

# 3M™ Single Bond Universal Adhesive

## Technique Guide

**MENU ›**



## Technique Guide

We want you to get the best results using 3M™ Single Bond Universal Adhesive in your restorative procedures. That's why we've created this interactive Technique Guide. In it, you'll find a list of indications and simple technique guides for the most commonly performed procedures. Each guide has step-by-step illustrations and easy instructions that are important to know in advance of the procedure.

## Menu

Click or tap to jump to the desired technique.

**Indications .....3**

### Technique Guides

**Etching Techniques ..... 4**

**Dispensing from Unit Dose ..... 5**

**Dispensing from Vial ..... 6**

**Direct Restorations ..... 7**

**Dual-Cure and Self-Cure ..... 8**

**Fissure Sealants ..... 9**

**Protective Varnish for Glass Ionomer Materials ..... 10**

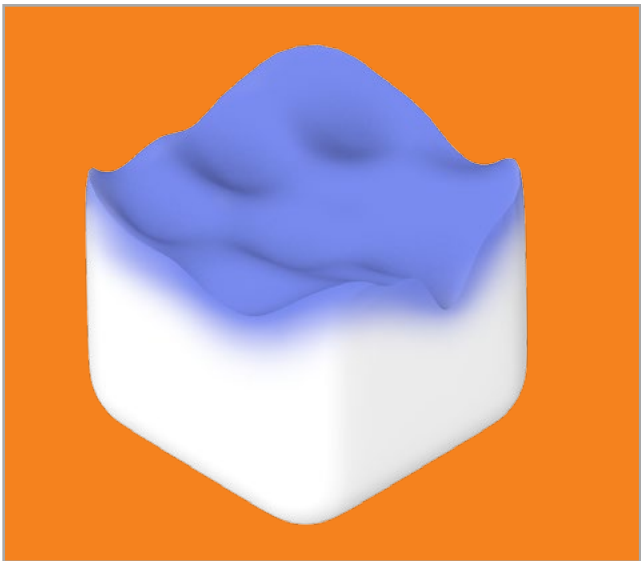
**Veneers ..... 11**



# Indications\*

- Bonding light-cured composite or compomer for all classes of direct restorations
- Bonding of dual-cure cements and core build-up materials
- Bonding of self-cure composites
- Root surface desensitization
- Sealing of dentin prior to amalgam restorations
- Protective varnish for glass ionomer restorative materials
- Repair of composite or compomer restorations
- Bonding sealants
- Bonding veneers in combination with 3M™ RelyX™ Veneer Cement

# Etching Techniques\*



## Total Etch

Phosphoric acid is applied to both the enamel and dentin surfaces.



## Selective Etch

Phosphoric acid is applied only to the enamel surface. Dentin treatment is achieved through the self-etch function of 3M™ Single Bond Universal Adhesive.



## Self Etch

Dentin treatment is achieved through the self-etch function of Single Bond Universal adhesive.

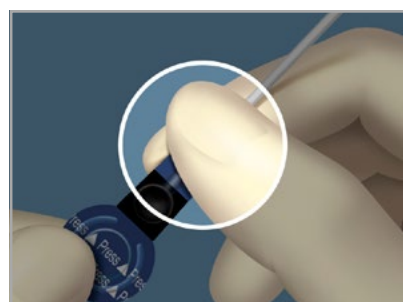
\*Please refer to the Instructions for Use for more information.

# Dispensing from Unit Dose\*



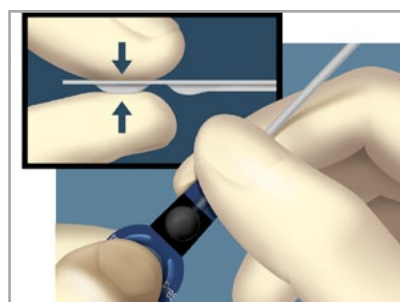
①

Do not squeeze the L-Pop™ blister without the disposable applicator.



