THE
‘X’ FACTOR FLOWABLE

Beautiful Flow Plus X from Shofu offers a newly developed, patented filler with improved handling and effortless polishing.
Material innovation isn’t just about going with the flow—it’s about making slight adjustments over time with the intention of creating an ideal set of attributes. According to Howard Glazer, DDS, FAGD, Shofu has delivered that special “X factor” with the release of Beautifil Flow Plus X, a bioactive injectable hybrid composite. This next-generation ion-releasing universal restorative allows Dr. Glazer to provide minimally invasive cosmetic procedures with excellent results, both esthetically and clinically.

“Patients only know if it’s a good filling if it looks pretty,” Dr. Glazer told Dental Product Shopper. “That’s not the answer, though. As a dentist, I want this restorative material to be clinically acceptable and, frankly, beyond acceptable—and Beautifil Flow Plus X is. I have no qualms about using this material in a variety of cases.”

Dr. Glazer was an early adopter of the previous-generation Beautifil Flow Plus when it was first approved in the U.S. He was impressed by the material’s handling, particularly its 2 different viscosities that enable all classifications of restorations, for both adult and pediatric dentition. It could also be used as a base and liner as well as a restorative. These attributes have carried over to the next-generation Beautifil Flow Plus X, along with other unique advantages.

“Beautifil Flow Plus X builds on the foundation of Beautifil Flow Plus, while offering enhanced placement and enhanced polishability. It’s a stronger, harder material that still maintains the flowability,” Dr. Glazer added. “The chemistry is similar but it’s an even more esthetic material. The X stands for ‘extreme,’ but to me it also stands for the number 10, because I use this material tenfold. It has eliminated the need to use other flowables.”

Two innovative technologies are central to Beautifil Flow Plus X’s enhancements: reduction of the SPR-G filler particle size to nanoscale and creation of a stable glass ionomer phase on the surface. Beautifil Flow Plus X has the proprietary Giomer chemistry that Shofu products are known for, including fluoride release and recharge. (See opposite page.)

“We know glass ionomers release fluoride, but the SPR-G gives the material the uncanny ability to recharge the fluoride release,” Dr. Glazer added. “This happens every time the patient uses a fluoride rinse, brushes with a fluoride toothpaste, uses a fluoride application, or drinks fluoridated water. It gives the material a plaque-resistant, anti-cariogenic effect.”

With Beautifil Flow Plus X, Dr. Glazer has also noticed an increase in radiopacity and an excellent color adaptation to the natural dentition, since it appears as transparent as natural enamel. The material is extremely polishable, allowing for a high-gloss finish that sustains over time.

“Beautifil Flow Plus X is a well-rounded material, and it works terrifically,” Dr. Glazer concluded.
Indicated for both anterior and posterior restorations, Beautifil Flow Plus X F00 and F03 are only slightly different in viscosity, but even this slight difference has a big impact on handling. The images above show why.

F00 is an absolutely stable material with a “no-flow flow,” as Dr. Glazer describes. He stacks the material so it doesn’t drift or collapse after sculpting. The material will stay that way up to 1 minute without leveling out. The double zero in F00 indicates it flows 0 mm when held vertically for 1 minute.

The self-leveling F03 will flow up to 3 mm when held vertically for 1 minute. Offering moderate shape retention, viscosity, and ideal adaptation, it can be used to line cavity floors, fill small occlusal cavities, or create cervical restorations.

Of course, there are different indications for when Dr. Glazer would use one material over the other. Flip the page to learn more.

**KEY FEATURES OF BEAUTIFIL FLOW PLUS X**

- Achieves more surface gloss in less time
- Improved handling
- Stackable and sculptable; stays put after placement
- Esthetically blends with natural tooth
- High compressive strength of 358 MPa and flexural strength of 120 MPa
- Low wear resistance and shrinkage
- Indicated for anterior and posterior teeth on pediatric and adult dentition, Classes I-V

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**ION THE PRIZE**

The term “Giomer” refers to any product containing Shofu’s proprietary Surface Pre-Reacted Glass (S-PRG) filler particles. These particles help to form a stable zone of interaction designed to sustainably release and recharge ions at high concentrations. Five benefits of these ions include:

1. Decrease in acid production of cariogenic bacteria
2. Formation of an acid-resistant layer
3. Anti-plaque effect
4. Reduction in tooth mineral solubility
5. Minimization of postoperative sensitivity

In a major university clinical study, patients at the 8-year recall with Beautiful restorations displayed no secondary caries, failures, or postoperative sensitivity, and maintained esthetics. At 13 years, these same restorations had a retention rate of 61% and a secondary caries rate of only 3%.

