

Dental **PRODUCT
SHOPPER**

A Composite Like No Other

Building on the success of Bulk EZ, Zest's new Bulk EZ PLUS offers even better handling, shade matching, polishability, and wear resistance.



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Bulk EZ PLUS: The New Practice Workhorse

From seasoned practice owners to high-level educators, a growing number of dentists are choosing this dual-cure material as their go-to for a variety of situations.

Dr. Michael Nelson first used Zest's original Bulk EZ in 2015, and has since placed more than 5,000 restorations with the bulk-fill flowable composite. In fact, it became his material of choice for every composite restoration placed at his Redding, CA, practice—until a few months ago, that is, when he tried the enhanced version, Bulk EZ PLUS.

Everything he loves about Bulk EZ, including its unlimited depth of cure, microleakage prevention, and chameleon-like properties, serves as the foundation for the new material. Zest has improved upon this already game-changing product by incorporating 80-nm spherical zirconia fillers, giving the material better shade-matching capabilities and polishability for enhanced esthetics, as well as greater strength and wear resistance for durability.

With the new material, there's no longer a need to add a capping layer in the posterior to improve wear resistance, and thanks to the ideal polishability of Bulk EZ PLUS, clinicians can reduce both inventory and time spent chairside on multistep protocols to enhance the shine on anterior restorations. The improved handling and thixotropic properties make Bulk EZ PLUS even more of a workhorse than the original, with



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Patrick Roetzer, DDS

indications including direct restorations of all classes, crown fabrication, core buildup, and root/post cementation.

"This is a product that challenges all of the traditional composite theories. I don't think there's any other product like it in dentistry," Dr. Nelson said. "It challenges our paradigms. But if you want to have the best margins, the convenience of filling deep restorations and avoid stressing thin areas of the tooth, this is a material you should try."

What Makes It Different

Dr. Troy Schmedding also used Bulk EZ for years at his office in Wal-

nut Creek, CA, before trying the new version. He was impressed, noting the improved physical characteristics that provide added strength and wear resistance, as well as the boost in esthetics—all made possible by the spherical zirconia filler technology.

How do these fillers enhance esthetics? For starters, they provide better light distribution, absorbing surrounding tooth color so restorations blend in even better with natural teeth.

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A FLOWABLE MATERIAL

One of the keys to developing a robust bulk fill, Dr. Patrick Roetzer said, is ensuring it can flow into all the small crevices, preventing microleakage at the margin. This material can flow readily from a 20-gauge needle, which he describes as a major accomplishment.

BULK EZ PLUS IN PRACTICE

by Dr. Troy Schmedding



Case 1: Before



Case 1: After



Case 2: Before



Case 2: After

ing teeth," said Dr. Patrick Roetzer, former director of operative dentistry at the University of the Pacific/Arthur A. Dugoni School of Dentistry. "That means you can place the material into a cavity and it will pick up the color of the surrounding material, dentin, and enamel." This, as well as the product's versatility, reduces the number of materials you need to have on hand, he noted.

"It's a product that can be used for numerous things, which is wonderful for inventory control," said Dr. Zachary Meiners, who has used both Bulk EZ products at his practice in Independence, MO. "It can be my filling material, my buildup material, and a post cement. And it's compatible with all bonding agents without needing any extra materials."

Another benefit? Bulk EZ PLUS offers more shades than the original, including a new core buildup option that's opaque white, Dr. Meiners said, making the material easy to see when performing a crown prep. Then, of course, there's the upgrade in polishability. The clusters, when combined with the discrete particles typically found in composites, provide a higher filler load, resulting in more shine. When the restorations are finished, the material produces what Dr. Roetzer described as a "beautiful sheen" and a smooth feel.

The spherical clusters also promote wear resistance. With Bulk EZ, it's possible for a bit of wear to start to show up four or five years after placement in some cases with exacerbating factors.

BENEFITS OF THE NEW BULK EZ PLUS

This bulk fill material features 80 nm spherical zirconia fillers, which results in:

- A simplified shade system and better shade matching
- Improved polishability and gloss retention
- Enhanced wear resistance

Other benefits include:

- Unlimited depth of cure
- No additional primers or activators needed
- Prevents gaps and leakage
- No layering or capping needed, saving time
- Easier handling

Bulk EZ PLUS addresses that, with the cluster formulation creating a stronger material. There's no longer a need for a capping layer to help prevent wear, removing a step from the process.

Bulk EZ PLUS is also slightly more viscous, said Dr. Tyler Rumble, of Arlington, WA, making it easier to handle and opening up its use for a variety of cases. "I've replaced all of my other dual-cure materials with Bulk EZ PLUS," he said. "It handles better and simplifies the process."

Predictable Placement

Like its predecessor, Bulk EZ PLUS eliminates the need for incremental layering, saving a significant amount of time. Dentists no longer have to pack

material, stop, and light cure every few millimeters—a process that is not only time-consuming, but also opens up the opportunity for problems to creep in, Dr. Schmedding said. No matter how big the filling, he can place the material he needs and then let it sit for 90 seconds to set. This is a shift in technique for many dentists who are used to incremental layering, but one that's more efficient and cuts procedure time.

"Dual-cure materials take the guessing game out of polymerization," Dr. Schmedding said. "I don't have to rely on a light source. That gives me a more predictable result."

Dr. Roetzer said he can fill a large cavity in about 15 seconds, let the material sit for 90 seconds, and then move on to hard sculpting to create a nice anatomical finish using patented burs he's developed. He then light cures for a higher degree of conversion, which contributes to the better wear resistance the material provides.

