

# Venus<sup>®</sup>

PRESENTS

**SIMPLICITY  
IN APPLICATION**

MEET THE EXPERTS

**TIPS & TRICKS**

FOR SUCCESSFUL  
DIRECT RESTORATIONS

**COLLEAGUES' CASES**

SEEING IS BELIEVING



**KULZER**  
MITSUI CHEMICALS GROUP

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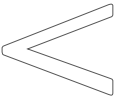


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# EMBRACE THE KISS PRINCIPLE

DO YOU KNOW THE  
“KISS” PRINCIPLE? IT STANDS FOR  
“KEEP IT SHORT AND SIMPLE”.



**Dr Janine Schweppe**  
Head of Global Scientific &  
Clinical Affairs at Kulzer

Originating as a design principle, KISS emphasises that designs and systems should be as simple as possible. While the phrase may seem blunt, the wisdom behind is profound. As a general dentist, I find this principle priceless, especially now that I only work in a dental office in part-time one day a week next to my role at Kulzer. Despite my long-term experience, performing certain treatments less frequently can slow me down and affect my routine. On the other hand, my goal remains to provide the best possible care to my patients. To achieve this, I rely on two key strategies:

First, I choose dental materials that simplify my work and minimise the potential for mistakes. Venus Pearl Pure Shades are perfect examples of this. These innovative shades seamlessly match the surrounding tooth colour, allowing me to focus on creating the perfect anatomical shape for everyday anterior restorations.

This reduces my stress during treatment and ensures that I can deliver functional, aesthetically pleasing and reliable restorations. To learn more, check out the impressive cases in this issue. They will also reveal further materials that help to simplify your workflow like Venus Bulk Flow ONE or iBOND Universal.

Second, I strictly adhere to consistent treatment protocols to reduce mistakes. Establishing these protocols includes following the precise indications and applications outlined in the instructions for use of each dental material. In addition, I am committed to learning and adopting proven treatment protocols from experts. This approach helps me to achieve more reliable and durable restorations with greater ease.

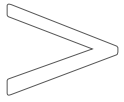
In this issue, I also invite you to discover practical tips for bulk fillings and bonding that will simplify your workflow and improve the quality of your restorations. In the Simplicity in application article, you can learn even more about practical approaches by exploring the experiences of our renowned experts. I am sure, their insights will provide you with knowledge and skills to further optimise your practice.

*“Materials like Venus Pearl Pure Shades simplify shade matching and allow me to focus on creating the perfect anatomical shape for everyday restorations.”*



Contact for feedback  
[VENUS@kulzer-dental.com](mailto:VENUS@kulzer-dental.com)

Mesial diastema closure on the patients' upper right lateral incisor after orthodontic treatment using Venus Pearl LIGHT – Dr Janine Schweppe, Germany



# SIMPLICITY IN APPLICATION

## Insights from Dental Experts

“Every great teacher is also a perpetual student,” Dr Alessandro Pezzana often reminds his students. This mantra underscores the essence of continuous learning and adaptation in the field of dentistry. As dental professionals, the quest for perfection never ends, and the journey is marked by constant evolution and refinement of techniques.

In this article, we explore the experiences and insights of four distinguished experts – Dr Dimple Desai from the USA, Jan Caspary from Germany, Dr Alessandro Pezzana from Italy, and Dr Andrew Chandrapal from the UK – who have not only mastered their craft but have also become torchbearers of knowledge through many years of giving hands-on trainings.

# MEET THE EXPERTS

**Dr Alessandro Pezzana** graduated from the University of Turin in Italy, with a degree in dentistry, and leads a centre of excellence in restorative dentistry there. He is a professor and an active member of various Italian dental academies. His passion for teaching and his extensive experience in restorative and aesthetic dentistry make him a sought-after speaker and educator.



**Dr Andrew Chandrapal**, a graduate of Birmingham University, has further qualifications in dental cosmetics, composite resin bonding, and complex rehabilitation. His double Masters of Clinical Dentistry and status as a Graduate of the Kois Centre reflect his dedication to continuous improvement.

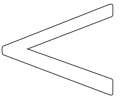
He is a key opinion leader in aesthetic dentistry and a past president of the British Academy of Cosmetic Dentistry (BACD).



**Jan Caspary** is a skilled young dentist focusing on endodontics and aesthetic dentistry. A graduate of the Albert-Ludwigs University in Freiburg, he has received multiple certifications in his field and regularly participates in symposiums and conferences. His teaching certification in endodontics and restorative dentistry highlights his dedication to education and knowledge sharing.



**Dr Dimple Desai** stands as a distinguished leader in general and cosmetic dentistry, propelled by an unwavering commitment to delivering the utmost standard of care. With her education from the renowned University of Southern California School of Dentistry and accreditation from the American Academy of Cosmetic Dentistry, she has been recognised as one of the nation's Top 40 Dentists Under 40 and a top dentist in Orange County for several consecutive years.



