



# Cosmedent's Top Finisher System

Instructions for Use

**COSMEDENT®**

*Spreading Smiles™*

*Committed to better patient care with quality products and dedicated support.*

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# The Top Finisher System from Cosmedent

*Finishing and Polishing is the key to beauty, longevity and patient satisfaction. That is why Cosmedent has developed the Top Finisher System with everything you need to polish composites, metal, porcelain, gold and natural teeth to an amazing luster. With this conveniently color-coded, easy to use system you can create a polished esthetic surface that mimics enamel and will stay that way long-term.*

## FlexiDiscs Mini Center



Mini FlexiDiscs come in four aluminum oxide grits: coarse (gray), medium (blue), fine (yellow), and superfine (pink). This color scheme is used throughout the entire Top Finisher System product line.

FlexiDiscs Mini Center are available in 3/8", 1/2" and 5/8" diameter in coarse, medium, fine and superfine grits plus coarse-sand and extra-fine garnet 5/8". The smaller center of these discs gives you more polishing surface per disc. FlexiDiscs Mini Center use a Mini Mandrel.

All of these discs are sold separately in containers of 100 each. Kits are available which utilize all grits in one size diameter (Starter Kits) or all sizes and grits with one type of center in regular or mini (Spindle Kits).

### WHY ARE FLEXIDISCS SO UNIQUE?

- **EXTRA THIN** — on a 3 mil plastic back which is not floppy but resilient giving you added control and allowing you to contour easily with very little effort.
- **RESILIENT** — allowing you to contour easily with complete control. No crimping or flopping of the disc when using a low speed-high torque handpiece.
- **FLEXIBLE** — amazing flexibility lets you flex these discs at extreme angles, allowing you to maneuver easily into previously inaccessible areas. All sizes have great flex and will snap back without distortion.

- **VIVID COLOR CODING** — saves valuable chairtime by making grit selection easy.
- **USE FOR WET OR DRY PROCEDURES.**
- **INVISIBLE RESTORATIONS** — when used properly, white line or raised margins need never occur.

### WHERE SHOULD FLEXIDISCS BE USED?

- Blending marginal areas into tooth surface — creating invisible margins.
- Contouring and finishing of curved surfaces such as labial proximal line angles.
- Finishing and polishing of smooth (no anatomy) labial surfaces.
- Contouring and finishing of edges, and shaping and finishing of incisal corners.
- Contouring and finishing of facial aspects of Class III restorations.
- Contouring and finishing of cervically involved areas.
- Contouring and finishing of posterior marginal ridges and lingual and buccal surfaces.



ALL ITEMS ARE AVAILABLE SEPARATELY OR TOGETHER IN THE COMPLETE TOP FINISHER KIT

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# POLISHING MICROFILLS, HYBRIDS & NANOFILLS

## FULL RESIN BONDED VENEER

**1** Start polishing with the coarse disc and continue polishing through the medium grit of the disc. Coarse and medium discs can be used to complete the contouring of the veneer.

**2** You will want to maintain the character and anatomy placed in the facial surface. You cannot do this with discs, but FlexiCups and Points are very useful for this purpose. To characterize, place FlexiCup flat on the tooth surface. Flex slightly and run with pressure up and down the tooth. Blunting of sharp edges of FlexiCups on a green stone prior to characterizing will prevent scarring and over-characterization.

**3** Augment with rubber points after you've developed a grooved surface to highlight the grooves.

**NOTE:** If you do not want to characterize the tooth, the entire process can be achieved with the use of discs.

**4** Use FlexiDiamond and FlexiStrips to polish interproximal surfaces.

**5** Final polish: If the surface is microfill, use Enamelize with FlexiBuff. If surface is hybrid, use Porcelize (1 micron, pink) followed by Enamelize with FlexiBuff.

## POSTERIOR RESTORATIONS

**1** Gross reduction of the material can be obtained with the use of diamond or carbide high speed rotaries. Cosmedent, however, recommends using low speed rotaries.\* Bulk material can be removed using 6 or 8 fluted carbides. Secondary and tertiary anatomy can be defined beautifully with the use of 40 fluted steel plugged finishing burs (Pfungst or Brasseler). These burs come in a myriad of shapes: round, pear, cylindrical, flame, etc., and many sizes. The use of new Plugg finishing bur will create a magnificent finish.

**2** Final polishing can be achieved with the use of the fine FlexiPoints followed by the application of Enamelize on microfill, nanofill, or hybrid.

**HINT:** In inaccessible areas such as posterior marginal ridges of second molars, dentists frequently use a smaller disc, when a larger one would be much more effective.