Eliminating the layering process makes procedures less stressful and produces fewer voids, Dr. Meiners said.

"It simplifies larger fillings," Dr. Rumble said. "With big fillings, the one thing you always worry about is getting a full cure and gaps between layers. This material helps prevent the gaps and, because of the self-cure nature, you don't have to worry about depth-of-cure issues. You know you're getting a complete seal and that it's going to fully set and not cause any post-op sensitivity."

The material handles shrinkage stress well, which is key to reducing post-op sensitivity. Unlike other composites that cure and shrink toward the curing light, Bulk EZ PLUS cures from the bottom up during the 90-second auto cure.

Because it is so flowable and viscous, the material is easy to work with—no matter the indication. "Dispensing with the bendable canula tip is very easy;



"This is a very predictable option and it saves time—two very important factors to consider."

Troy Schmedding, DDS, AAACD

there are almost no gaps in between the restoration and the tooth," Dr. Rumble said. "It's also allowed an easy placement of core buildups. And because it's more viscous, it's easier to place without a matrix band."

Bulk EZ PLUS is also compatible with all bonding agents, Dr. Schmedding said, which is critical. If you use a bonding agent that isn't compatible with your material, it might not cure properly. While you can add material to make it compatible, that's another step in the process, and if you forget, it will impact the bond and ultimately the longevity of your restorations.

Not only does the material make the process faster, it also creates measurably better margins than light-cured composites, Dr. Nelson said. So, teeth not only look beautiful, they function better and there's no cavity-causing microleakage.

"This is a very predictable option and it saves time—two very important factors to consider," Dr. Schmedding said. "If I can use a material that predictably polymerizes at the deepest part of the

restoration 100 percent of the time and I don't have to pack or manipulate the composite, which isn't easy to do day in and day out, that's a win for everybody."

Taking a Different Approach

Many dentists have relied on Bulk EZ for years, simplifying procedures while providing patients with beautiful, predictable results. Bulk EZ PLUS builds on that success, offering even better strength and esthetics while saving time. Incremental layering is no longer necessary to achieve a complete cure, while enhanced physical properties and esthetics take the capping and overlaying steps out of the process, reducing inventory and saving time.

"You have a material that has grown out of science and that has matured to its second generation," Dr. Roetzer said. "Being able to use the clustered particles with the discrete particles in the formulation is a huge step in the right direction. Dentists who use this product for the first time will be very impressed with how it operates and how it meets their needs."

A BETTER BULK FILL

The common concern with dual-cure bulk fill materials is polymerization shrinkage and is the reason Dr. Allan Mohr typically doesn't use them. When he was looking for a new option specifically for core buildups, he decided to give Bulk EZ PLUS a try, and said shrinkage hasn't been an issue.

He hasn't had any complaints about post-op sensitivity and likes the material's handling and consistency. It's also stackable, easy to use, and prepares well when shaping for a crown.

What Your Patients Like About Bulk EZ PLUS

Bulk EZ PLUS makes your job quicker and easier, which translates into benefits for patients as well. And when your patients are happy, they're more likely to accept treatment and refer your practice to family and friends. Here's an overview of how investing in this material is good for your patients:

Reduced chair time. Patients want to be in and out of the office as quickly as possible, Dr. Patrick Roetzer said. Because the material eliminates steps in the process and increases your efficiencies, patients leave with beautiful restorations in a shorter amount of time.

Less risk of microleakage. This is an issue that's common in composite restorations, sometimes leading to recurrent caries, Dr. Roetzer said. The risk is significantly reduced with Bulk EZ PLUS, keeping patients healthier and saving them money on dental care.

Better esthetics. With the material's chameleon effect, you can't tell where the filling ends and the tooth begins, Dr. Roetzer said. Bulk EZ PLUS also has better polishability, meaning patients leave with a more esthetic restoration.

Less post-op sensitivity. Because the material is auto cured, it eliminates the risk of part of the filling separating from the bonded tooth surface during light curing—an issue that leads to post-op sensitivity, Dr. Roetzer said.

The restorations are long lasting. The material is wear resistant and durable, Dr. Meiners said, so restorations stand the test of time.

Color stability. The restorations stay beautiful, Dr. Tyler Rumble said. He recently saw a patient for whom he completed a large filling a few years



"I was recently doing a restoration on a patient's front tooth, a rather big filling, and thought, 'Wow, that looks good.'"

Mike Nelson, DDS

ago, and the restoration looked as good as the day it went in. That's common with Bulk EZ and will continue with Bulk EZ PLUS.

Dentistry can be minimally invasive. Because the material is so flowable, you don't have to cut a large hole in the tooth to eradicate caries, Dr. Roetzer said. The material flows through a smaller gauge needle, making the procedure less invasive.

Bulk EZ PLUS reduces procedure time while also allowing you to provide patients with beautiful restorations that last. Dr. Mike Nelson, who used the original as a workhorse in his practice, has been surprised by just how esthetic the restorations are, and the fact that he doesn't always have to layer it with a composite to give it a beautiful shine.

"I was recently doing a restoration

on a patient's front tooth, a rather big filling, and thought, 'Wow, that looks good.' I don't need anything besides Bulk EZ PLUS," he said. "I get the margins I want and it looks good. It's polishable. And I'm optimistic this material is going to wear like any other composite. Those are the main strengths that make me always reach for this."

BULK EZ PLUS CAN BE USED FOR:

- Direct restorations of all classes
- Crown fabrication
- Core buildup
- Root/post cementation

Additional Resources

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