## The Motivation Behind Hands-On Training

The drive to become a trainer often stems from a deep-seated passion for teaching and the desire to share practical knowledge. Dr Dimple Desai emphasises: “I wanted to pass on the tips and tricks that have helped me streamline my procedures. The goal is always to make dental processes more efficient and effective.” This sentiment is echoed by Dr Alessandro Pezzana, who notes, “My motivation comes from a love of teaching and sharing practical experiences. Seeing how dentists apply what they learn in their daily work is incredibly fulfilling.”

**The goal is always to make dental processes more efficient and effective.**

Dr Andrew Chandrapal’s motivation is particularly compelling, as it highlights the importance of building relationships. “My journey with training began through building professional friendships. It’s about sharing cases, learning new chemistries, and growing together,” he explains.

Jan Caspary’s journey was driven by a need for practical, hands-on education in the dental community. “I noticed a gap in practical applications during my studies and early career. My courses focus on techniques that can be immediately applied, such as direct restorations, rubber dam techniques, and composite polishing,” he explains.

## The Journey to Becoming a Trainer

Each expert has a unique story of how they became a trainer, often marked by a blend of personal passion and professional opportunity. Dr Pezzana’s path was shaped by his early involvement in education. “I started teaching students immediately after my graduation. This experience taught me the importance of creating practical protocols that dentists can apply directly in their practices,” he recalls.

For Dr Andrew Chandrapal, the transition to a trainer was organic, driven by a passion for composite dentistry and a desire to address common insecurities and gaps in knowledge. “Composite dentistry is interesting because it blends academic precision with creative artistry. Seeing the impact on dental practices motivates me,” he shares.

## Common Themes and Techniques in Training

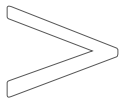
The hands-on courses offered by these experts cover a variety of themes, all aimed at simplifying dental practices.

**Dr Desai maintains that “When instructing dentists, it is important that the material and procedures are presented in a way that inspires confidence in the participant. Dentists need to feel that they are completely capable of implementing these techniques in their practices immediately after training. So, it is imperative that the techniques that I teach are simple, effective and replicable.”**

Dr Pezzana emphasises the importance of addressing the complete workflow of dental procedures. “We cover everything from anaesthesia to polishing – that is our goal,” he explains.

Dr Chandrapal adds: “We focus on creating a bond with the participants, addressing their insecurities, and ensuring they leave with practical skills. My courses are designed for immersion, with small groups that allow for personalised feedback and interaction.”





## Ensuring Immediate Benefits for Participants

One of the key challenges in training is ensuring that participants derive immediate benefits from the courses.

Dr Pezzana achieves this by combining theory with practical exercises and follow-up support. “I provide detailed video tutorials and protocols that participants can refer to. Moreover, I encourage them to share their cases with me for feedback,” he explains.

Dr Chandrapal takes a similar approach, emphasising the importance of small group interactions. “With groups of no larger than 15, we can build bonds, address concerns, and ensure that everyone leaves with practical skills they can apply immediately,” he states.

Jan Caspary highlights the use of real-life scenarios and hands-on practice to reinforce learning. “Participants get to work on actual cases, which helps them understand the practical applications of what they’re learning. This hands-on approach ensures they can implement these techniques as soon as they return to their practices,” he notes.

## The Role of Simplification in Modern Dentistry

Simplification is a recurring theme in the approaches of all these experts.

Dr Desai points out, “Products designed to simplify workflows reduce stress and improve patient care. It’s about finding simple products and efficient workflows that don’t compromise on quality.”

Dr Pezzana concurs, highlighting the need for a solid protocol that can adapt over time while maintaining core principles.

Dr Chandrapal adds a practical perspective, emphasising the use of monochromatic materials for posterior restorations. “In my 24 years of practice, I’ve found that patients never complain about monochromatic restorations. Simplification through using materials like Venus Pure Shades enhances both efficiency and aesthetics,” he notes.

Jan Caspary further elaborates, “By simplifying the materials and techniques we use, we can achieve high-quality results more consistently. This approach not only saves time but also reduces the potential for errors.”

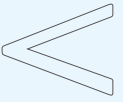


## Continuous Learning and Adaptation

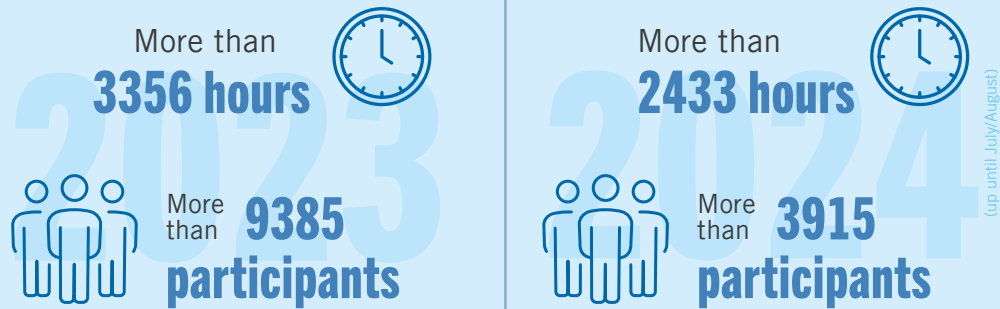
Continuous learning and adaptation are critical for staying current in the field of dentistry. Dr Pezzana highlights the importance of integrating new knowledge and techniques into existing protocols. “I believe in the constant evolution of dental practices. It’s essential to stay updated with the latest research and developments,” he says.