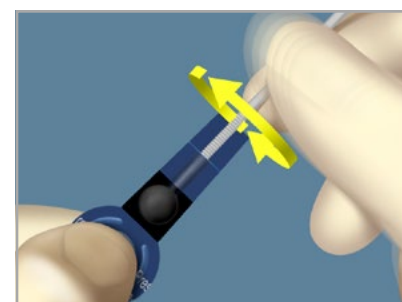
②

Hold the shaft of the disposable applicator with one hand, covering the blister opening with your thumb. This will prevent the etching liquid from spraying out.



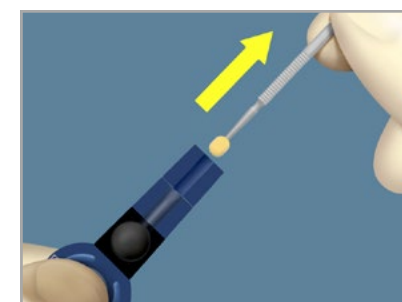
③

With the thumb and index finger of the other hand, squeeze the reservoir of the L-Pop blister, starting with the outer end, in the direction of the disposable applicator.



④

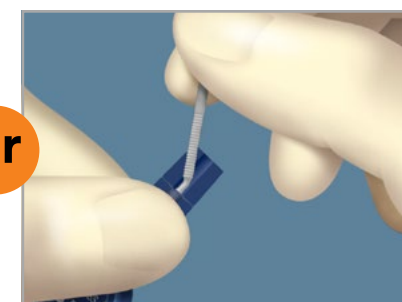
Turn the disposable applicator back and forth in the liquid to cover it completely.



⑤a

**Option A:** For easy application in the cavity, the disposable applicator can be bent while it is still in the L-Pop blister. In order to do this, only pull the disposable applicator out of the blister far enough so that the narrow section of the applicator shaft can be seen. Fold the applicator shaft at this location over your thumbnail.

or



⑤b

**Option B:** During the treatment, press all of the liquid into the open depression end with your thumb and index finger to rewet the applicator.

# Dispensing from Vial\*



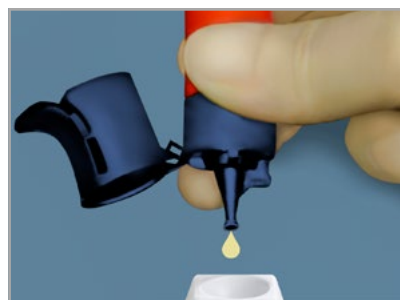
①

The dosing bottle cap has a thumb depression so that it can be opened to one side and closed again with one hand. The cap will remain open if the opening angle is  $> 90^\circ$ .



②

To open, take the bottle in your hand, place your thumb in the thumb depression, and push the cap to the side until it remains in the open position.



③

Hold the bottle upside down in a vertical position and pour the required quantity of 3M™ Single Bond Universal Adhesive in a mixing well. Protect the adhesive in the mixing well from light.



④

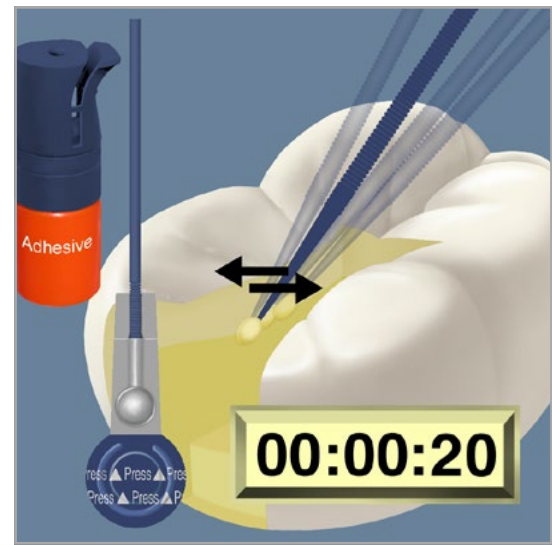
After use, carefully close the bottle again by applying pressure to the lever from above.



⑤

The cap audibly snaps into place when pressed closed, and a small, even gap between the cap and bottle can be seen all the way around.

