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At the completion of this test, participants should be able to:

- Discuss the variations in composite types and choose one that delivers the best clinical outcomes
- Educate patients about the dangers of DIY dentistry
- Compare hand scaling, piezo, and magnetostrictive plaque removal and when to use each

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Self-Instruction Test February 2026 ♦ 1 CE ♦ Check the box next to the most correct answer.

1. Lower-filled materials such as flowables and dual-cures shrink more than packable composites and should be limited to small, non-load-bearing areas.

True
 False

2. Which composite type is recommended for all multi-surface, load-bearing posterior restorations?

A. Shade-matching composite
 B. Flowable composite
 C. Dual-cure composite
 D. Packable universal composite

3. DIY (Do-It-Yourself) dentistry is gaining momentum, and procedures like orthodontics, veneers, and whitening have highly positive outcomes.

True
 False

4. Which methodology is more important in scaling?

A. Hand scaling only
 B. Ultrasonic scaling only
 C. BOTH hand scaling and ultrasonic scaling should be used in conjunction for best patient outcomes.
 D. Magnetostrictive scaling only

5. What are some limitations of ultrasonic scaling only?

A. Operators can become over reliant on the device, leading to a decline in operator technique.
 B. Typically takes longer.
 C. Physically taxing on the operator's hands.
 D. A regular sharpening schedule is essential otherwise instrument will be ineffective.

6. BC SEALER ION+ may be used with cold or warm treatment, has improved handling, and excellent radiopacity.

True
 False

7. EsCem RMGI Luting Cement has the following desirable characteristics compared to market leaders, **except**:

A. One esthetic, more translucent shade.
 B. Higher physical properties.
 C. Availability from all major US dental dealers.
 D. Lower price.

8. Woodpecker X-Star Curing Light has the following desirable design features:

A. Large diameter curing tip.
 B. 90-degree output for easy access.
 C. High power for quick cure.
 D. All of the above

To receive credit, all 2026 tests are due by
DECEMBER 15, 2026

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mail to Clinicians Report, Attn CE Tests, 3707 N Canyon Rd, Bldg 7, Provo UT 84604;
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