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Invitro Effect of Bulkfill and Incremental Application Techniques with Different Composite Filling Materials on Marginal Microleakage

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ABSTRACT

Objective: To assess the in vitro effect of bulkfill and incremental application techniques on the microleakage of class II dental cavities filled with three different bulkfill composite materials at occlusal and cervical margins.

Methods: Standardized class II cavities were prepared on 120 human premolar teeth extracted for orthodontic treatment, which were randomly divided into two main groups of 60 teeth, corresponding to the two application techniques. Each group wasthen sub-dividedrandomly into three sub-groups based on the type of bulkfill restorative materials as follows: Tetric®N-Ceram BulkFill, Filtek™BulkFill flowable restorative material and X-trafil®BulkFill. All cavities were prepared and etched, and the corresponding self-etch bond adhesive systems were applied. A stereomicroscope was used to assess microleakage after thermocycling and immersion of the specimens in 0.1% methylene blue for 24 hours. Mann-Whitney U test was then used to analyze data.

Results: No statistically significant difference was found in the marginal microleakage between the incremental and bulkfill techniques using the three types of composite materials at both occlusal and cervical margins. The X-trafil®BulkFill showed the lowest score of microleakage with both application techniques compared to other bulkfill composite materials.

Conclusion: Both incremental and bulkfill application techniques using Tetric®N-Ceram BulkFill, Filtek™BulkFill flowable restorative material and X-trafil®BulkFill composite materials have a comparable effect on the marginal microleakage at occlusal and cervical margins of human teeth extracted from dental clinics in Sana'a city. Further studies are recommended to assess the clinical success of bulkfill composite materials using SEM or confocal microscope.

Keywords: Microleakage; Dental application technique; Bulkfill composite material; Cervical margin; Occlusal margin

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1. Introduction

The stability and success of resin composite restorations depend on their marginal seal and the absence of microleakage. However, polymerization shrinkage still represents a major disadvantage.^(1,2) This shrinkage affects marginal sealing and allows the ingress of oral fluids, microorganisms, and other molecules to the cavity walls and restoration interface.⁽³⁾ Furthermore, the volumetric changes differ between the restoration and the tooth structure because of the differences in the thermal expansion coefficient during temperature changes, directly affecting microleakage.⁽⁴⁾

Studies have focused on improving placement techniques, materials and composite formulation, primarily the polymetric matrix, to reduce polymerization shrinkage and polymerization shrinkage stress.⁽⁵⁾ Although low-shrinking composite resins are desirable, several factors determine the shrinkage stress of a restoration such as cavity geometry, material type and application technique.⁽⁶⁾

Several techniques have been developed to avoid the effect of polymerization shrinkage and microleakage, including incremental layering application, light curing of the composite restoration of less than 2 mm thickness,^(1,2) and the use of indirect and semi-direct restorations.⁽⁷⁾ However, nonear highly successful in reducing the occurence of polymerization shrinkage.

The incremental filling remains the "gold standard" technique to restore dental cavities exceeding 2 mm in depth. This technique minimizes gap formation and polymerization stress, allows adequate bonding of composite to tooth tissue and ensures complete polymerization of resin-based composites.⁽⁸⁾ Furthermore, the incremental application of composite filling material can reduce C-factor and, hence,the shrinkage stress at the tooth restoration margin by allowing the stress-relieving flow of composite restoration from the unbonded surface to the bonded one.⁽⁹⁾

Posterior composite application techniques are time-consuming, and the adaptation may be difficult when they extend below the cemento-enamel junction (CEJ). An increased marginal leakage could when the cervical finishing line is positioned below the CEI.^(10,11) To overcome this leakage, the use of flowable composites is recommended because of the increased elasticity, wettability, and low viscosity that improve the marginal adaptation of composite restorations.⁽⁶⁾ However, flowable composites are not suitable filling materials for all types of restorations due to their lower physical and wear resistance properties. Furthermore, most conventional composite filling materials exhibit lower polymerization shrinkage when compared to flowable composites.