# Direct Restorations\*



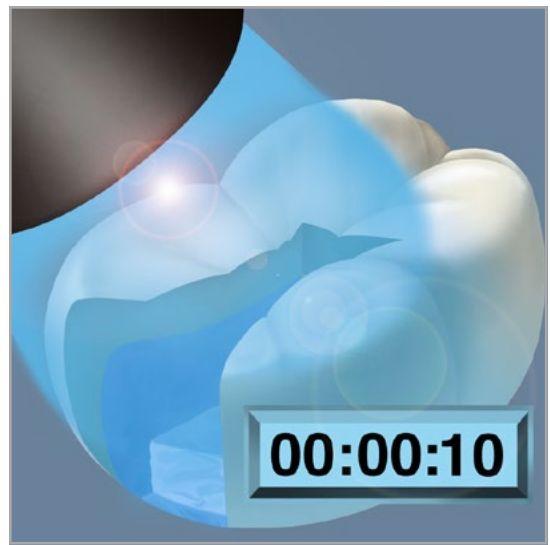
①

Following the selective enamel etch or total etch of the enamel and dentin, apply the adhesive to the prepared tooth and rub it in for 20 seconds.



②

Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.



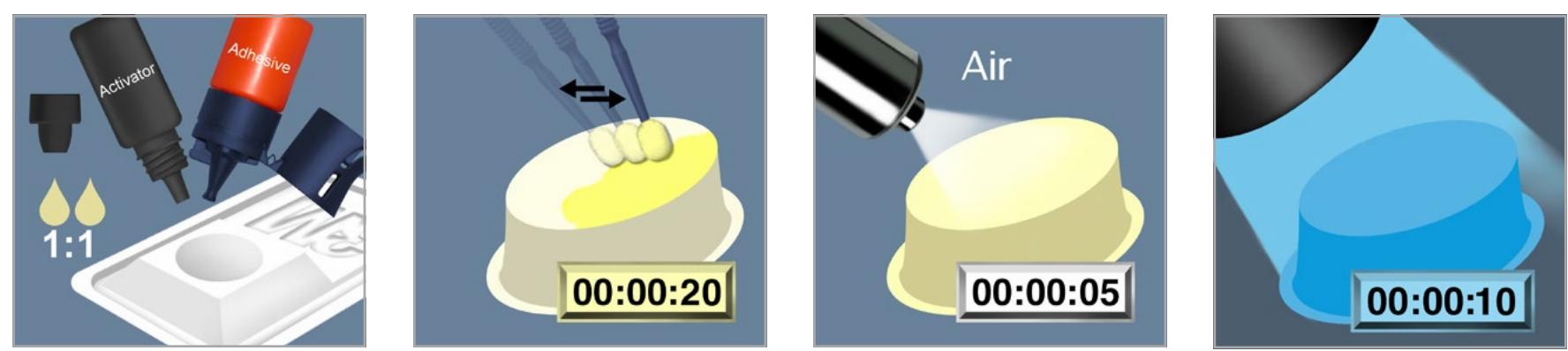
③

Light cure for 10 seconds.

\*Please refer to the Instructions for Use for more information.

# Dual-Cure and Self-Cure\*

## Bonding of Dual-Cure Cements and Core Build-up Materials

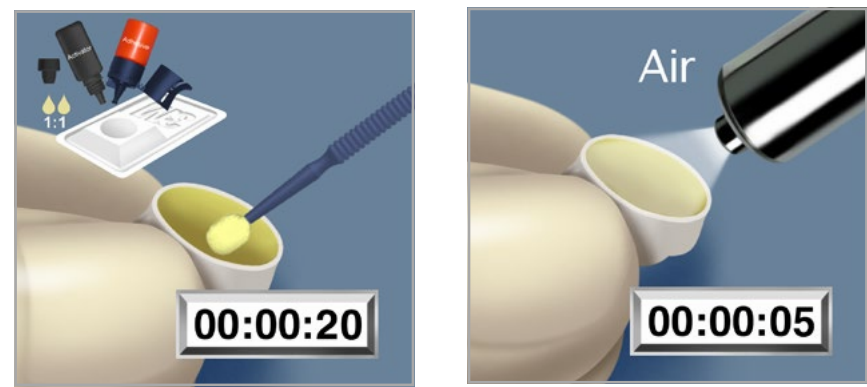


- ① Place one drop each of 3M™ Single Bond Universal Adhesive and dual cure activator\* in a mixing well and mix for 5 seconds.
- ② Apply the adhesive or adhesive mixture to the prepared tooth and rub it in for 20 seconds.
- ③ Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.
- ④ Light cure for 10 seconds. (Optional step with 3M™ RelyX™ Ultimate Cement.)

