

**MARTIN H. ZASE, DMD, MAGD, AAACD**  
Accredited Member American Academy of Cosmetic Dentistry  
79A Norwich Avenue Colchester, CT 06415 (860) 537-2351  
Martyzase@aol.com

## **STEP BY STEP TOTAL-ETCH BONDING TECHNIQUE FOR POSTERIOR COMPOSITES**

- 1) Etch with 37% phosphoric acid.
- 2) Rinse thoroughly and blow off residual water.
- 3) Rewet with Gluma desensitizer.
- 4) Blot Gluma with a microbrush (on the patient's bib) leaving moist dentin.
- 5) Do not thin out with air.
- 6) Apply multiple coats of 5th generation (prime and bond together) bonding agent according to manufacturer's instructions being sure to air dry off solvent if appropriate.
- 7) Cure
- 8) Apply and cure thin layer of flowable composite over all dentin.
- 9) Apply and cure dentin shade hybrid, microhybrid or nanofil composite.
- 10) Apply and cure enamel shade hybrid, microhybrid or nanofil composite (these two steps could be combined depending on the brand of composite you use).
- 11) Apply translucent layer for top 1/2 to 1 mm. (eg: Heliomolar HB Shade TW.)
- 12) Shape and cure.
- 13) Adjust occlusion, polish, and finish.

## **STEP BY STEP SELF-ETCH BONDING TECHNIQUE FOR POSTERIOR COMPOSITES**

- 1) Rinse thoroughly and blow off residual water.
- 2) Apply 6th generation bonding agent (etch and prime together) according to manufacturer's instructions being sure to agitate for at least 20 seconds, then be sure to air dry off solvent if appropriate.
- 3) Apply the bond, thin and cure.
- 4) Apply and cure thin layer of flowable composite over all dentin.
- 5) Apply and cure dentin shade hybrid, microhybrid or nanofil composite.
- 6) Apply and cure enamel shade hybrid, microhybrid or nanofil composite (these two steps could be combined depending on the brand of composite you use).
- 7) Apply translucent layer for top 1/2 to 1 mm. (eg: Heliomolar HB Shade TW.)
- 8) Shape and cure.
- 9) Adjust occlusion, polish, and finish.

I'll be glad to respond to any questions by email

