NEW
everStick® POST TECHNIQUE

Easier
Fewer working steps
Faster
Better bonding properties

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Stick Tech Ltd has together with the Institute of Dentistry (University of Turku) developed everStickPOST technique further. With the new technique the use of anatomical everStickPOSTs is easier and considerably faster than before. The post will now be light cured during cementation which results in even better bonding properties than with the previous technique. Research results prove this as higher bond strength and lower risk for micro-leakage (ref. Institute of Dentistry, University of Turku 2007-2008).

With the new technique there is no need to perform initial light-curing in the root canal and final light-curing outside the canal. Instead, the light-curing of the post is now done during cementation. Furthermore, there is no need to activate the post surface with resin before cementation. The new technique makes the use of the everStickPOST considerably easier and faster than before.

The easy and fast use of everStickPOST together with the enhanced bonding properties make it a perfect choice for all post indications.

### The benefits of the everStickPOSTs are:

- Maximal support for the crown by filling the pulp chamber with fibres
- Truly individual post – adapts to the shape of the root canal
- Unique IPN bonding between the post and the composite and also between the post and the composite cement
- Elasticity same as with the dentin
- The coronal part of the post can be bent or shaped to support the crown optimally

### The most important differences of the new technique compared to the previous instructions for use are:

**Easier**

**Fewer working steps**

**Faster**

- No initial light curing in the root canal and no final light curing outside the canal
- No activation with resin (earlier for 5 minutes)

**Better bonding properties**

because the post is now light-cured together with the cement

- Higher bond strength
- Lower risk for micro-leakage

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The everStickPOST is an adaptable, polymer (PMMA) and resin-impregnated (bis-GMA) unpolymerized glass fibre post. Polymerizing this material produces a post with high flexural strength and elasticity very similar to the natural elasticity of dentine. Consequently, the stress of occlusion will be evenly distributed on the root structure.

Adhesive and micromechanical bonding to both resin cement and composite ensures a strong bond to the root canal and the composite core.

When everStickPOSTs are used, preparation of the root canals is not needed to the same degree as with traditional posts. Thus, the dentine can be saved and the risk of perforation is reduced because the canal preparation is minimised. The pulp chamber of the root canal can be completely filled with fibres instead of cement. When the post is adapted to the morphology of the canal and the root canal is completely filled with fibres, the adhesive surface and the strength in the most critical part of the tooth are maximized.

The unique properties of everStickPOST glass fibre posts also make it possible to use the posts in curved and oval root canals as well as in very large canals, where several posts of different lengths and diameters can be placed in the same canal. everStickPOSTs can also be used in traditionally prepared and enlarged root canals.

**CLINICAL PROCEDURES**

Prior to the use of everStickPOST, the root canal(s) of the tooth should be endodontically treated and filled using generally approved methods.

In order to make the best use of the properties of everStickPOST, it is recommended to prepare the root canal using tissue saving principles.

**SELECTING THE everStickPOST**

everStickPOSTs are available with three different diameters: 0.9, 1.2 and 1.5 mm. The most suitable size can be selected for canals of different sizes and shapes. In large canals and root canal openings it is recommended to use two or more posts.

**REMOVING everStickPOST**

The procedures for the removal of traditional glass fibre posts can also be applied to the removal of everStickPOST.
everStick®POST – Instructions for use

ROOT CANAL PREPARATION

1. Remove 2/3 of the length of the root canal filling material or at least the height of the clinical crown from the canal. For example, Gutta Percha can be removed with a suitable size Gates Glidden bur without enlarging the canal. All the root canal filling material should be removed from the length of the preparation. Leave a minimum of 3-5 mm of Gutta Percha at the apex of the root. Rinse the canal with water and dry carefully using paper points. The working area should be isolated from moisture as well as possible. Use of rubber dam is highly recommended.

2. Measure the depth of the prepared canal using, for example, an endodontic instrument or a periodontal probe. Estimate also the height of the coronal structure required.

3. Open the everStickPOST foil bag. Cut the required number of posts from the silicone strip using scissors. Close the foil bag with its sticker and put the closed bag in to the refrigerator.

everStickPOST PLACEMENT PROCEDURE

4. Mark the measured length of the post to the protective paper. With sharp scissors pre-cut the post to a suitable length together with the silicone.

5. Use tweezers to take the post out from the silicone. Check the length and suitability of the everStickPOST by inserting it into the root canal. Always use tweezers to handle the post.

TIP: Dipping tweezers in a drop of light curing resin (eg. StickRESIN) prevents the tweezers from sticking to the everStickPOST. Resin will also enhance the bonding between the main post and the additional post(s) attached to it. Avoid resin flowing into the root canal.

6. If the post does not reach the necessary depth, taper the end of the post with sharp scissors.

7. Fit the post inside the root canal again. At this point, if needed, you can shorten the coronal section of the post to an appropriate length with sharp scissors.

8. In the upper portion of an oval or a very large canal, it is recommended use more than one post to strengthen the post in areas of greater load. All additional posts are shaped and attached tightly to the main post both coronally and inside the root canal using lateral condensation.

Important! Remove the post from the canal and protect it from light before cementing.

everStickPOST POST CEMENTATION

To cement the everStickPOST use low viscosity dual curing cement. Pay careful attention to the manufacturer’s instructions.

TIP: It is important to select a dual cure composite resin cement with low viscosity. Use of very high viscose cement may prevent the unpolymerized post from reaching full depth inside the canal.

9. Follow the instructions of cement manufacturer to prepare the root canal prior to cementing. Fill the canal with cement using an intraoral tip. It is important that you start filling the canal from the apical region and proceed slowly by moving the syringe steadily upwards until the canal is filled.

NOTE: Do not use lentulo to apply the cement – It accelerates the polymerization process of the composite cements.

NOTE: Covering the post with cement instead of filling the canal prior to inserting the post into the canal may cause air voids and shredding of the individual posts from the post bundle.

10. Slowly insert the post into the canal. You can shape and bend the coronal part of the post while it is still soft. Be careful not to lift the post at this point. You can remove any excess cement at this point.

11. Light cure the post and the cement from above of the post perpendicular to the fibress at least 40 seconds.

12. When the post and the cement are cured, you can continue building the coronal part of the tooth using the preferred method and the composite material best suited for the purpose.