



## Simplicity

### Instructions for Use

**Simplicity** is a no rinse bonding system that combines the etchant and primer application into one simple step. It allows for more predictable clinical results, it is less technique sensitive, without sacrificing shear bond strength. Because there is no need to rinse the etchant before primer application, **Simplicity** also saves time during the procedure. It is intended for use with all categories of resin composite materials. **Simplicity** is compatible with all methacrylate-based materials.

#### **Simplicity** Indications for Use:

- Direct Restorations: to seal enamel / dentin prior to restoring with light- cure or self-cure composite materials
- Indirect Restorations: bonding light-cured, self-cured or dual-cured composite cements or glass ionomers or resin-modified glass ionomer cements
- Desensitization: Hypersensitive and / or exposed root surfaces. Crown preparations
- Sealing preparations before placing amalgams
- Bonding crowns and bridges, post and cores and veneers

### General Instructions

Although it is not critical to the success of **Simplicity**, it is recommended that the preparation be cleaned with isopropyl alcohol on a cotton pellet and rinsed with water prior to beginning the bonding protocol. Pumicing or gentle particle abrasion of enamel is also recommended.

1. Rinse the preparation thoroughly and remove all visible water by drying the surface for approximately 5 seconds with dried compressed air.
2. Dispense a drop of **Simplicity 1** into one cavity of the enclosed mixing well. Using the red Mircobrush<sup>®</sup> applicator, apply **Simplicity 1** to the entire cavity

preparation and the surrounding tooth structure, agitating briskly for at least 10 seconds. **DO NOT DRY *Simplicity 1***

3. Dispense a drop of ***Simplicity 2*** into another cavity of the mixing well (dispense ***Simplicity 2*** just prior to use. (Two drops may be necessary for larger preps). Using the blue Ultratip® apply three brushfuls of ***Simplicity 2*** to the entire cavity preparation, dabbing each brushful to help distribute as much of the primer as possible.
4. Dry the primed surface with dried compressed air for at least 10 seconds with the air syringe tip as close as possible to the surface. **DRY *Simplicity 2* THOROUGHLY**
5. Apply two additional full brushes of ***Simplicity 2*** and thoroughly dry again for 5 seconds.
6. Light-activate for 10 seconds. ***Simplicity*** can be activated with any dental activation light.
7. Continue restorative procedure with material of choice. Follow manufacturer's instructions for all restorative materials.

NOTE: In Class I and II restorations, it is highly recommended that a thin layer (0.5mm) of a low viscosity flowable resin composite be placed on the pulpal floor of the cavity and light activated prior to the insertion of the restorative material.

NOTE: Deciduous teeth are treated in the same manner as permanent teeth.

NOTE: ***Simplicity 1*** should be agitated for 20 seconds on uncut enamel.

NOTE: ***Simplicity*** is always light-cured before placing veneers and bonded crowns.

NOTE: If delivering a post, remove excess ***Simplicity 2*** from the canal with paper points prior to drying and light-activation.

# Protocol for Delivering Indirect Restorations

1. Rinse the preparation thoroughly and remove all visible water by drying the surface for approximately 5 seconds with dried compressed air.
2. Dispense a drop of **Simplicity 1** into one cavity of the enclosed mixing well. Using the red Mircobrush® applicator, apply **Simplicity 1** to the entire cavity preparation and the surrounding tooth structure, agitating briskly for at least 10 seconds. **DO NOT DRY Simplicity 1**
3. Dispense a drop of **Simplicity 2** into another cavity of the mixing well (dispense **Simplicity 2** just prior to use. (Two drops may be necessary for larger preps). Using the blue Ultratip® apply three brushfuls of **Simplicity 2** to the entire cavity preparation, dabbing each brushful to help distribute as much of the primer as possible.
4. Dry the primed surface with dried compressed air for at least 10 seconds with the air syringe tip as close as possible to the surface. **DRY Simplicity 2 THOROUGHLY**
5. Apply two additional full brushes of **Simplicity 2** and thoroughly dry again for 5 seconds.
6. Light-activate for 10 seconds. **Simplicity** can be activated with any dental activation light.
7. Apply one final coat of **Simplicity 2** and dry. **DO NOT LIGHT ACTIVATE.** (This additional coat maximizes the bond strength by increasing crosslink density at the adhesive / cement interface.)
8. Continue restorative procedure with material of choice. Follow manufacturer's instructions for all restorative materials.