It has been claimed that the recently introduced bulkfill composites could be a solution for polymerization shrinkage and microleakage. These materials are suitable for application in a 4 mm thickness composite due to their high reactivity to light curing, low polymerization stress and improved mechanical and chemical characteristics.⁽¹²⁾

Class II cavity restorations with composite filling materials have been controversial, particularly in preparations under the cervical margin where there is no enamel and the cavity margins are formed of dentin, cementum or both. The use of the multiple layering application technique is recommended to resist resin composite shrinkage stress and improve marginal adaptation.^(13,14) On the contrary, some studies proved that the mono-incremental application (bulk) of composite filling materials minimizes the marginal leakage due to less contraction stress induction.(15,16) Therefore, the present study compared the effect of incremental and bulkfill application techniques on the marginal microleakage of class II cavities restored with three different composite restorative materials.



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2. Methods

2.1. Specimen preparation

One hundred and twenty human premolar teeth extracted within three months were examined under a magnifying lens to detect any enamel cracks or fissures. The teeth were cleaned from the blood and soft tissue, and then immersed in 0.1% chloramine T solution for one week and then in normal saline solution. Self-curing acrylic resin was used to make manipulation blocks at the roots of each tooth to facilitate its handling. Light-cured composite was then used to fix the tooth on metallic holders.Thereafter, normal saline was the medium for storing teeth at room temperature.

2.2. Cavity preparation

Standardized class II cavities with parallel walls were prepared on all teeth. An individual metal matrix band was adapted and a periodontal probe was used with the cervical finishing line established at 1 mm underneath the CEJ. The preparation dimension was settled at 4 mm bucco-lingually and 4 mm occluso-gingivally with a cavity depth of 2 mm. Cavities were prepared using rough diamond burs (F80710M, ökoDENT, Thuringia, Germany) in an air/water-cooled high-speed turbine (W&H, Bürmoos, Austria) with finishing diamond burs (#2203, Dentex, Taipei, Taiwan). The enamel cavity margins and inner angles of the cavities were then rounded and beveled. The preparations were then checked for standardization using a periodontal probe, and an air/water stream was used for cleaning.

2.3. Specimen restoration

The specimens were divided randomly into two main groups; namely, incremental and bulkfill application techniques (60 specimens per group). Each group was sub-divided randomly into three equal sub-groups based on the various restorative bulkfill materials (Figure 1).

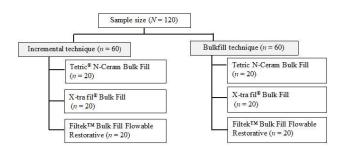


Figure 1. Flowchart of group and sub-group allocation of specimen restorations

The specifications of the materials used in the preparation of specimen restorations are shown in Table (1).

Table 1. Specifications of the materials used in preparing specimen restorations

Material	Manufac- turer	Composition	City\Coun- try
Tetric®N-Ce- ram Bulk Fill	Ivoclar Vivadent	BIS-GMA, urethane dimethacrylate, bar- ium glass filler, ivo- cerin, shrinkage stress reliever, light sensitivity filter- filler, pigments	Liechten- stein, Ger- many
Filtek™ Bulk Fill Flowable Restorative	3M ESPE	BIS-GMA, urethane dimethacrylate, procrylat resin fill- ers; a combination of zirconia /silica (0.01 to 3.5 μm) and ytterbium trifluo- ride (0.1 to 5μm)	St. Paul, MN, USA
X-trafil® Bulk Fill	Voco	BIS-GMA, urethane dimethacrylate, TEGDMA	Cuxhaven, Germany

A 37.0% phosphoric acid gel solution (Ivoclar Vivadent, Liechtenstein, Germany) was applied for 30 seconds on enamel and 15 seconds on dentin for etching the cavity surfaces. The cavity surfaces were then washed with a water jet for 5 seconds and dried with a gentle stream of air, leaving a moistened surface. A microbrush was used to apply the corresponding self-etch bond adhesive systems;namely, Adhe SE One F (Ivoclar Vivadent, Liechtenstein, Germany), Scotch Bond Universal (3M ESPE, St. Paul, MN, USA) and Futurabond DC (Voco, Cuxhaven, Germany).Ten seconds were set as the curing time.



