

Examining the ContacEZ Interproximal Finishing System

The Catapult Group discusses its experience with this unique product. [by Robert A. Lowe, DDS]



ABOUT CATAPULT

Catapult is an organization that consists of more than 50 clinicians spread throughout Canada and the United States. As a company, manufacturers pay a fee for their product to be evaluated and what we deliver are truthful, independent answers from surveys that we develop with them. We have had many products that have either had to be altered before hitting the market or simply never arrived because of our openly honest evaluations. In this way, Catapult assists the manufacturer to avoid potentially releasing a faulty product, or simply a product that needs refinement. Lastly our clients are omnipresent in the industry, small to large, no favoritism, simply reviewing the latest products in our practices.



Finishing the interproximal areas of composite restorations to create proper anatomic contour and, at the same time, maintain the ideal contact is often not as simple as it seems. These areas are traditionally treated with long diamond or abrasive strips that are not only difficult to manage in posterior areas from a dexterity and access standpoint but can also be uncomfortable for the patient, as the non-working end often goes “down the patient’s throat.” While there are similar systems on the market, the active cutting surfaces are too thick and do not contour to the tooth surface, resulting in a flat proximal contour and, many times, no contact! ContacEZ Strips are easy to manipulate, come in a variety of grits and are thin enough to maintain the contour and contact of the restoration while completing the finishing procedures. Other indications include controlled interproximal reduction for orthodontics and using a safe-sided, saw-toothed cutting instrument with no side action to remove excess crown and bridge cement or bonding resin (and/or cement) stuck in contacts during bonding and cementation procedures.

Catapult reviewer comments

When asked about the comfort and ergonomics of using ContacEZ in the oral cavity, 100 percent of Catapult reviewers found the

system comfortable to use. Several remarked ContacEZ was easier to use in interproximal contact areas than traditional long, thin type abrasive strips. When comparing the use of ContacEZ Strips to other systems,

some of the responses include:

- In regards to separating bonded teeth, ContacEZ is better for sure ...
- Handling during use is much easier with ContacEZ.
- Easier to use ... less damage to gingival tissues.
- The handle is much easier to use ... less likely to cut patient’s lip during use.
- When a tight contact exists, or there is excess flash remaining after composite placement, it’s the best access tool for the job.

A survey of Catapult Elite members also included the following results:

- 1) 78% of the respondents said ContacEZ was better than the current system they were using.
- 2) 67% of the respondents said ContacEZ increased the speed and efficiency of adjusting contacts.



ContacEZ Restorative Strip System

ContacEZ Restorative Strip System is a dental strip system designed to achieve ideal proximal contact adjustment and complete marginal seating of crowns, veneers, inlays/onlays and proximal contouring of composite fillings accurately with minimum time and effort. The single-handed design reportedly offers optimal tactile control and grants easy access to tight anterior and posterior spaces, while eliminating the need to hold small restorations, use rotary instruments or articulating films. The flexible strips curve and conform to the natural contours of teeth. They are autoclavable up to 280°F and reusable.

ContacEZ
360-694-1000 | contacEZ.com/rss
CIRCLE RS #107



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[Figs.1-8] A ContacEZ serrated safe-sided instrument is used to remove bonding resin between the mandibular central incisors after performing a diastema closure (Fig. 1). A ContacEZ Gray Strip is used to smooth a Class IV distal composite on tooth No. 10 (Fig. 2). The completed restorations on tooth Nos. 9 and 10 after contouring and polishing have been completed (Fig. 3). ContacEZ is also packaged in a color-coded interproximal reduction (IPR) kit. The color coding helps keep the sequencing of course to fine instruments (Fig. 4). A ContacEZ strip is used during an orthodontic wire change (Fig. 5). IPR is performed on the distal of a mandibular premolar during Invisalign treatment (Fig. 6). ContacEZ is also used to remove excess resin cement interproximally after bonding a porcelain laminate veneer and then to finish and smooth the proximal surface of the restoration and the tooth during the final clean-up phase after delivery (Figs. 7-8).

- 3) 76% of the respondents said ContacEZ reduced hand fatigue when compared to other strips.
- 4) 100% of the respondents said ContacEZ was comfortable in their hands.

Cases utilizing ContacEZ

The first case shown in Figure 1 demonstrates using a ContacEZ serrated safe-sided instrument to remove excess bonding resin between the mandibular central incisors after performing a diastema closure and prior to going through the contact with dental floss. Figure 2 shows the use of ContacEZ to smooth the dentin layer of a Class IV distal com-

posite on tooth No. 10 prior to placing the enamel layer. Note how the instrument has the ability to follow the contour of the proximal surface and is not so rigid as to make a flat contact or remove the contact altogether. Figure 3 shows the completed restorations on tooth Nos. 9 and 10 after contouring and polishing have been completed.

ContactEZ is also packaged in an interproximal reduction (IPR) kit for opening spaces during orthodontic treatment to alleviate crowding. The color-coding helps keep the sequenc-

ing of course to fine instruments (Figure 4). Figure 5 shows the use of the ContacEZ IPR Strip System during an orthodontic wire change. Figure 6 shows IPR being performed on the distal of a mandibular premolar during Invisalign treatment. Finally, Figures 7 and 8 show the use of ContacEZ to remove excess resin cement interproximally after bonding a porcelain laminate veneer and then to finish and smooth the proximal surface of the restoration and the tooth during the final clean-up phase after delivery.

Conclusion

ContactEZ is an excellent system to handle interproximal refinement for many dental restorative procedures. From finishing composites and IPR for orthodontic procedures to cement clean-up for fixed prosthodontics procedures, ContacEZ has it all covered. The Catapult Group of evaluators overwhelmingly gave this system their approval by a 95 percent rating, and thus ContacEZ receives the Catapult Vote of Confidence as a product. ●