**Spectra ST Effects**
Universal Composite Restorative

1. **Conditioning and/or bonding**
   - After shade selection apply adhesive according to the respective manufacturer’s instructions for use.

2. **Dentin core restoration**
   - Restore palatal (lingual) ½ of tooth thickness with dentin shade to recreate dentin core. Leave space for the universal shade at the incisal third.

3. **Palatal (lingual) incisal-third restoration**
   - Before curing the previous increment, complete palatal (lingual) wall by placing universal shade at the incisal third of the tooth.

4. **Light curing**
   - Light cure palatal (lingual) restoration referencing provided curing table for curing time.

5. **Proximal wall restoration**
   - Restore proximal area with universal shade.

6. **Light curing**
   - Light cure proximal area with at least 550 mW/cm² (e.g., SmartLite® Focus®) referencing the curing table for recommended curing time for each shade.

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1 Depending on market location, Spectra ST Effects is available as either TPH Spectra® ST Effects, Ceram.x Spectra™ ST Effects, or Neo Spectra™ ST Effects.

2 VITA® is not a registered trademark of Dentsply Sirona, Inc.
Spectra ST Effects
Universal Composite Restorative

Vestibular (facial) surface restoration
Complete vestibular (facial) portion of tooth thickness with universal shade.

Incisal edge effect (Optional)
For a highly translucent incisal edge, use the enamel shade on the incisal-third of the vestibular (facial) area.

Light curing
Light cure vestibular (facial) area referencing provided curing table for curing time.

Shaping and contouring
With finishing diamond or carbide burs.

Finishing and polishing
With Enhance® Finishers and Enhance® PoGo® Polishers.

Curing Table

<table>
<thead>
<tr>
<th>Shade</th>
<th>mW/cm²</th>
<th>sec</th>
<th>mm</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1-A4</td>
<td>≥ 550</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>BW</td>
<td>≥ 800</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>D1, D3</td>
<td>≥ 550</td>
<td>40</td>
<td>2</td>
</tr>
<tr>
<td>E1</td>
<td>≥ 800</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

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