A light-emitting diode (LED) light-curing unit (LY-C240, Foshan City, China) with a 1200 mw\cm² light intensity was applied on each specimen. The distance between the LED light-curing unit and the specimens was standardized having the light guide tip 10 mm away from the margins of cavities. The LED light-curing unit was constantly monitored before the application of the restorations by a radiometer (Dymax, Torrington, USA).

The proximal wall was built up during composite placement using a metallic matrix. For the bulkfill technique, specimens were restored with a composite of 4 mm thickness in a single step. For the incremental technique, specimens were restored with a composite of 2 mm thickness. The curing time for each specimen in both techniques was 40 seconds. Afterwards, flexible disks (3M ESPE, St. Paul, MN, USA) were used for finishing and polishing. The specimens were kept in normal saline throughout the experiment to avoid dehydration.

All cavities were prepared and restored by the same experienced operator. The teeth were thermocycled for 1000 thermal cycles between two water baths at 55°C and 5°C with a dwell time of 30 seconds.⁽¹⁷⁾

2.4. Microleakage testing

Once thermocycling was completed, two layers of nail polish were used to cover all the specimens, except 1 mm above and below the border between the restoration and the tooth structure. Afterwards, the specimens were immersed in 0.1% methylene blue for 24 hours. Then, the specimens were rinsed, dried at room temperature and mesiodistally cut through the central line of the restoration with a slow speed dental micro-motor (300 rpm) using a diamond disk under constant cooling.

The specimens were observed under a binocular optical zoom stereomicroscope (Motic, Wetzler, Germany) adapted with a digital camera at 45x magnification. The dye penetration degree along the cervical and occlusal margins was then recorded and scored according to the penetration percentage using the following formula:

Microleakage % =	Dye penetration from the outer margir			
	Total surface of the restoration			

The microleakage scores used in this study were based on the method proposed by Radhika et $al.^{(13)}$ as shown in Table (2).

Microleakage	Indication
scores	
Scoring for occlus	al wall
0	No dye penetration
1	Dye penetration into half extension of the occlusal wall
2	Dye penetration into more than half of oc- clusal wall
3	Dye penetration into pulpal wall
Scoring for cervica	al wall
0	No dye penetration
1	Dye penetration into half extension of the cervical wall
2	Dye penetration into more than half or com- plete extension of the cervical wall
3	Dye penetration into cervical and axial walls towards the pulp
A .	

An image software tool (ScopePhoto 3.0, Microscope World, CA, USA) was used to assess the percentage of dye penetration relative to the total length of the restoration.

2.5. Statistical analysis

Data were analyzed using IBM SPSS Statistics, version 25.0 (IBM Corp., Armonk, NY, USA). The reliability test was performed after two weeks of re-examination of 20% of the specimens using the Cronbach's alpha coefficient (α) test. Descriptive Statistics and Mann-Whitney U test were performed, as appropriate, to achieve the various objectives. Differences were considered statistically significant at *P*-values < 0.05.

3. Results

Accepted readings of reliability (86.0%) were reported. No significant difference was found in microleakage between the incremental and the bulkfill techniquesat occlusal (P=0.450) and cervical (P=0.759) margins (Table 3).



Mar-	Tech-	Z-score	Z-score Mean±SD	
gins	nique			
	Incremen-		0.71±0.487	
Occlu-	tal	766	1.00±0.495	0.450
sal	Bulkfill	755		0.450
			0.91±0.516	
C	Incremen-		1.00 ± 0.502	
Cervi- cal	tal	307		0.759
	Bulkfill			

Table 3. Microleakage score comparison between incremental and bulkfill application techniques at occlusal and cervical margin

Table (4) shows that the occlusal margin microleakage was significantly lower than cervical margin microleakageacross all groups (P<0.001).

Table 4. Microleakage comparison between occlusal and cervical

		margins		
Marginal mi- croleakage	Mann- Whit- ney U	Occlusal margin Mean	Cervical margin Mean	<i>P</i> -value
	1395.00	54.64	78.36	0.001*

Table (5) shows the scores of occlusal and cervical marginal microleakage according to the application techniques and the bulkfill composite materials. The X-trafil®BulkFill showed the lowest microleakage percentage among the experimental groups (9.1%), with 1µm dye penetration, whereas Filtek[™]BulkFill flowable restorative material showed the highest microleakage percentage (90.9%) with a 10 µm dye penetration.

