



## Simplicity® Instructions

The Principal uses of **Simplicity®** are:

- Direct Restorations: to bond enamel / dentin prior to restoring with light-cure or self-cure composite materials
- Indirect Restorations: bonding light-cured, self-cured or dual-cured composite cement or glass ionomer or resin-modified glass ionomer cement
- Desensitization: to treat hypersensitive and/or exposed root surfaces
- Bonding posts and cores
- Bonding veneers

### Simplicity® Instructions:

Although it is not critical to the success of **Simplicity®**, it is recommended that the preparation be cleansed with isopropyl alcohol on a cotton pellet and rinsed with water prior to beginning the bonding protocol.

- 1) Rinse the preparation thoroughly and remove all visible water by drying the surface for approximately 5 seconds with dried compressed air. Do not desiccate the tooth surface.
- 2) The **Simplicity®** kit contains red Microtip® tips, blue Ultrabrush® (bristle-type) tips, and a dual-ended applicator handle. Insert one of each type tip into the two ends of the applicator handle using a twisting motion.
- 3) A drop of **Simplicity® 1** is dispensed into one well of the small white plastic holding tray.
- 4) With the red Microtip® applicator, apply **Simplicity® 1** (a clear solution) to the preparation and gently agitate it on the preparation for 10 seconds. **DO NOT DRY Simplicity® 1.**
- 5) Dispense a drop of **Simplicity® 2** into the other well of the white holding tray (dispense **Simplicity® 2** just prior to using). For very large preps, two drops may be required. Fully immerse the blue Ultrabrush® tip into the **Simplicity® 2** (a yellow solution). Apply 3 full brushes of **Simplicity® 2** to the cavity prep.
- 6) **Dry thoroughly.** (Ideally dry with the air pressure set at 40 lbs. dry for 5 seconds from a two inch distance with the air stream perpendicular to the cavity floor.)
- 7) Apply two additional full brushes of **Simplicity® 2** and thoroughly dry (approximately 5 seconds).
- 8) Light-cure the adhesive for 10 seconds. If unsure about the light output, light cure for 20 seconds.
- 9) In class I and class II restorations, it is highly recommended that a thin layer (0.5 mm) of **Titan** flowable resin composite be placed on the pulpal floor of the cavity and light-cured prior to insertion of the restorative material.
- 10) Prior to using a self-cure or dual-cure composite or cement, apply one more coat of **Simplicity® 2** and dry. **DO NOT LIGHT-CURE.** Or place a thin layer of a low-viscosity flowable resin composite and light-cure according to manufacturer's instructions.

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

Note: **Simplicity® 1** should be agitated for 10 seconds on uncut enamel.

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

For technical assistance please call toll-free: 1-877-APEX-123

For video versions of our instructions please visit our website at [www.apexdentalmaterials.com](http://www.apexdentalmaterials.com)

### Bonding in a Post:

- 1) After rinsing the preparation, dry the surface for at least 3 seconds with dried compressed air. An appropriately sized paper point(s) is inserted into the canal to remove any remaining moisture.
- 2) A drop of **Simplicity® 1** is dispensed into one well of the small white plastic holding tray.
- 3) Using a bristle brush, **Simplicity® 1** solution is applied to the canal. It is allowed to dwell for 5 seconds. If there is any significant pooling of the **Simplicity® 1** it should be blotted away. The prep should not be allowed to dry. (If the core is to be bonded at the same time, apply **Simplicity® 1** to the rest of the prep as well.)
- 4) Dispense a drop of **Simplicity® 2** into the other well. Using a clean bristle brush tip, immediately apply 3 full brushes of **Simplicity® 2** into the canal space (and the rest of the prep if indicated).
- 5) The canal space is dried for at least 5 seconds.
- 6) An appropriately sized paper point is inserted into the canal to remove any excess solvent.
- 7) To ensure complete removal of solvent, the canal is dried again for 5 seconds.
- 8) The adhesive is light-cured for 20 seconds aiming the light guide directly into the canal parallel to the post space.
- 9) Sandblast post if it is metal. Coat the post with a layer of **Simplicity® 2**, dry thoroughly (approximately 5 seconds) and light-cure 10 seconds.
- 10) Apply an additional coat of **Simplicity® 2**, thoroughly air dry (approximately 5 seconds), do not light-cure.
- 11) Inject **anchor® The Complete Core Build Up / Luting Material** (or a material of your choice) into the canal.
- 12) Seat post into canal. If a dual-cure resin cement is used, the outer surface may be light-cured at this time and the rest of the core built up.