

**THERE IS NOT A SINGLE MATERIAL AT THIS TIME THAT STATES IT CAN BE CURED IN 3 SECONDS (including TEC).**

If there is a material that you need that isn't on here, I ask that you look that up as I don't have the bandwidth to look up every material. ☺



Since we know that none of these will cure in 3 seconds, take a look and see how varied the recommended curing times are. This is EYE OPENING!

**FILTEK SUPREME ULTRA (not currently indicated for a 3 sec cure):**

Shades	Increment depth	Cure Time	
		All halogen lights LED lights (with output 400-1000 mW/cm <sup>2</sup> )	3M™ ESPE™ LED lights (with output 1000-2000 mW/cm <sup>2</sup> )
Body, Enamel, Translucent	2.0 mm	20 sec.	10 sec.
Dentin, A6B and B6B	1.5 mm	40 sec.	20 sec.

**TPH SPECTRA ST (not currently indicated for a 3 sec cure):**

Curing time for 2 mm increments

TPH Spectra® ST Curing Recommendations			
Shades	 mW/cm <sup>2</sup>	Output mW/cm <sup>2</sup>	 Curing Time
All shades		≥ 500	20 sec
		≥ 800	10 sec

**SUREFIL SDR FLOW+ (not currently indicated for a 3 sec cure):**

Curing Recommendations <sup>5</sup>			
Shade	Light Output	Cure Time 2 mm	Cure Time 4 mm
Universal	Halogen and LED Lights 550-1000 mW/cm <sup>2</sup>	20 sec.	20 sec.
	High Power LED Lights 1000-2000 mW/cm <sup>2</sup>	10 sec.	10 sec.
A1, A2, A3	Halogen and LED Lights 550-1000 mW/cm <sup>2</sup>	20 sec.	40 sec.
	High Power LED Lights 1000-2000 mW/cm <sup>2</sup>	10 sec.	25 sec.

**FILTEK SUPREME ULTRA FLOW (I can't find the IFU for this online – sorry)**

**TETRIC EVO CERAM (not currently indicated for a 3 sec cure):**

Table 1

Program \ Unit	Bluephase® Style M8	Bluephase® Style	Bluephase® Style 20i
Turbo	–	–	5 s
High Power	15 s	10 s	10 s

light intensity	exposure time
≥ 500 mW/cm <sup>2</sup>	20 s
≥ 1000 mW/cm <sup>2</sup>	10 s

**SONICFILL 2 (not currently indicated for a 3 sec cure):**

Kerr recommends additional 10 second cures on both the buccal and lingual surfaces of the tooth.

Curing Method	All Shades
Optilux (or light with output 650 – 1000 mW/cm <sup>2</sup> )	20 Seconds
Demi Ultra / Demi Plus (or light with output >1000 mW/cm <sup>2</sup> )	10 seconds

**SONICFILL 3 (not currently indicated for a 3 sec cure):**

Kerr recommends additional 10 second cures on both the buccal and lingual surfaces of the tooth.

Curing Method	All Shades
Demi Ultra / Demi Plus (or light with output >1000 mW/cm <sup>2</sup> )	10 Seconds

**HARMONIZE (not currently indicated for a 3 sec cure):**

In any posterior restoration, Kerr recommends additional 10 second cures on both the buccal and lingual surfaces of the tooth.

	Dentin Shades	Enamel/Translucent (Incisal) Shades
Incremental Depth	1.5 mm	2.0 mm
Optilux™ (or light with output 600-1000 mW/cm <sup>2</sup> )	20 seconds	
Demi™ Ultra/Demi™ Plus (or light with output >1000 mW/cm <sup>2</sup> )	10 seconds	

### FILTEK Z250 (not currently indicated for 3 sec cure):

7. **Curing:** Filtek Z250 restorative is intended to be cured by exposure to a halogen or LED light with a minimum intensity of 400 mW/cm<sup>2</sup> in the 400-500 nm range. Cure each increment by exposing its entire surface to a high intensity visible light source, such as a 3M ESPE curing light. Hold the light guide tip as close to the restorative as possible during light exposure. The recommended exposure time and maximum increment thickness for each shade is shown below.

Shade	Thickness	Exposure Time
A1, A2, A3, A3.5, A4, B1, B2, B3, C2, D3, I	2.5 mm	20 sec.
UD	2.0 mm	30 sec.

### FILTEK ONE BULK FILL (not currently indicated for a 3 sec cure (or even a 10 second one for that matter):

Restoration Type	Increment Depth	Halogen Lights (with output of 550-1000 mW/cm <sup>2</sup> )	LED Lights (with output 1000- 2000 mW/cm <sup>2</sup> )
Class I	4 mm.	40 sec.	20 sec.
Class II	5 mm.	20 sec. Occlusal 20 sec. Buccal 20 sec. Lingual	10 sec. Occlusal 10 sec. Buccal 10 sec. Lingual

### ESTHET·X HD (not currently indicated for a 3 sec cure):

6. **Curing:** Light cure each area of the restoration surface with a suitable visible light curing unit designed to cure materials containing camphorquinone (CQ) initiator, i.e. spectral output containing 470nm. Minimum light output must be at least 550mW/cm<sup>2</sup> exposure for at least 20 seconds. Some advanced performance curing units (e.g. SmartLite® iQ™ L.E.D. Curing Unit) have been shown to cure 2mm increments of most shades of Esthet·X® HD Restorative material in 10 seconds. Refer to curing light manufacturer's recommendations for compatibility and curing recommendations. The Esthet·X® HD Restorative material should be additionally exposed to the curing unit through the proximal, lingual, and buccal enamel walls following matrix removal for the recommended time.

Please note, there are instances where the manufacturer of the material refers the doctor to the specs and recommendation of the light. We will respond that we have not specifically tested the materials with the Bluephase PowerCure so we will not recommend a curing protocol.