Dr Chandrapal highlights the significance of staying connected with the dental community and engaging in regular professional development. “I attend seminars and workshops worldwide to keep up with new techniques and materials. This continuous learning helps me provide the best education to my participants,” he shares.

Jan Caspary adds, “Keeping up to date in dentistry is crucial. By continually updating our knowledge and skills, we can provide better care for our patients and more effective training for our colleagues.”



A large number of participants attended training sessions organised by or with Kulzer in 2023 and 2024 across Benelux, France, Germany, Italy, Nordic countries, Spain, and UK & Ireland.



## Beyond the Classroom: Building a Community

One of the unique aspects of these hands-on courses is the sense of community they foster. Dr Pezzana encourages ongoing interaction with his students. “I ask my students to share their cases with me for feedback. This continuous interaction helps them improve and feel supported,” he explains.

Dr Chandrapal also highlights the importance of building lasting relationships. “It’s not just about the two or three days of the course. I maintain contact with participants, offering follow-up support and guidance,” he says.

“Building a community of learners and practitioners is essential. By staying connected, we can continue to learn from each other and improve our practices,” Jan Caspary adds.

## Transforming Dental Practices through Hands-On Training

The courses offered by these experts are not just about learning new techniques; they are about transforming dental practices. By focusing on practical applications, simplifying workflows, and fostering continuous learning, these courses empower dental professionals to enhance their skills and provide better care to their patients. The experiences shared by Drs Desai, Caspary, Pezzana, and Chandrapal demonstrate the importance of hands-on training in modern dentistry and highlight the profound impact it can have on dental practices worldwide.

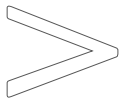
In our conversations, trainers have said that they are eager to work with companies such as Kulzer because they provide excellent support and the communication is straightforward and uncomplicated, making it easier for trainers to effectively share their knowledge.

Through these courses, dental professionals gain more than just knowledge – they gain the confidence and skills needed to excel in their field. As Dr Pezzana aptly puts it, “The true measure of success is seeing how participants apply what they

learn to improve their daily practice.” This sentiment captures the essence of hands-on training and its vital role in the ongoing development of dental professionals. By creating a supportive community and emphasising continuous learning, these experts ensure that the benefits of their training extend far beyond the classroom.

This holistic approach to education and practice improvement reflects the commitment of these professionals to elevate the standards of dental care. Their combined expertise and dedication to teaching not only enhance individual practices but also contribute to the overall advancement of the dental field. As participants implement the techniques and insights gained from these courses, the ripple effect is seen in improved patient outcomes and more efficient dental workflows globally.

Ultimately, the integration of practical knowledge, community support, and continuous learning creates a dynamic environment where dental professionals can thrive and evolve, continually raising the bar for excellence in dentistry.



# THE EASY WAY TO ENHANCE AESTHETICS with simplified composite shades



Dive into Dr Laura Mokhtari's case study and learn how to effortlessly transform dental aesthetics.

This example offers practical tips for simplified composite shades, colour matching, and seamless restorations. Discover essential techniques for shade selection, surface preparation, and polishing – an invaluable must-read for any dentist aiming to enhance their practice.

Dr Mokhtari: "The patient came to my office to replace the old composite filling on her upper left central incisor as she didn't like the shape and the colour of the restoration. We can observe a difference in length and proportion between the two central incisors. The composite seems too short and the colour of the restoration does not match the rest of the tooth."

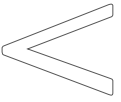
## BEFORE



## AFTER







Detecting the composite shade before setting up the operative field to avoid dehydration of the teeth and shade modification. Venus Pearl LIGHT for monochromatic layering was chosen.



Setting up the operative field with a thick Ivory Rubber Dam. Although working on only one tooth, we isolated all six anteriors to help the operator to respect symmetry and proportions.



After removing the old composite a chamfer is created to help light transitioning and shade matching of the new composite with the natural tooth.



Etching with iBOND Etch 35 Gel and applying iBOND Universal under adequate protection of the adjacent teeth.



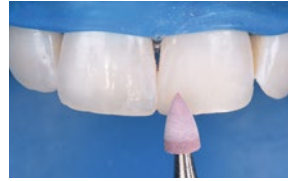
For small restorations, use a transparent matrix held by the operator's thumb to build up the palatal shell. This simple trick helps to quickly shape a general form, which can be refined during finishing.



Build up with the simplified composite shade Venus Pearl LIGHT. The dental brush helps the composite to softly embrace the surface of the tooth and avoid irregularities and bubbles.



