

## Self Assessment Questions

### Technique Tips for Predictable and Profitable Composites in Daily Practice

with Dr. Marcos Vargas

- 1) To facilitate shade selection the Vitapan shade guide should be arranged according to:
  - a) Value
  - b) Chroma
  - c) Hue
  - d) Perceived bright to dark.
- 2) True or false? Making and using a custom made shade guide of the composite resin is better than using the Vitapan shade guide for shade selection.
- 3) When selecting shades:
  - a) Do not stare.
  - b) Eliminate shades instead of finding a match.
  - c.) Teeth should be hydrated.
  - d) Teeth should be clean
  - e) All of the above
- 4) In anterior composites, beveling the cavity preparation helps by:
  - a) Increasing the surface area for bonding.
  - b) Blending the shade of composite into tooth structure.
  - c) Exposing the end of enamel rods for increased bonding.
  - d) All of the above.
- 5) True or false? Placing flowable composites in between resin increments helps by preventing formation of voids.
- 6) True or false? The size of a posterior composite sectional matrix is determined by measuring the depth of the prep. The height of the matrix is equivalent to the depth of the prep.
- 7) The purpose of using a wedge when doing a Class 2 composite is:
  - a) Create some separation to compensate for the thickness of the matrix.
  - b) Close any space between the matrix and the tooth at the gingival area.
  - c) Prevents the matrix from moving while inserting composite.
  - d) Wooden or plastic wedges work well.
  - e) ALL of the above
- 8) True or false? Heated composites result in the generation of voids and prevents insertion of the composite in the cavity preparation.
- 9) Flowable composite are:
  - a) Weaker than glass ionomers.
  - b) Stronger than conventional composite.
  - c) Should not be heated.
  - d) Not indicated for the "snowplow technique"
  - e) Not indicated for stress bearing areas.
- 10) True or false? Well polished composite attract less stain and bacteria colonization.