

## Black Triangles – Step by Step with Materials

1. Initial Photographs- dry embrasures to remove saliva bubbles – front, oblique
2. Pre-operative whitening (a)
3. Anesthetic
4. Remove Lingual retainer if present\*
5. Groom contacts with Blue TruContact Sander (may need to continue with Orange then Red Sander) (b)
6. Place Rubber Dam with smaller size hole with normal spacing (c)
7. Dry teeth then Disclose (d)
8. Blast (e)(f)
9. Observe and remove any residual hard Biofilm
10. Select matrices. Trim as needed. Start at Midline. (g)
11. Place “aquarium” matrices on tooth to be treated first and “shepherd” matrices on mesial and distal. (g)
12. Acid etch, rinse and dry (h)
13. Prepare to fill using injection molding technique.
14. Place adhesive, air thin. (i)
15. Heated flowable (j) (s)
16. Heated (regular) composite Paste (k)
17. Cure (l)
18. Amputation of excess > 1mm with high speed dry and gross sculpt with coarse flame diamond to reestablish references. (m)
19. Final gross sculpting with disc. (n)
20. Proceed to next tooth. Place aquarium matrices on tooth to be filled. Shepard matrix on distal contact. (g)
21. Repeat steps 12-19
22. Finishing strip across margins (o)
23. Pre-polish with Magic Mix and disposable latch grip cup (p) (q)
24. Rock Star Polish with diamond impregnated cup use heavy pressure with water spray (r)

### Other Benefits of Treating more than just Black Triangles:

- Incisal edge treatment
- Opacification of incisal translucency
- Treat root abrasions
- Orthodontic Stability (especially in periodontal and post orthodontic cases)
- Minor toothy alignment corrections

## Reference Page – Lower Black Triangles

- (a) Opalescence PF Whitening Gel 20%
- (b) Bioclear TruContact Sander
- (c) Hygenic Dental Dam – Heavy/Blue - Natural Latex
- (d) Bioclear Disclosing Solution Dual Color
- (e) Bioclear Blaster
- (f) Bioclear Aluminum Trihydroxide Prophy Powder or Dentsply Cavitron Aluminum Trihydroxide Prophy Powder
- (g) Bioclear Matrix DC-203 and/or A-103
- (h) Ultradent Ultra-Etch 35% Phosphoric Acid-Clinical Research Dental in Canada
- (i) Clinician's Choice MPa Max Adhesive-Clinical Research Dental in Canada
- (j) Clinician's Choice Evanesce Flowable-Clinical Research Dental in Canada
- (k) Clinician's Choice Evanesce Nano Enhanced Universal Restorative Composite-Clinical Research Dental in Canada
- (l) Ultradent VALO Cordless Curing Light-Clinical Research Dental in Canada
- (m) Shofu Robot Points Diamond Burs PN840C-1
- (n) Cosmedent Flexi Discs – Large, Coarse – Clinical Research Dental in Canada
- (o) Cosmedent Flexi Strips – Clinical Research Dental in Canada
- (p) Bioclear Magic Mix Pre-Polisher
- (q) Prophy Cups RA Webbed Dentsply Rinn Crescent
- (r) Clinician's Choice Shape & Shine Cup 05-Clinical Research Dental in Canada
- (s) Bioclear Heat Sync heater-auto set at 155°F