in the 3M™ Filtek™ Matrix Training Kit are four **3M™ Sof-Lex™ Finishing and Polishing Discs** which can be used sequentially to contour/finish (coarse and medium grit) and polish (fine and super fine grit) the composite.

02

Once all four discs have been used, a final shine and glaze can be achieved with the **3M™ Sof-Lex™ Diamond Polishing System**. The pre-polishing spiral (beige) is used first and then the diamond polishing spiral (pink) is used.

03

A final option is to use a Jiffy™ Goat Hair Brush and a diamond polishing paste to achieve a final luster. There are many options available.



Option B: Utilize polishing points, cups, and wheels



01

Final finishing and initial polishing achieved utilizing Ultradent™ Coarse Jiffy™ Polisher Cups.



02

Polishing achieved with the Kerr™ HiLusterPlus Polishing System. The blue (2a) is used as the initial polish and the grey (2b) gives the final shine. All of these come in cups, points and wheel shapes.



03

Final glaze achieved with a Ultradent™ Jiffy™ Goat Hair Brush and Ultradent™ Diamond Polishing Paste.

Closing Spaces

Before



Final Result



Note how the light reflects off the polished surface of the composite like natural enamel.

Definitions

Gross Finishing: Refers to removing the bulky, extra composite. This is usually done with a bur or coarse disc, at a higher rate of speed with the handpiece. There may be markings or striations left in the composite after this step.

Final Finishing: Refers to doing more refined finishing. This is usually done at a slower rate of speed with the handpiece and more precise shaping or contouring is done. This is usually done with a disc or perhaps a rubber point. The composite is usually quite smooth after this step.

Polishing: Refers to making the composite very smooth and very glossy. This step is important to prevent staining and increase the longevity of the composite.



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