Starting the polishing sequence with pop on discs that will correct the form and surface texture.



Polishing of the composite with the Venus Supra polishing kit: Usage of the pre-polisher flame to polish the buccal surface and create reliefs.



Polishing the buccal side with a different shape – the Venus Supra Twist Disc. Starting with the pink pre-polisher and completing with the grey high-gloss polisher.



Using a strip to polish the proximal areas of the composite. This step is critical to obtain a soft proximal surface and prevent inflammation of the papilla.



Immediate post-op result after polishing and removing the operative field is satisfying, but we need to wait for teeth rehydration.



Final result at 1 month: The patient is happy with her new smile, and the composite integration is correct. The simplified composite shade provided a satisfying quick result.

Always refer to the IFU of the medical devices used.

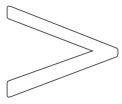
## CONCLUSION

Initial aesthetic analysis is key to plan a direct composite rehabilitation, the analysis of the situation helps us to predict how simplified shades can easily match the adjacent teeth. A clean operative field is also critical for a good aesthetic result, as well as finishing and polishing, which both provide immediate and long-lasting results.

Discover the full case with even more pictures and details here:



[kulzer.com/venus-case-dr-mokhtari](https://kulzer.com/venus-case-dr-mokhtari)



# TIPS & TRICKS FOR SUCCESSFUL DIRECT RESTORATIONS

Direct composite restorations can last more than 30 years\*, but sometimes they fail sooner for a variety of reasons, such as fractures, secondary caries or aesthetic concerns. Here we have compiled practical tips from Kulzer's expert dentists and Key Opinion Leaders to help you achieve long-lasting results in your restorative procedures. By following these expert tips,

you can improve the reliability and aesthetic quality of your direct composite restorations, resulting in better outcomes for you and your patients.

\*Da Rosa Rodolpho PA *et al.*: Clinical performance of posterior resin composite restorations after up to 33 years. Dent Mater 2022, 36:680-8

## Bonding: Get It Right from the Start

by Dr Janine Schweppe (Germany)

### ► Check the Correct Moisture

**Level:** Make sure that the dentine has the correct moisture level as indicated in the adhesive's instructions for use. If it is too dry, the adhesive will not penetrate the dentinal tubules effectively; if it is too moist, the bonding will not be as strong.

### ► Know Application Time and

**Technique:** Each adhesive needs to react with the tooth properly. With iBOND Universal, for example, you actively brush over the dentine and enamel for 20 seconds to achieve optimum penetration and bonding.

### ► Know how long you need to

**leave your adhesive to air dry:** A single short blast of air is not enough to remove the solvent! The more complex the cavity geometry, the longer it takes. For a long-lasting bonding, you should air-dry the adhesive at least until it stops moving.



kulzer.com/  
trust-ibond



Dr Nicola Scotti, Italy

## Composite Filling Tips

by Wolfgang-M. Boer (Germany)

► **Check Cusp Inclination:** Prevent major occlusal adjustments by ensuring the correct cusp inclination and proper depth of the main fissure before excavation. Check the cusp inclinations with a dental mirror and re-check before light curing each cusp.

► **Tight Interproximal Contacts:** Begin by reconstructing one interproximal contact. Apply the necessary partial matrix bands and wedges, and place one matrix ring to restore the first contact point. After light curing, shift the matrix ring to the next interproximal contact.



Wolfgang-M. Boer, Germany

## Polishing Tips

by Dr Gurvinder Bhirth (United Kingdom)

Polishing is crucial for the longevity of composite restorations. Follow a systematic protocol for finishing and polishing:

► **Wash Off Residues:** Before switching to the final polisher, wash off pre-polisher residue as it can impede the gloss in the next step.

► **Work Directionally:** Work the pre-polisher from the composite towards the tooth to avoid creating marginal defects. Always run the polisher from composite to tooth to minimize the risk of white lines at the margin.



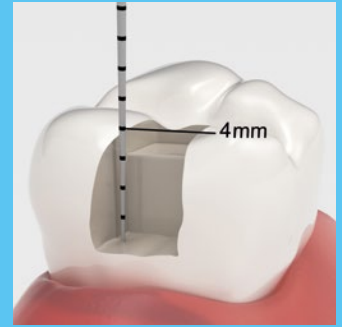
Dr Gurvinder Bhirth, UK



## Bulk Filling Tips

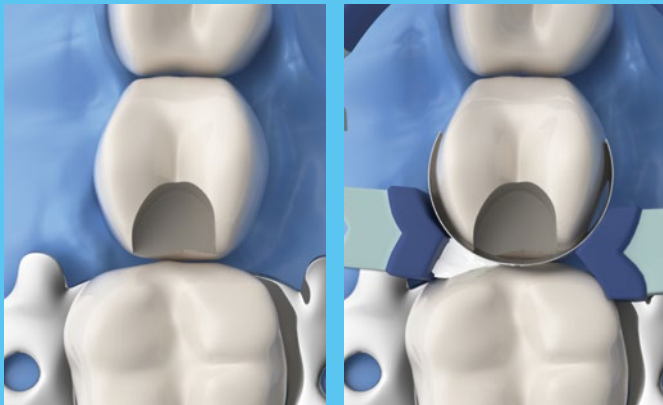
by Dr Edoardo Fossati (Italy)

- ▶ **Measure Cavity Depth:** Measure the depth of the cavity with a periodontal probe to avoid exceeding the maximum layer thickness when bulk-filling. Venus Bulk Flow ONE can be applied in layers up to 4 mm.