\* The 3M™ Single Bond Universal Dual Cure Activator is not required when using RelyX Ultimate Cement. When using RelyX Ultimate Cement, please proceed to Step 2.

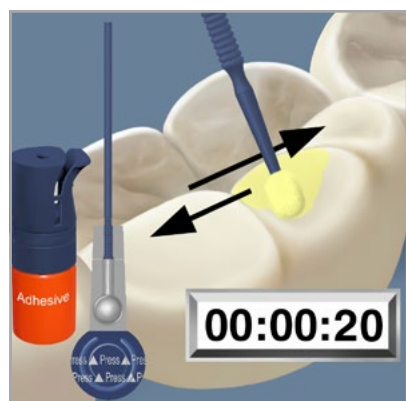
## Bonding of Self-Cure Composites

Complete steps 1–4 prior to application of the self-cure composite.



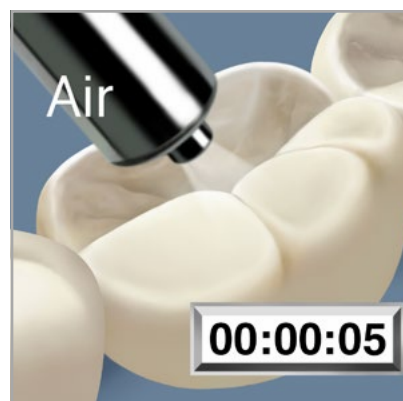
- ⑤ Apply the adhesive or adhesive mixture to the restoration for 20 seconds.
- ⑥ Air dry for 5 seconds. ***Do not light cure!*** Proceed with cementing the restoration according to manufacturer's instructions.

# Fissure Sealants\*



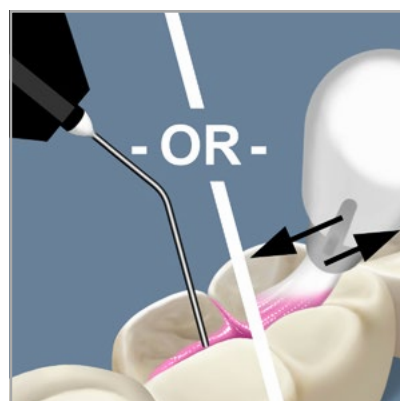
①

After cleaning the surface with polishing paste or by powder blasting, apply the adhesive to the prepared tooth and rub it in for 20 seconds.



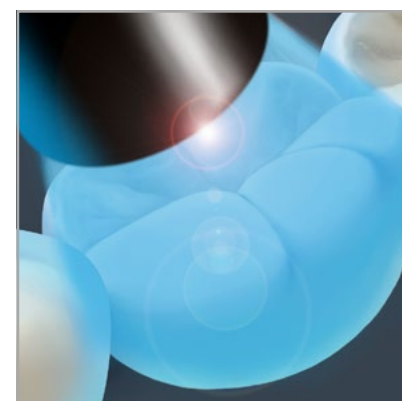
②

Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.



③

Apply a light-cure fissure sealant.



④

Light cure the sealant and adhesive together according to the sealant manufacturer's Instructions for Use.

# Protective Varnish for Glass Ionomer Materials\*



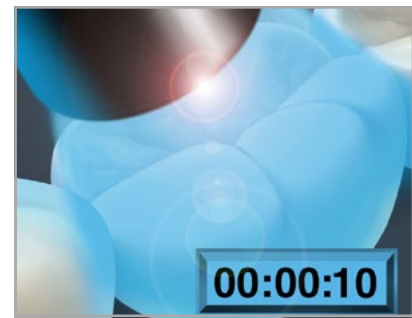
①

After the glass ionomer has been finished, apply the adhesive to the restoration surface and rub it in for 20 seconds.



