The **ContacEZ Restorative Strip System** is an innovative new precision 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.

- Single-handed, ergonomic design offers optimal tactile control and reduces hand fatigue
- Eliminates the need to hold small restorations, use rotary instruments or articulating films
- Central opening for better visual perception and access for tools
- Patient-friendly design prevents gagging and soft tissue irritation
- Flexible strips curve and conform to the natural contours of the teeth, to avoid creating sharp corners.
- Autoclavable and multi-use. Pass these strips back and forth buccolingually only.

### Adjust

**Black Diamond Strip**  
The Ideal Proximal Contact Adjuster  
0.06mm • Fine Diamond • Single-Sided

Use this strip to easily adjust proximal contacts and restore interproximal relief (IR)² by eliminating excessive pressure between the restoration and the adjacent teeth without opening the proximal contact. Use prior to definitive cementation and to contour proximal surfaces of composite fillings, veneers, inlays/onlays, and crowns.

**Orange Serrated Diamond Strip**  
The Proximal Contact Adjuster with Sawtooth  
0.05mm • Fine Diamond • Single-Sided • Double-Serrated

Use this serrated diamond strip in place of the Diamond Dental Strip when overly tight contacts are present. The serrated edge easily separates and penetrates the overly tight interproximal space. To clean out excess cement from the interproximal space use the Serrated Dental Strip I or II.

*The Journal of Prosthetic Dentistry, “A Proximal Contact Adjustment and Interproximal Relief Method” Vol. 97, No. 4, by Daniel S Kim, DDS & Kyu-Won Suh, DDS

### Clean

**White Serrated Strip I**  
The Gentle Saw  
0.035mm • No Diamond • Double-Serrated

This ultra-thin strip is designed to safely cut and clean out excess cement in the interproximal space after cementation of crowns. Prior to light curing, this gentle saw is very useful for interproximal cleaning of multiple veneers or composite fillings without disturbing placement and for separating them from adjacent teeth. Pass this ultra-thin strip buccolingually only, avoiding vertical motion.

**Blue Serrated Strip II**  
The Heavy-Duty Dental Saw  
0.065mm • No Diamond • Double-Serrated

This heavy-duty dental saw is designed for more rigorous cutting and cleaning. It safely cuts into massive excess resin cement as an alternative to the Serrated Dental Strip I. It is very useful for separating fused contacts of multiple veneers after light curing.

### Polish

**Gray Final Polishing Strip**  
The Proximal Surface Polisher  
0.05mm • Ultra-Fine Diamond • Single-Sided

Polish proximal contact surfaces of restorations to restore a natural finish in one step. This strip confirms IR² after definitive cementation. It is very useful for hygienists to remove stains from the interproximal space of lower anterior teeth where scalers cannot reach.

Made in the USA • Patented
**Adjust**

Prior to cementation, place the ceramic crown on the prepared abutment Tooth #8 and press up to the prepared margin. There will be resistance to seating the crown against the prepared margin due to heavy proximal contact.

Dislodge the crown slightly and insert the **ContacEZ Diamond Dental Strip**, The Proximal Contact Adjuster, (Black, 0.06mmmm), into the distal interproximal space with the abrasive side facing the crown. Allow the crown to sit on the prepared tooth but do not force up or down. Hold the crown gently in place and start the adjustment by passing the strip buccolingually.

Repeat this procedure in the mesial interproximal space. When more pressure is detected on one side of the crown, pass the Diamond Dental Strip buccolingually a few more times through the interproximal space on that side. Repeat this action on mesial and distal until there is equal light resistance on the strip and Interproximal Relief* (IR) has been achieved.

When equal light resistance is felt on the strip in both the mesial and distal spaces, the ideal proximal contact of the crown is complete and the crown is now ready for definitive cementation.

**Clean**

After cementation, remove excess cement around the crown with an explorer. Pass the **ContacEZ Serrated Diamond Strip**, The Gentle Saw, (White, 0.035mm), buccolingually in the interproximal spaces to cut and clean out any remaining cement in the interproximal spaces.

**Polish**

To polish and restore to a finely contoured, natural finish, pass the **ContacEZ Final Polishing Strip**, The Proximal Surface Polisher (Gray, 0.05mm), through the mesial and distal proximal surfaces of the crown. The crown seating of Tooth #8 is complete.

Ideal proximal contacts can be confirmed by using this strip, which has the same thickness as articulating film. Dental floss will pass through the interproximal contacts with heavy resistance snapping in and snapping out.

**Alternative Strips**

ContacEZ has added two alternative strips for adjusting and cleaning:

1. Adjust: Use the **ContacEZ Serrated Diamond Strip**, The Saw-Toothed Proximal Contact Adjuster, (Orange, 0.055mm, Single-Sided, Fine Diamond, Double-Serrated) when overly tight contacts are present, or there is a challenge in positioning the strip at initial contact.

2. Clean: For more rigorous cutting and cleaning, use the **ContacEZ Serrated Diamond Strip II**, The Dental Saw, (Blue, 0.065mm, Double-Serrated). It is useful for separating fused contacts of multiple veneers after light curing.

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**Frequently Asked Questions**

**Q.** What should I do if the Diamond Dental Strip becomes stuck and will not move?  
**A.** Dislodge the restoration and insert the ContacEZ Diamond Dental Strip into the interproximal space. Place the restoration back on the abutment and hold it in place, being careful not to apply any downward pressure. Begin to pass the strip buccolingually. Because of the diamond particles’ orientation the strip will initially pass in only one direction but will eventually pass back and forth buccolingually. If you can still not access the space, try the ContacEZ Serrated Diamond Strip. (See Alternative Strips)

**Q.** What if the Diamond Dental Strip cannot access the interproximal space?  
**A.** When overly tight contacts are present, the Diamond Dental Strip may have difficulty accessing the interproximal space. Use the dual function Serrated Diamond Dental Strip to begin the adjustment. The serrated saw toothed edge separates and penetrates the overly tight interproximal space. When you are able to pass the strip buccolingually you can return to the Diamond Dental Strip to complete marginal seating. You should not attempt to force the Diamond Dental Strip vertically as this might cause it to break.

**Q.** Are ContacEZ Dental Strips autoclavable and reusable?  
**A.** Yes. ContacEZ Dental Strips are autoclavable and multi-usable. ContacEZ strips are made of stainless steel housed in an FDA-approved medical grade plastic casing with a melting point of 286°F (steam heat only, not dry heat). Please check the temperature of your sterilizer to confirm that you are sterilizing ContacEZ strips safely.

**Q.** Do the ContacEZ Restorative Strips cause food impaction issues?  
**A.** No. Food impaction is prevented by properly deflecting contours and occlusal anatomy of the teeth. The ContacEZ Restorative Strip System helps to properly deflect contours by restoring Interproximal Relief and will not cause food impaction.