- ▶ **Matrix Adaptation:** Use a matrix with a good contour and tight fit, especially at the bottom of the proximal box, to avoid material excess. Adapt the matrix properly with a wedge, and consider using dental PTFE tape for challenging situations to ensure proper matrix adaptation.

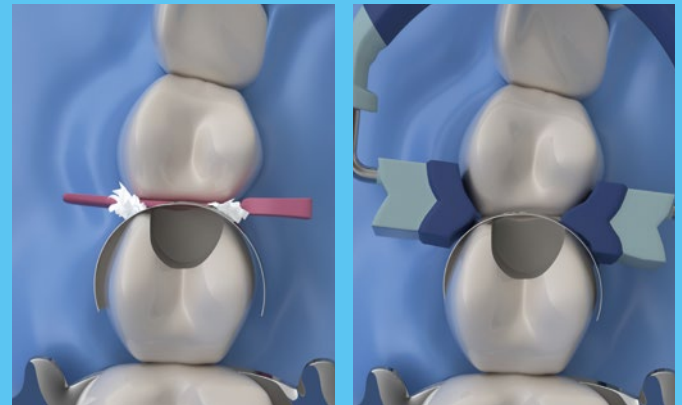
### Proximal



A) Challenging situation for matrix adaptation due to the width and depth of the cavity in the proximal area.

B) Packing of PTFE tape between the matrix and the adjacent tooth helps to achieve an anatomical shape.

### Cervical



Support the cervical sealing of matrix and wedge with PTFE tape.

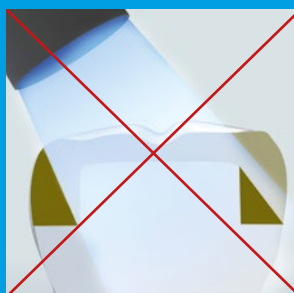
- ▶ **Efficient Filling:** Small slot-like cavities can be efficiently filled with a bulk-fill flowable composite like Venus Bulk Flow ONE. After etching and bonding, insert the bulk-fill composite using the nozzle to access deep areas. Finish and polish for a quick and easy restoration.



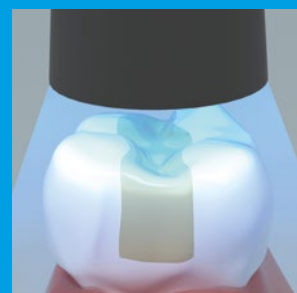
## Light Curing Tips

by Dr Andrea Leyer-Behm (Germany)

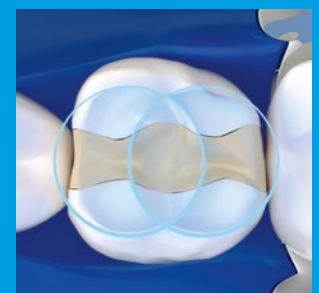
- ▶ **Light Curing:** Venus Bulk Flow ONE can be cured in layers up to 4 mm. If the cavity is deeper, apply and cure additional increments. Light cure each increment for 20 seconds, keep the light close to the restoration surface to avoid shadows and ensure full coverage.



Place light tip surface parallel to the restoration surface to avoid shadows – not at an angle.



Place the light curing tip as close as possible to the curing surface without touching it.



Carry out overlapping exposures if the restoration is larger than the light tip.

# UNLEASHING STRENGTH: THE UNIQUE ADVANTAGES OF OUR TCD MATRIX

## When strength is missing

A Brazilian study<sup>1</sup> revealed a success rate of 48 % for direct composite restorations after 33 years, but often direct composites fail earlier, with a failure rate between 0.08 and 6.8%<sup>2</sup> per year. An actual review article uncovers the reasons: In the anterior mainly aesthetic causes and fractures lead to failures, whereas in the posterior region secondary caries and fractures are the biggest problems.



Fractured and loose composite filling

Secondary caries at the composite restoration

Image source: Dr Janine Scheweppe, Germany

When it comes to dental materials, strength and durability are paramount. The TCD (Tricyclodecane) matrix incorporated into Kulzer composites, such as Venus Pearl, represents a breakthrough in dental composite technology, offering significant advantages in restorative dentistry. Unlike almost all other composites, Kulzer does not use BPA-related ingredients in its Venus Pearl and Venus Diamond composites. Instead, TCD was developed by Kulzer to replace the traditional Bis-GMA matrix and is now uniquely used in Venus Pearl and Venus Diamond composites.