Table 5. Total dye penetration (μ m) and microleakage (%) comparison between the three bulkfill com	nposite materials
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Variables	Application techniques	Scores	Margins	Materials		
				Filtek™ Flowable	Tetric [®] N-Ceram	X-trafill®
		0	Occlusal	1	4	6
			Cervical	1	1	2
	Incremental	1	Occlusal	10	7	5
			Cervical	10	9	9
Dye penetration		2	Cervical	1	2	1
(µm)		0	Occlusal	3	5	6
			Cervical	1	2	1
	Bulkfill	1	Occlusal	8	6	5
			Cervical	7	9	1
		2	Cervical	4	1	1
		0	Occlusal	9.1%	36.4%	54.5%
			Cervical	9.1%	9.1%	18.2%
	Incremental	1	Occlusal	90.9%	63.6%	45.5%
			Cervical	90.9%	81.8%	81.8%
Mianalaalaaa 0/		2	Cervical	9.1%	18.2%	9.1%
Microleakage %		0	Occlusal	27.3%	45.5%	54.5%
			Cervical	9.1%	18.8%	9.1%
	Bulkfill	1	Occlusal	72.7%	54.5%	45.5%
			Cervical	63.6%	9.1%	9.1%
		2	Cervical	36.4%	9.1%	9.1%

Table (6) shows a significant difference between the occlusal and cervical margins with respect to Filtek^MBulkFill Flowable Restorative (*P*=0.031) and Tetric[®]N-Ceram (*P*=0.051). **Table 6.** Microleakage scores of the three composite materials applied

 in bulkfill and incremental techniques at occlusal and cervical margins

Margins	Bulkfill	Bulkfill application		Incremental applica-		P-value
	materi-			tion		
	als	Mean ± SD	me-	Mean ± SD	median	-
			dian			
Occlusal	Filtek™	0.91±0.32	1.0	0.73±0.47	1.0	0.280
	Tetric®N- Ceram	0.64±0.51	1.0	0.55±0.52	1.0	0.672
	X-trafil®	0.45±0.52	0.0	0.45 ± 0.52	0.0	1.000
Cervical	Filtek™	1.0±0.01	1.0	1.36±0.51	1.0	0.031
	Tetric®N- Ceram	1.18±0.41	1.0	0.91±0.30	1.0	0.051
	X-trafil®	0.82±0.41	1.0	0.82±0.41	1.0	0.544

SD, standard deviation.



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4. Discussion

Several techniques have been developed to estimate the microleakage of restorative materials both in vivo and in vitro. In vivo studies remain the first choice in evaluating the performance of dental materials, butthis choice is time-consuming and the standardization of procedures is somehow difficult.⁽¹⁸⁾Therefore, in vitro microleakage studies are an important tool to evaluate gap formation.⁽¹⁸⁾ The present study used natural human teeth and clinical protocols to simulate the clinical situation of invivo studies to some extent.

Scanning electron microscope (SEM) and stereomicroscope have been used to assess the marginal seal and microleakage of direct and indirect composite inlays in cavities with cervical margin set in enamel or dentin.⁽¹⁹⁾No significant differences were found between both techniques when the cervical margin was in enamel. However, for the cervical margin in dentin, the direct technique showed more microleakage than the indirect technique.⁽¹⁹⁾The present study choseclass II restorations with 1 mm cervical extension below the CEJ as an appropriate design for evaluating the sealing ability. Moreover, the longitudinal mesiodistal sectioning of the class II cavities permits the assessment of both cervical and occlusal leakage simultaneously.