②

Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.



③

Light cure for 10 seconds.



④

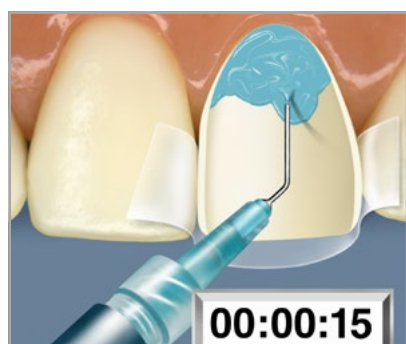
If needed, adjust the occlusion and reapply adhesive to the ground places to protect the filling from drying out.



⑤

Use a damp cloth or cotton pellet to remove the oxygen inhibition layer.

# Veneers\*



①

Apply a commonly used phosphoric acid etching gel (about 35%), e.g., 3M™ Scotchbond™ Universal Etchant, to the enamel and dentin for 15 seconds.



②

Rinse thoroughly with water for 10 seconds.



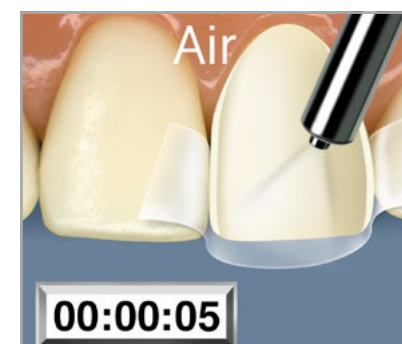
③

Dry with cotton pellets.



④

Apply 3M™ Single Bond Universal Adhesive immediately to the entire surface of the enamel and dentin and rub it in for 20 seconds.



⑤

Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.



⑥

Do not light cure!



⑦

Apply Single Bond Universal adhesive to the hydrofluoric acid etched veneer surface.



⑧

Gently air dry the adhesive for approximately 5 seconds to evaporate the solvent.



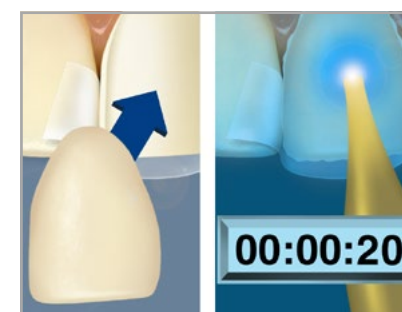
⑨

Do not light cure!



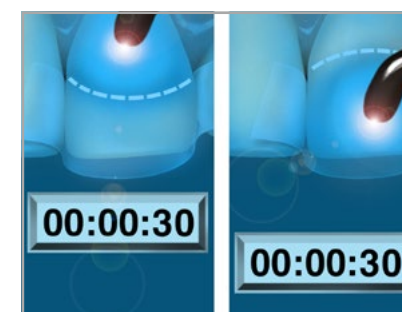
⑩

Cement the veneer with 3M™ RelyX™ Veneer Cement or 3M™ RelyX™ Ultimate Cement according to the pertinent Instructions for Use.



⑪

Seat the veneer in place using gentle pressure. Spot cure the veneer into place on the facial surface away from the margins using a small-diameter light guide for 20 seconds to secure it in place. Remove the excess cement from the margins using a blunt instrument or dry brush.



⑫

Light cure the gingival edges first for 30 seconds, followed by light curing the middle and incisal edges each for 30 seconds.



**3M Oral Care**  
**2510 Conway Avenue**  
**St. Paul, MN 55144-1000 USA**

**Phone 1-800-634-2249**  
**Web 3M.com/dental**

**3M Deutschland GmbH**  
**Location Seefeld**  
**3M ESPE • ESPE Platz**  
**82229 Seefeld • Germany**

**Info3MESPE@mmm.com**  
**www.3MESPE.com**

**www.3M.com**

3M, ESPE, L-Pop, RelyX and Scotchbond are all trademarks of 3M or 3M Deutschland GmbH. Used under license in Canada. © 3M 2017. All rights reserved.