## How different composite technologies affect strength

Composites consist of fillers in different sizes and the so called monomer matrix. Due to the Brownian motion, all monomers are moving. The less they vibrate, the higher the material density. Larger monomers like traditional Bis-GMA/TEGDMA show heavy vibrations which leads to increased distance of the monomers.

<sup>1</sup> Da Rosa Rodolpho PA *et al.*: Clinical performance of posterior resin composite restorations after up to 33 years. Dent Mater. 2022 Apr;38(4):680-688

<sup>2</sup> Demarco FF *et al.*: Longevity of composite restorations is definitely not only about materials. Dent Mater. 2023 Jan;39(1):1-12

<sup>3</sup> Third party trademark – owner is listed at the end of this magazine (page 20)

<sup>4</sup>Source: Test report 10-2023

## The science behind

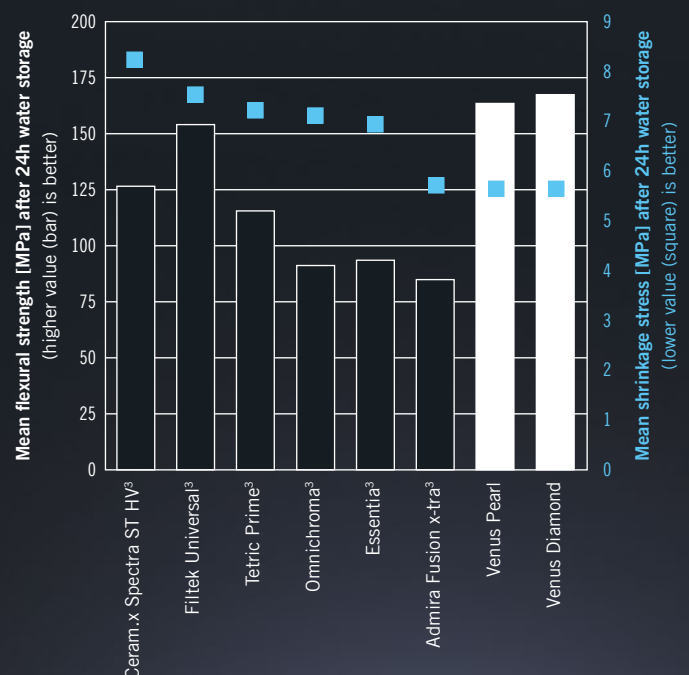
In comparison to traditional composite technologies, the rigid core structure of the TCD-monomer reduces this vibration and results in a higher packing density of molecules for low shrinkage behaviour. Furthermore, the urethane structure in the TCD-urethane molecules generates an improved reactivity of double bonds resulting in a higher degree of conversion which in turn improves the mechanical performance of the composite.

For a more detailed explanation check out our video: [kulzer.com/tcd-matrix](https://kulzer.com/tcd-matrix)

To sum up, the unique TCD-urethane formulation together with an optimised filler system lend Venus Pearl and Venus Diamond the advantageous combination of high flexural strength and low shrinkage stress.

This results in significant benefits: Low shrinkage stress helps to reduce the risk of marginal gap formation and secondary caries while the flexural strength of the TCD matrix increases strength and durability, reducing the risk of chipping or fracture.

Figure 1: Mean shrinkage stress (blue squares) after 24 h [MPa] and mean flexural strength (bars) after 24 h [MPa] of the tested composite materials



Source Figure 1: Flexural strength and polymerisation shrinkage stress of composite materials, Leyer A, Scheweppe J, Utterodt A, J Dent Res Vol 103 (Spec Iss B): 0026, 2024



## CUSTOMERS PERCEPTION OF THE UNIQUE POWER OF TCD

**I prefer to use Venus Pearl composite for tackling tooth wear cases because the material is long lasting and durable with minimal chipping and fracture. The presence of Tricyclodecane (TCD) and a high monomer-to-polymer conversion rate renders the material strong in thin sections.**

**Dr Nadeem Younis,**  
President of the British Academy  
of Aesthetic Dentistry (BAAD) and  
a practicing dentist  
since 1993

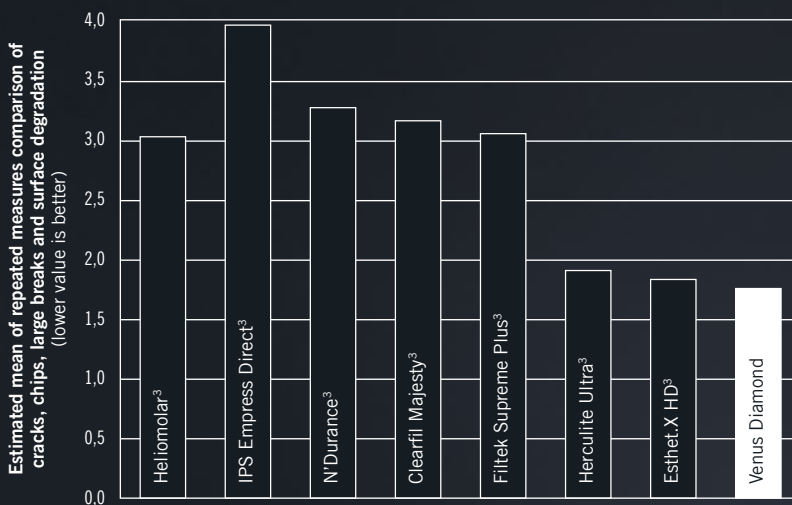
### Practical considerations and impact

For many practitioners, the switch to TCD has been a game changer. In summary, the TCD matrix represents a significant advance in dental materials, combining unparalleled strength with aesthetic excellence. Its unique properties not only enhance the quality of restorations but also contribute to overall practice efficiency and satisfaction.