# Protocol for Metal Bonding

1. Roughen the metal surface to be bonded. Ideal the surface should be micro-etched with 27 micron aluminum oxide powder. If micro-etching is not available the surface should be roughened with a burr.
2. Rinse and dry the surface.
3. Dispense a drop of **Simplicity 2** into a cavity of the mixing well. Using a blue Ultratip® applicator, apply two brushfuls of **Simplicity 2** to the metal surface.

4. Dry the primed surface with dried compressed air for at least 10 seconds with the air syringe tip as close as possible to the surface. **DRY *Simplicity 2* THOROUGHLY**
5. Light-activate for 10 seconds. ***Simplicity*** can be activated with any dental activation light.
6. Continue restorative procedure with material of choice. Follow manufacturer's instructions for all restorative materials.

## **Protocol for Bonding to Existing Composite**

1. Roughen the composite surface to be bonded. Ideal the surface should be micro-etched with 27 micron aluminum oxide powder. If micro-etching is not available the surface should be roughened with a burr.
2. Rinse and dry the surface.
3. Dispense a drop of ***Simplicity 2*** into a cavity of the mixing well. Using a blue Ultratip® applicator, apply two brushfuls of ***Simplicity 2*** to the metal surface.
4. Dry the primed surface with dried compressed air for at least 10 seconds with the air syringe tip as close as possible to the surface. **DRY *Simplicity 2* THOROUGHLY**
5. Light-activate for 10 seconds. ***Simplicity*** can be activated with any dental activation light.
6. Continue restorative procedure with material of choice. Follow manufacturer's instructions for all restorative materials.

## **Protocol for the Delivery of a CAD/CAM (or all ceramic) Restoration**

### **Preparing the Tooth:**

1. Rinse the preparation thoroughly and remove all visible water by drying the surface for approximately 5 seconds with dried compressed air.
2. Dispense a drop of ***Simplicity 1*** into one cavity of the enclosed mixing well. Using the red Microbrush® applicator, apply ***Simplicity 1*** to the entire cavity preparation and the surrounding tooth structure, agitating briskly for at least 10 seconds. **DO NOT DRY *Simplicity 1***

3. Dispense a drop of **Simplicity 2** into another cavity of the mixing well. Using the blue Ultratip® applicator apply three brushfuls of **Simplicity 2** to the entire cavity preparation, dabbing each brushful to help distribute as much of the primer as possible.
4. Dry the primed surface with dried compressed air for at least 10 seconds with the air syringe tip as close as possible to the surface. **DRY Simplicity 2 THOROUGHLY**
5. Apply two additional coats of **Simplicity 2** and dry thoroughly
6. Light-activate for 10 seconds. **Simplicity** can be activated with any dental activation light.

### **Imaging for CEREC® Restorations:**

1. Wipe off the oxygen-inhibited layer with a cotton pellet soaked in either isopropyl or ethyl alcohol, rinse and dry
2. Apply the scanning powder and scan the restoration
3. Rinse the powder off with an air-water spray. If any powder remains it may be removed with a cotton pellet soaked with **Simplicity 1**, rinsed and dried.
4. Isolation may be removed at this time if desired or may be left in place depending on clinician choice.

### **Preparing the Restoration:**

It is highly recommended the restoration is lightly micro-etched (27micron aluminum oxide), rinsed and dried prior to silanation and delivery. The micro-etching not only provides additional mechanical retention but also ensure the surface is completely free from milling oils and other contaminants.

1. Clean the restoration thoroughly to be sure all milling oil and other contaminants are removed. This can be done with steam or very thorough cleansing with isopropyl alcohol. Water and air will not provide a sufficiently clean surface.
2. Using a Microtip® applicator, apply an even coating of the prepared **Interface** solution to the ceramic surface and allow to dwell for 10 seconds.
3. Dry the **Interface** solution thoroughly (approximately 5 seconds)
4. Apply 2 coats of **Simplicity 2** to the surface, dry thoroughly and light activate for 10 seconds.