\* Be sure to use a low speed, high torque hand-piece at about 20,000 rpm.

## POLISHING PORCELAIN

**1** After areas have been corrected, smooth with a fine abrasive wheel or diamond point.

**2** Continue finishing with rubber wheel.

**3** Using a felt wheel cone or FlexiBuff, apply a small amount of Porcelize (3 micron, blue) polishing paste to porcelain or on Porcelize wheel and continue polishing.

**4** After rinsing, using a fresh wheel, apply a small amount of Porcelize (1 micron) polishing paste and polish for 20 to 30 seconds.

**5** Rinse area with running water and buff with gauze or air dry tissue.

**6** If a higher gloss is desired, apply Enamelize on a FlexiBuff. This will create a glasslike finish on porcelain restorations.

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# Complete Step-by-Step Guide to Fine Contouring with the Top Finisher System

*NOTE: Complete gross contouring with the high speed rotaries of your choice before moving on to fine contouring and polishing.*

## POLISHING MICROFILLS, NANOFILLS & HYBRIDS

### CLASS III, IV AND DIASTEMA CLOSURES

**1** Start with a coarse disc and completely define restoration moving from restorative material to tooth surface as you would in burnishing metal. This could be done in a wet or dry field. The material should be extended well over the long bevel, and you should not come back to the margin. Your final restoration should be featheredged onto the tooth surface past the beveled margin. If done properly, any white line or raised margin will completely disappear. At this stage, remember to flex the disc for its maximum potential.

**2** Continue through different grit sizes (5/8" and 1/2" are recommended) medium, fine and superfine in succession. You will see that an enamel-like luster rapidly appears. If color, translucency and opacity relates to the external tooth surface, you will have an invisible restoration.

**3** Start the interproximal finishing process with FlexiDiamond Strips to maintain the integrity of the interproximal contacts using medium or fine. One or two times through the interproximal should be sufficient. Follow with the fine-superfine FlexiStrip on dry surface until you feel no resistance, and a smooth surface is apparent.

**4** If the surface is microfill or nanofill, final polish using Enamelize with FlexiBuff. If the surface is hybrid, final polish using 1 micron Porcelize followed by Enamelize with FlexiBuff. Apply both pastes using FlexiBuff.

### CLASS V

**1** On occlusal or incisal margins, use 5/8" or 1/2" coarse disc past the long bevel. Discs are always preferred on exposed margins.

**2** Start finishing from restoration to the tooth surface using a coarse disc, then medium, fine and superfine to achieve maximum polish.

**3** Use the 3/8" disc at the gingival margin. Even though it is small, it can be flexed to gain access to these areas. The gingival 1/2 of the restoration can be polished nicely using FlexiCups, but keep rubber off the occlusal and incisal margins.

**4** If Class V restoration invades the proximal surfaces, the FlexiDiamond Strips and FlexiStrips in the narrow width will be helpful in polishing these surfaces.

**5** For the final polish, use Enamelize with FlexiBuff on microfill. Use Porcelize (1 micron, pink) followed by Enamelize with FlexiBuff for hybrids.

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# FlexiCups and FlexiPoints



FlexiCups and FlexiPoints are available in two grits: medium (blue) and superfine (pink).

They are firmly attached to a contra angle, latch-type mandrel to be readily used for maximum flex with great stability.

Both cups and points are small enough to allow you to gain access to the most difficult areas such as gingival marginal areas on anterior teeth and intercuspal areas and grooves on posterior teeth. The flex of the cups make the gingival prominence of any restoration easy to polish.

The cups and points can be used wet or dry and it is preferable to use water intermittently with short air blasts in order to have good visualization and at the same time avoid overheating of tooth structure.

Use to characterize and polish facial surfaces of resin veneers.

## WHERE SHOULD RUBBER CUPS BE USED?

- Characterizing, finishing and polishing of labial surfaces of veneers.
- Polishing gingival contours.
- Polishing lingual surfaces of anterior and posterior teeth.
- Polishing gingival marginal areas.

## WHERE SHOULD RUBBER POINTS BE USED?

- Creating labial grooves in veneers.
- Finishing and polishing of occlusal surfaces of posterior teeth.
- Finishing and polishing of smooth (no anatomy) labial surfaces.
- Finishing and polishing of lingual surfaces of anterior teeth.

**NOTE:** *It is very important when using rubber cups or points, to be careful with margins because over-use of rubber can tend to break down marginal areas. Discs are better to polish these areas.*

# FlexiBrush Flame and Cups

FlexiBrushFlame and Cups are sold in packages of 10.



