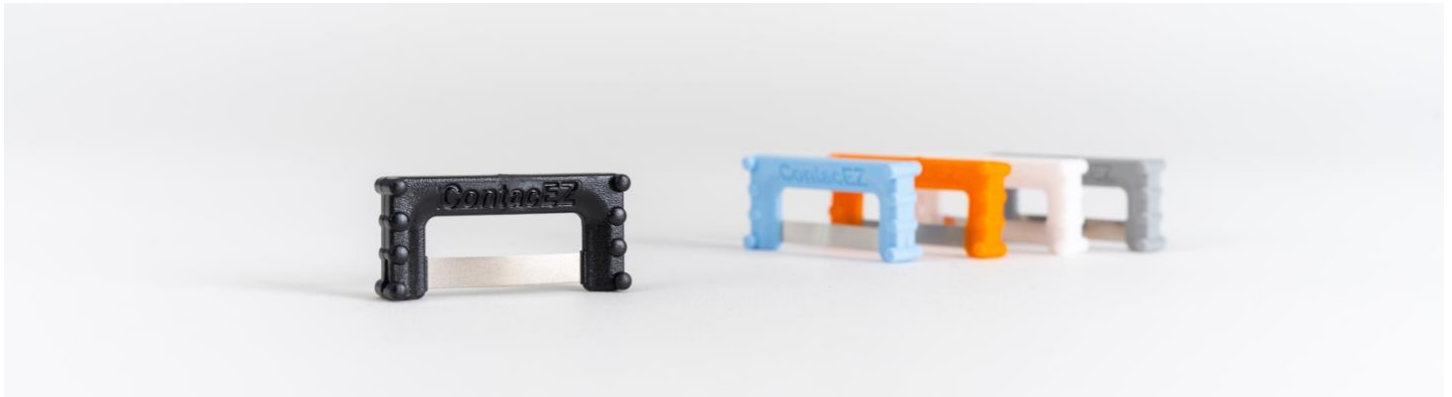


ContacEZ introduces Adjust-Clean-Polish technique for its Restorative Strip System

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The Adjust-Clean-Polish technique uses the ContacEZ Restorative Strip System for complete interproximal finishing with every direct and indirect restoration. [DentistryIQ Editors](#)



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Restorative dentistry is not a practice without its fair share of hurdles, particularly when it's needed in the interproximal spaces, which can be difficult to see and reach. Dentists are faced with a wide variety of challenges that, if improperly addressed, can jeopardize the longevity of the restoration and the patient's comfort.

To address the most common challenges and provide simple, reliable solutions, ContacEZ has pioneered the Adjust-Clean-Polish technique with its Restorative Strip System. Designed by Dr. Daniel S. Kim after decades of experience in both lab-fabricated and CAD/CAM restorations, the technique utilizes dental strips to adjust proximal contacts, clean out trapped resin cement, and polish the interproximal surfaces to restore a natural finish.

In the first step, Adjust, the proximal contacts are adjusted using the Black Diamond Strip, the Proximal Contact Adjuster (.06-mm, single-sided, fine diamond) (figure 1). In the past, contacts were checked with floss, which could twist or warp, giving unreliable measurements. Contact adjustment was then performed out of the mouth using rotary instruments, leading to inaccurate reduction and, occasionally, crowns being dropped onto the floor. Engineered to precise specifications determined through in-depth clinical trials and research, the Black Diamond Strip is a more accurate and reliable way to adjust proximal contacts directly in the mouth, ensuring relief from tight contacts.



Figure 1: A Black Diamond Strip is used to reduce heavy contact between the new crown and the adjacent tooth before final cementation.

The second step, Clean, concerns the often tricky removal of excess resin cement trapped in interproximal spaces. The White Serrated Strip, the Gentle Saw, (.035-mm, serrated, no diamond) conforms to the contours between the teeth to completely cut and clean out trapped resin cement that neither floss nor scalers can reach (figure 2). The ultra-thin strip can even be inserted between adjacent veneers prior to light-curing without disturbing placement.



Figure 2: The White Serrated Strip is used to remove excess resin cement from the interproximal area.

In the final step, Polish, the Gray Final Polishing Strip (.05-mm, single-sided, extra-fine diamond) is used to polish off diamond marks and other surface roughness to restore a natural finish (figure 3). This vital step helps reduce the accumulation of bacteria from rough, uneven interproximal surfaces. Using the finest diamond grit of any dental strip on the market, the Gray Final Polishing Strip can be used without fear of opening the contacts.



Figure 3: The Gray Final Polishing Strip is used to polish the interproximal area to a natural finish without reopening the contacts.