## Delivering the Restoration:

1. If isolation has been maintained, apply 2 coats of **Simplicity 2** to the sealed prep and dry thoroughly. Do not light activate.
2. If isolation has not been maintained or the sealed prep has become contaminated, the sealed prep should be cleaned with a cotton pellet soaked in alcohol, rinsed and dried. Then apply 2 coats of **Simplicity 2** to the sealed prep and dry thoroughly. Do not light activate.
3. **Anchor**<sup>®</sup> luting cement is then inserted either into the prep or onto the fitting surface of the restoration and the restoration is seated. As the **Anchor**<sup>®</sup> resin gels, the excess may be removed. Once the excess cement is removed, each restoration surface is light-activated for 10 seconds and the process is complete.

## Protocol for Sealing and Imaging for a CEREC<sup>®</sup> Restoration:

The following technique seals the tooth prior to introducing imaging powder which can be difficult to completely remove from the dentin tubules. By following this technique, sensitivity and bonding issues will be eliminated.

1. Prepare the tooth for the CEREC<sup>®</sup> restoration
2. Apply **Simplicity** as per manufacturer's instructions
3. Wipe off the oxygen-inhibited layer with a cotton pellet soaked in either isopropyl or ethyl alcohol, rinse and dry
4. Apply the scanning powder and scan the restoration
5. Rinse the powder off with an air-water spray. If any powder remains it may be removed with a cotton pellet soaked with **Simplicity 1**, rinsed and dried.
6. Isolation may be removed at this time if desired or may be left in place depending on clinician choice.
7. Once the restoration is fabricated and cleaned, the inner bonded surface may be sandblasted lightly with 27 micron aluminum oxide, rinsed and dried. Then **Interface** and **Simplicity 2** are applied, dried thoroughly
8. If isolation has been maintained, **Simplicity 2** only need be applied to the sealed prep and dried thoroughly.
9. If isolation has not been maintained, the sealed prep should be cleaned with a cotton pellet soaked in alcohol, rinsed and dried. Then **Simplicity 2** may be applied as above.

**Anchor**<sup>®</sup> luting cement is then inserted either into the prep or onto the fitting surface of the restoration and the restoration is seated. As the **Anchor**<sup>®</sup> resin gels, the excess may be removed. Once the excess cement is removed, each restoration surface is light-activated for 10 seconds and the process is complete.

For a more detail protocol for the delivery of a CAD/CAM restoration please see the prior page.

## **Protocol for Sealing and Imaging for a CEREC<sup>®</sup> Restoration**

The following technique seals the tooth prior to introducing imaging powder which can be difficult to completely remove from the dentin tubules. By following this technique, sensitivity and bonding issues will be eliminated.

1. Prepare the tooth for the CEREC<sup>®</sup> restoration
2. Apply **Simplicity** as per manufacturer's instructions
3. Wipe off the oxygen-inhibited layer with a cotton pellet soaked in either isopropyl or ethyl alcohol, rinse and dry
4. Apply the scanning powder and scan the restoration
5. Rinse the powder off with an air-water spray. If any powder remains it may be removed with a cotton pellet soaked with **Simplicity 1**, rinsed and dried.
6. Isolation may be removed at this time if desired or may be left in place depending on clinician choice.
7. Once the restoration is fabricated and cleaned, the inner bonded surface may be sandblasted lightly with 27 micron aluminum oxide, rinsed and dried. Then **Interface** and **Simplicity 2** are applied, dried thoroughly
8. If isolation has been maintained, **Simplicity 2** only need be applied to the sealed prep and dried thoroughly.
9. If isolation has not been maintained, the sealed prep should be cleaned with a cotton pellet soaked in alcohol, rinsed and dried. Then **Simplicity 2** may be applied as above.

**Anchor**<sup>®</sup> luting cement is then inserted either into the prep or onto the fitting surface of the restoration and the restoration is seated. As the **Anchor**<sup>®</sup> resin gels, the

excess may be removed. Once the excess cement is removed, each restoration surface is light-activated for 10 seconds and the process is complete.

For a more detail protocol for the delivery of a CAD/CAM restoration please see [here](#).