FlexiBrush Cup



## WHERE SHOULD FLEXIBRUSH CUPS BE USED?

- Use FlexiBrush Cups to polish occlusal and facial surfaces

## WHERE SHOULD FLEXIBRUSH FLAME BE USED?

- Use FlexiBrush Flame to polish occlusal fissures and proximal areas.

## WHAT MAKES FLEXBRUSH SO USEFUL?

- Fast and efficient — each bristle contains thousands of polishing particles working to help you create a high shine
- Durable and autoclavable
- High flex polishes difficult to reach areas
- Silicon impregnated
- Polishes composite, porcelain, metal and temporaries

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# FlexiDiamond Strips

FlexiDiamond Strips: These strips come in two widths: wide (3.75 mm) and narrow (2.5 mm); and three grits: 15, 30 and 45 microns.



- The 15 and 30 micron strips are excellent for starting the interproximal finishing because the gritless center gap allows for easy insertion, and the thinness of the strip and fine grit allow for removal of excess material while at the same time maintaining the integrity of the contact areas. The malleability allows you to easily access curved surfaces. FlexiDiamond Strips are also exceptionally strong and will resist breaking.
- The 45 micron strips are excellent for interproximal stripping of natural teeth or anywhere where more gross removal of material or tooth structure is desired, i.e. orthodontic stripping.

# FlexiStrips Aluminum Oxide Strips



FlexiStrips



Great for interproximal surfaces.

FlexiStrips come in two widths: wide and narrow and in four grits: coarse, medium, fine and superfine. Sold in packages of 100.

- These strips are used to complete the finishing and polishing of interproximal areas.
- They come in 2 widths: wide and narrow, and 4 grits: coarse, medium, fine and superfine.
- Use the fine grit to put a high polish on interproximal areas and decrease the tendency for interproximal stains.
- The wide strip is excellent for the incisal 2/3 of the interproximal, and the narrow strip can be used to polish the gingival aspects of the interproximal area without doing soft tissue damage.

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# Porcelize Polishing Paste

Porcelize comes in two grits: one micron (pink) and three micron (blue).



- This is a multipurpose diamond paste that can be used to polish porcelain and hybrid.
- To polish hybrids: Use one micron Porcelize (pink); follow with Enamelize for a brilliant shine. Caution: Do not use the 3 micron grit on hybrid. This grit is designed for porcelain polishing and is simply too abrasive for composite.
- To polish porcelain: Begin by applying three micron Porcelize (blue). After rinsing, apply one micron paste (pink), and continue polishing. Buff with Enamelize to produce an almost glass-like surface.

# Enamelize Polishing Paste

## Aluminum Oxide Polishing Paste



Available in a 36 gram tube and also in 3 gram syringes. Note to hygienist: you will find that Enamelize is the best material for the routine care of bonded restorations.

- This aluminum oxide polishing paste is primarily for composite surfaces, but will polish metal, enamel and prefinished porcelain excellently.
- Any well-finished composite should develop a highly polished and reflective surface. With proper maintenance by the patient, it should stay that way, at least between recall visits.

# FlexiBuff & Felt FlexiPoints

FlexiBuff discs are available in: 5/8" regular center; also 5/8", 1/2", and 3/8" mini center.



- FlexiBuff is a felt-coated, highly flexible disc designed to make the application and use of polishing paste easier and more effective. The extreme flex on the buffs allows you to closely hug the contour of any tooth.
- Felt FlexiPoints with your polishing paste put the final luster on composite, porcelain, metal and natural tooth structure. Felt FlexiPoints work great for polishing occlusal and lingual tooth surfaces. Felt FlexiPoints will give you a high degree of luster when polishing pits, grooves, marginal ridges and incline planes.

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## POLISHING AMALGAM OR GOLD

- 1** Prepolish with method of choice.
- 2** Follow with discs, cups and points where needed.
- 3** To achieve a final polish, use Enamelize on FlexiBuff and prophyl cup. The shine will amaze you.

## MAINTENANCE OF COMPOSITE RESIN RESTORATIONS

- 1** If no defects are noted on recall: Remove excessive stain in the usual fashion.
- 2** Apply a small amount of Enamelize to each surface to be polished and buff with FlexiBuff.
- 3** To remove interproximal stain, coat a fine-superfine FlexiStrip with Enamelize. (We call this greasing the strip.) Then place interproximally and watch the stain disappear.

## TIPS FOR ROUTINE FOLLOW-UP CARE BY HYGIENIST

Enamel has usually lost its luster because of the pumice impregnated prophylaxis paste.

Bring back that luster and more using Enamelize with FlexiBuff and un-serrated prophyl cup.

The patient will thoroughly appreciate that little extra step you did for them.

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