### The absence of BPA

In addition, the TCD matrix does not contain any BPA structure. Testing by an external laboratory has shown no BPA release above the detection limit from unpolymerised and polymerised Venus Pearl and Venus Diamond composites<sup>4</sup>. This provides additional assurance of the safety and reliability of these materials.

Figure 2: Venus Diamond belongs to the group of composites showing superior mechanical stability (Score 1 = best, having least problems with mechanical issues)



Source Figure 2: Christensen GJ: Clinicians Report, A publication of CR Foundation, Provo, UT, USA, Newsletter April 2014, Volume 7, Issue 4

A three-year practice-based investigation of eight resin-based composite materials in class II restorations revealed:

- ▶ Venus Diamond was one of the three composites that had the fewest issues with cracks, chips, large fractures and surface degradation.
- ▶ Venus Diamond was one of the two composites that best tolerated clinical challenge and patient habits.

**Do you know how many water bottles composite materials withstand before they break? We put it to the test.**



kulzer.com/  
venus-pearl-strength



# THIS THING WITH THE TOP LAYER

## New Bulk Flow Composite Passes the Practical Test

A field report by dentist Dr Nora Joos from Germany

I have to admit that I only realised at second glance during my studies that bulk-fill composites need a final top layer of traditional composite. As I then noticed in the professional exchange, many colleagues are not aware of this either. Manufacturers sell this under the aspect of aesthetics, as bulk-fill composites allow layer thicknesses of up to 4 mm but are therefore rather transparent and not wear-optimised.

That's why I became curious when I was introduced to Venus Bulk Flow ONE from Kulzer, a bulk-flow composite with high abrasion resistance. The practical effect: I can place increments up to 4 mm thickness into the cavity without the need for an additional top layer. The instructions for use provide the explanation. Apparently, the manufacturer has succeeded in integrating traditional stable composite fillers – in contrast to spherical, less abrasion-resistant fillers used in other bulk-fill and bulk-flow composites.

### Case 1



**Initial situation:** Molar with inadequate composite restoration.



**Result:** Aesthetic occlusal-distal filling with Venus Bulk Flow ONE.

This makes Venus Bulk Flow ONE the first chew-stable bulk flow composite for me. The whole thing is then combined with the one-shade concept. Depending on the remaining tooth substance, the shade matching of the filling is very impressive. For a filling material that I use for quick and easy restoration, this is a nice side effect.

More important to me is the fact that bulk-fill and bulk-flow products perform very well in long-term scientific studies. In a webinar, Prof Dr Roland Frankenberger, Director of the Polyclinic for Restorative Dentistry at the University of Marburg, described how he was also sceptical at first, but that studies show that this concept works.

### Case 2



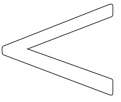
**Initial situation:** Insufficient compomer fillings.



**Preparation:** Removal of inadequate compomer fillings and secondary caries.



**Result:** Embellished and polished occlusal composite filling with Venus Bulk Flow ONE.



#### About the author

*Dr med. dent. Nora Joos took over her father's practice in Berlin-Halensee on April 1, 2022. In March, she successfully completed her master's degree in medical journalism and public relations at the Danube Private University in Krems.*

The flowable bulk materials are really easy to work with. However, as a self-confessed flow fan, I have also experienced situations in the past where I would have liked more viscosity. For example, in larger cavities with an upper molar, the bulk-flow sometimes ran out. Venus Bulk Flow ONE, on the other hand, is really clean. The smooth consistency does not run and therefore offers optimum processing properties – even when designing occlusal surfaces.

I gained my first experience with the new material in the premolar region. In the meantime, restorations in the posterior region are commonplace. One of my employees recently jokingly told me that she would soon order Venus Bulk Flow ONE on pallets, as often as I use the material. She is actually right! But a one-colour concept has another big advantage: Warehousing and the ordering process are as convenient as possible for the team to manage.

One more point is worth mentioning: As with all modern Venus composites from Kulzer, the X-ray radiopacity of Venus Bulk Flow ONE is well over 200 percent – an indispensable advantage for X-ray diagnostics.

My conclusion: The industry could have realised earlier that we practitioners like to fill cavities with 4mm layers – without having to use another material for the top layer. Now the time has come. I believe that the enthusiasm for bulk-flow composites will continue to grow strongly with the new material from Kulzer. So just try it out, gain some initial experience with the material class and experience the differences.