To simulate clinical conditions, extracted intact human teeth were used in this investigation. Thermocycling was also used to expose teeth and restoration to temperature changes and, in turn, to simulate the aging of the restorations in the mouth. This imitates the temporary cold and hot temperatures in the mouth and spots the thermal expansion differences between the restoration and the tooth, which may cause gap formation.⁽²⁰⁾

Various methods have been used for microleakage assessment, including air pressure, bacterial studies, radioisotope, neutron activation, dye penetration, SEM and electrochemicalmethods.^(21, 22) Among these methods, the dye penetration test is known to beeffective for determining marginal gaps in experimental studies. It is the most commonly used method for determining marginal leakage in vitro, after a longitudinal cut of teeth. This method was preferred for this study because of its ease and frequent use in the published literature.⁽²³⁾

The present study revealed no significant difference in microleakage percentagebetween the incremental andbulkfill application techniques with thethree different composite resins. This finding is in agreement with that byRengo et al.⁽²⁴⁾,who reportedno significant differences in the marginal leakage of bulkfill composites in class II restorations. Similarly, Idriss et al.⁽²⁵⁾, who reported thatthe marginal adaptation of class II composite restorations is not affected by using mono-incremental and multiple-incremental application techniques. They also reported that there was no significant difference in marginal microleakage between the bulkfill and incremental application techniques in vitro. On the other hand, the present findings are in disagreement withthatbyKuijs et al.⁽²⁶⁾, who showed higher polymerization shrinkage with the layering technique. This could be attributed to the differences in the study design and restorative materials used.

In the present study, microleakage scores were higher in the cervical margins than the occlusal margins independent of the composite material. This can be attributed to the histological, compositional and morphological differences of the two sites. Poggio et al.⁽²⁷⁾evaluated class II microleakage of conventional and bulkfill composite restorative materials with their gingival margin underneath the CEJ, and all composite restorations showed microleakage similar to this study.

Patel et al.⁽²⁸⁾ compared the microleakage of three bulkfill composite materials and one nanohybrid composite and found that the marginal gingival microleakage was higher than the occlusal onein all groups.Their findingsarein agreement with the presentstudy. However, such findingscontradict that by Deliperi and Bardwell⁽⁵⁾,whofound no significant difference in dye penetration between occlusal and gingival microleakage scores. It is to be noted that



the latter study examined different adhesive techniques for conventional restoratives, while this study examined a bulk filling protocol.

In the present study, the Filtek[™]BulkFill flowable restorative material showed the highest microleakage score compared to the other two types ofrestorative materials irrespective of the application techniques used. This might be due to the inadequate adaptation to the enamel wall as a result of the low viscosity of resin composite.⁽²⁹⁾On the other hand, X-trafil®BulkFill showed the lowest score of microleakage, which could be explained by the ratio of the lower surface rigidity value of the material to the upper surface rigidity value as an indicator of polymerization rate. The polymerization the rateof≥80% issuccessful in preventing microleakage, and X-trafil®BulkFill meets this criterion.⁽³⁰⁾This finding is in agreement with Siavash et al.⁽³¹⁾, who showed that X-trafil[®]BulkFill composite restoration hadsmaller gaps at both dentin and enamel margins.

This study is limited by the fact that the dynamic intraoral thermal changes induced by drinking and eating could notbe simulated. In addition, the alternation of the dentinal surface after extraction and the absence of the outward flow of dentinal fluid can result in a poor correlation between in vivo and in vitro conditions, even though thermocycling is achieved in laboratory experiments.⁽³²⁾ Another limitation is the use of a single version of adhesives systems for all types of composite restorations.

5. Conclusion

Both incremental and bulkfill application techniques using Tetric®N-Ceram BulkFill, Filtek[™] Bulk Fill flowable restorative material and X-trafil® Bulk Fill composite materials have a comparable effect on the marginal microleakage at occlusal and cervical margins of human teeth extracted from dental clinics in Sana's city. Further studies are recommended to assess the clinical success of bulkfill composite materials using SEM or confocal microscope.

Ethical considerations

The study protocol was approved by the Research Ethics Committee of the University of Science and Technology (MECA No.: EAC\UST142).

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Authors' contributions

AAA design the study, collected data, analyzed and interpreted data, and drafted the manuscript. AAM and MAD revised the manuscript. All authors approved the final submission.

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Competing interests

The authors declare that they have no competing interests associated with this article.

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