



Distal Space



Mesial Space



Clean Cement



Polish Surface



Check with Floss

## 1. Adjust

In the patient's mouth, insert the **ContactEZ Black Diamond Strip** into the distal and mesial interproximal spaces with the abrasive side facing the crown to determine which side has heavy contact. The side with more pressure is the side with heavier contact.

Adjust proximal contact by moving the strip buccolingually, without vertical force, about 6 times on the side with heavier contact. Repeat this motion until equal pressure is felt on both sides. Proximal contact adjustment is complete, and the crown is ready for definitive cementation.

## 2. Clean

The crown is now ready for definitive cementation. After the crown is cemented, if there is excess cement trapped in interproximal spaces, use the **White Serrated Strip** to cut and clean out the trapped cement.

## 3. Polish

Using the **Gray Final Polishing Strip**, polish the adjusted proximal surfaces of the crown to restore a natural finish in one step. This strip also confirms Interproximal Relief\* after definitive cementation.

The crown now has complete marginal seating. Dental floss will pass through the interproximal contacts with heavy resistance, snapping in and snapping out. ContacEZ's innovative crown seating method allows you to seat crowns simply and easily, with minimum time and effort.

### If the crown does not fit...

Check the clearance between the inner surface of the crown and the surface of the prepped abutment with an explorer. The side with less clearance is the side with heavier contact.

Place the crown onto the working stone model and pass the **Clear LAB Stone Strip** back and forth a few times with the abrasive side facing the crown in order to lighten the contact. Squeeze the model towards the crown to increase abrasion. Place the crown back into the patient's mouth, and use the **Black Diamond Strip** to complete ideal proximal contact adjustment.

If the crown still will not fit in the space, move back to the stone model and use the **Cyan LAB Stone Strip** to adjust the proximal contact. The thicker strip will reduce the contact slightly more than the **Clear**, and then you can finish adjustment in the mouth with the **Black Diamond Strip**.



Check Clearance



Stone Model

\*Interproximal Relief: In natural dentition in its resting position, there is microscopic clearance or passive contact between teeth, which is referred to as Interproximal Relief. Therefore, when damaged teeth are artificially restored, Interproximal Relief must be restored for patient comfort and functionality.  
-Daniel S Kim DDS: The Journal of Prosthetic Dentistry, Vol. 97 No. 4, April 2007



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