First publication: dzw, edition 38/2022

### Case 3



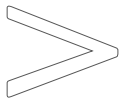
**Initial situation:** Extensive and undermining carious defects.



**Preparation:** It was possible to prepare the defects in a minimally invasive and isolated manner.



**Result:** A wide variety of filling forms – up to chewing cusp slopes.



# PURE EXCITEMENT

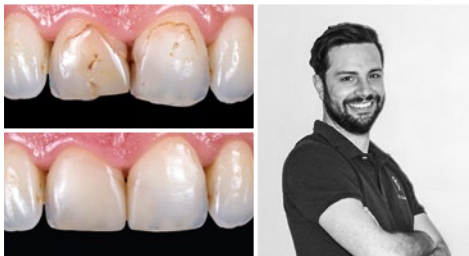


“Easy to handle,  
sculpt and polish.”

Dr Patrik Bargiel, Sweden, Venus Pearl LIGHT and Venus Bulk Flow ONE

“The product is extremely versatile and easy to use allowing the achievement of satisfactory aesthetic results with an extremely simplified protocol.”

Dr Alvaro Gusmara, Italy, Venus Pearl MEDIUM



“Venus Pearl Pure Shades are a fantastic product. It is very versatile, easy to use and simplifies many aspects of the restoration process.”

Dr Riccardo Baratto, Italy, Venus Pearl MEDIUM

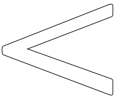


Dr Siddarth Gupta, UK, Venus Pearl LIGHT



Dr Tania Álvarez Rodríguez, Spain, Venus Diamond LIGHT





“I admit at this point that I used two colours for the first anterior filling out of habit and scepticism. **The next filling showed that this was actually unnecessary.**”

Dr med. dent. Nora Joos, Germany, Venus Diamond MEDIUM

“The Venus Pure Shades are very simple to use and the shading is excellent. Plus, **the resin matrix (TCD urethane) is great for anterior incisal edges** due to its strength.”

Dr Dimple Desai, USA, Venus Pearl MEDIUM



“**FOR EASY, PREDICTABLE RESULTS, EVEN IN ANTERIOR REGION.**”

Dr Vincenzo Vitale, Italy, Venus Pearl LIGHT

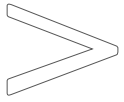
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SMILES AS MUCH AS WE DO.



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# HOW TO GAIN TIME?


Time management is a challenge we all face, but in the dental field, it's essential for success.

We spoke with Dr Sascha Cramer von Clausbruch and Dr Sandra Kaiser to gather insights from both the industry and the practice. Discover how their perspectives can help you focus on what truly matters.

## Why is time management so important in the dental industry?

**Dr Cramer von Clausbruch:** "In the dental industry, mastering time management and setting the right focus is crucial. We face challenges such as an ageing population, digital transformation, staff shortages and increasing regulation. Lean management helps us at Kulzer to focus on what's important with the time and resources we have."

**Dr Sandra Kaiser:** "My practice tip: Digital practice culture. Implementing digital solutions simplifies and speeds up practice processes and provides new ways to communicate with patients and engage them in their care, such as automated appointment reminders."

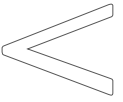


**Dr Sascha Cramer von Clausbruch**  
Chief Innovation and Marketing  
Officer (CIMO) at Kulzer

## How is Kulzer using lean management to improve efficiency?

Lean Management is a mindset that permeates every level of our organisation. At Kulzer, we have a dedicated programme called Kulzer+ that empowers employees to seek improvements and streamline processes. This proactive approach makes us more agile and responsive, ultimately delivering better products and services.

Simplification: For example, focusing on tools and products that simplify the workflow, such as universal shade composites, can make a significant difference.



### What strategies do you recommend for prioritising high-impact activities in a dental practice?

To achieve excellence, it is essential to prioritise activities that have the greatest impact. Involve the whole team in identifying improvements. Small, continuous improvements can lead to significant progress in the long term. It's also important to minimise distractions and non-essential tasks so that more time can be spent on activities that drive meaningful progress.



**Empowerment:** Everyone in the practice should be actively involved in the identification of opportunities for improvement. This not only promotes a sense of ownership, but also a culture of continuous learning and adaptation.



**Dr Sandra Kaiser**  
Dentist and Team Leader  
Product Application at Kulzer

### To increase efficiency, how can you reduce wasted time?

Reducing wasted time and resources is critical to improving efficiency. At Kulzer, we try to optimise workflows and avoid multitasking, which can reduce productivity by up to 40%. Regularly analysing and refining our processes helps us to identify and eliminate inefficiencies, ensuring that we use our time and resources as effectively as possible.



**Digital personnel management:** Digital tools such as knowledge databases, e.g. for collecting expertise in relevant topics and building or maintaining know-how, can be used to manage and motivate a satisfied team and improve the practice structure.

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