**Class Indications**

Dr. Glazer explains how he uses Beautifil Flow Plus X in a variety of cases, depending on the restoration and the results he’s trying to achieve.

Beautifil Flow Plus X is a highly versatile material that allows you to meet esthetic requirements in both multi- and single-layer techniques. You can use this material as your imagination would, including combining usage of the F00 and F03 materials. Here are a few examples:

For a moderate, in-depth **Class I**, Beautifil Flow Plus X can be used as a total restorative material, whether it’s a pediatric tooth or an adult tooth.

In a **Class II**, where the cavity might get deeper and I want a little more strength, I might use Beautifil Flow Plus X as my base liner because of the Giomer consistency, and I’ll use Beautifil II packable resin on top of it.

In instances of a **Class III** on an anterior tooth, Beautifil Flow Plus X is a great restorative material to use. This is a case where I might use the F03 so I can get the material to flow into the Class III preparation and use the matrix to bring the material around. As long as I bevel the margins, I can create invisible margins with this material.

In a **Class IV**, I might use a combination of both F00 and F03. I might use the F03 as a base liner, but as I’m building up and I want the material to stand, then the F00 is indicated.

In a **Class V**, I use F00 almost exclusively. For instance, I wouldn’t want the material running down the front of the tooth while I turn to grab the curing light. I want a material that when it’s applied, it stays where I put it, and then I can use the curing light.

**A Shade for Every Occasion**

People always ask me how many shades of a composite I really need. My answer is “whatever it takes to satisfy the patient who’s in your chair at that time.” Beautifil Flow Plus X runs the gamut of shades, and its chemistry assists in shade matching to adjacent teeth. [See shade chart below.]
Class I restoration using Beautifil Flow Plus X F00. Photos taken with EyeSpecial C-III (Shofu Dental) in Standard Mode.

Case 2: Before and After

Tooth #8 Beautifil Flow Plus X F00 A2 on incisal, facial.

DR. GLAZER’S CLINICAL TIPS FOR PLACING BEAUTIFIL FLOW PLUS X

1. Remember to bevel your margins so you can create invisible margins. Long bevels are great because they’re easier to hide.

2. Remember to spend time polishing. When you polish, you will achieve that super high gloss that looks just like enamel.
If you don’t have Beautifil Flow Plus X yet, don’t think you’re inadequate or providing less-than-perfect care for your patients—that’s not true. Beautifil Flow Plus is a perfectly good product, and I have restorations in my own mouth with that material. But the next-generation Beautifil Flow Plus X is better. When I lecture, I often tell my audience that a lot of the things I discuss didn’t exist 5 years ago, and within the next 5 years they’ll all be replaced. Life is improving all the time!

There are probably 4 to 6 composites in play in my office at any given time. People have to remember this is not only the science of dentistry but also the art of dentistry. Each one of us is an artist to our own capability. I know what I can create with Beautifil Flow Plus X, and the next dentist to use it might create something even better with the same material.

— Howard S. Glazer, DDS, FAGD

BEAUTIFIL II
There are indications where Dr. Glazer will use Beautifil Flow Plus X as a base liner material and will fill it the rest of the way with Beautifil II, a packable resin. The shades match because they’re the same formula, which offers a “huge esthetic advantage,” according to Dr. Glazer. Learn more about Beautifil II by clicking the image below.

SUPER-SNAP X-TREME
Dr. Glazer increases the luster of Beautifil Flow Plus X by using Super-Snap X-Treme polishing disks. They offer flexibility, durability, tactile feel, and “x-treme” gloss, and their thickness allows greater force for polishing. Learn more about Super-Snap X-Treme by clicking the image below.

Connect with Shofu by visiting their website and following them on Facebook.