Aluminum Oxide/Silicon Carbide

1. **Sof-Lex Extra Thin (XT) Contouring and Polishing Discs**
   - 3M ESPE

2a. **FlexiDisc**
   - Cosmedent

2b. **FlexiDisc Mini**
   - Cosmedent

3. **OptiDisc**
   - KerrHawe

4. **Super-Snap**
   - Shofu

5a. **EP Esthetic Polishing System**
   - Brasseler

5b. **Fini Polishing System**
   - Pentron

5c. **FlexiDisc Plastic Center**
   - Cosmedent

5d. **Sof-Lex Contouring and Polishing Discs**
   - 3M ESPE

Diamond

1. **Visionflex**
   - Brasseler
<table>
<thead>
<tr>
<th>Finishing Discs</th>
<th>Cost/disc</th>
<th>Abrasive</th>
<th>Grits</th>
<th>Durability</th>
<th>Sizes</th>
<th>Mandrel</th>
<th>Effectiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aluminum Oxide/ Silicon Carbide</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sof-Lex Extra Thin (XT) Contouring and Polishing Discs</strong></td>
<td>$0.49</td>
<td>$0.55</td>
<td>Aluminum Oxide</td>
<td>4</td>
<td>Fair</td>
<td>2: 0.4in/1.0cm, 0.5in/1.3cm</td>
<td>Pop-on</td>
</tr>
<tr>
<td><strong>FlexiDisc Cosmedent</strong></td>
<td>$0.19</td>
<td>$0.24–$0.27</td>
<td>Aluminum Oxide</td>
<td>6</td>
<td>Good</td>
<td>3: 0.5in/1.3cm, 0.6in/1.6cm, 0.75in/1.9cm</td>
<td>Regular Moore</td>
</tr>
<tr>
<td><strong>FlexiDisc Mini Cosmedent</strong></td>
<td>$0.21–$0.22</td>
<td>$0.26–$0.28</td>
<td>Aluminum Oxide</td>
<td>4</td>
<td>Good</td>
<td>3: 0.4in/1.0cm, 0.5in/1.3cm, 0.6in/1.6cm</td>
<td>Mini Moore</td>
</tr>
<tr>
<td><strong>OptiDisc KerrHawe</strong></td>
<td>$0.48</td>
<td>$0.43</td>
<td>Aluminum Oxide</td>
<td>3</td>
<td>Good</td>
<td>2: 0.4in/1.0cm, 0.5in/1.3cm</td>
<td>Metal with flat head</td>
</tr>
<tr>
<td><strong>Super-Snap Shofu</strong></td>
<td>$0.47</td>
<td>$0.36</td>
<td>Silicon Carbide/ Aluminum Oxide</td>
<td>4</td>
<td>Fair</td>
<td>2: 0.3in/0.8cm, 0.5in/1.3cm</td>
<td>Metal with silicon hub</td>
</tr>
<tr>
<td><strong>EP Esthetic Polishing System Brasseler</strong></td>
<td>$0.35</td>
<td>$0.30</td>
<td>Silicon Carbide/ Aluminum Oxide</td>
<td>4</td>
<td>Fair</td>
<td>2: 0.3in/0.8cm, 0.5in/1.3cm</td>
<td>Metal with silicon hub</td>
</tr>
<tr>
<td><strong>Fini Polishing System Pentron</strong></td>
<td>$0.38</td>
<td>$0.35</td>
<td>Silicon Carbide/ Aluminum Oxide</td>
<td>4</td>
<td>Fair</td>
<td>2: 0.3in/0.8cm, 0.5in/1.3cm</td>
<td>Metal with silicon hub</td>
</tr>
<tr>
<td><strong>FlexiDisc Plastic Center Cosmedent</strong></td>
<td>$0.27</td>
<td>$0.31</td>
<td>Aluminum Oxide</td>
<td>4</td>
<td>Good</td>
<td>2: 0.4in/1.0cm, 0.5in/1.3cm</td>
<td>Plastic, Very Small Head</td>
</tr>
<tr>
<td><strong>Sof-Lex Contouring and Polishing Discs 3M ESPE</strong></td>
<td>$0.49</td>
<td>$0.56</td>
<td>Aluminum Oxide</td>
<td>4</td>
<td>Good</td>
<td>2: 0.4in/1.0cm, 0.5in/1.3cm</td>
<td>Pop-on</td>
</tr>
</tbody>
</table>
Discs allow us to perform many functions with more precision and safety compared to highspeed rotary finishing instruments such as burs and diamonds. Included in the list are:

- Refine incisal edges and embrasures.
- Smooth the junction between composite and the tooth without significantly affecting the enamel surface.
- Remove sharp angles on crown and onlay preparations.
- Remove excess resin cement from margins without altering the restoration or the tooth.
- Remove resin cement from teeth when debonding orthodontic brackets.

While most discs in this category use aluminum oxide or, to a lesser degree, silicon carbide as the abrasive on a plastic backing, diamond discs are also available.

### Wet vs. Dry

This choice is a matter of personal preference, since equal results can be achieved with and without water as a lubricant/coolant. However, if you are using the disc to remove overextended composite, dry finishing will give you a better view of where the composite ends and tooth begins. With dry finishing, be sure to suction the dust generated as you are using the instrument. While the health effects of inhaling composite dust are not well-established, suctioning it to stay on the safe side seems to be prudent.

### Effectiveness

We used each system to finish and polish Class V hybrid restorations in Ivorine teeth and rated them for gloss based on the 0-5 scale we developed, with 5 being an enamel-like sheen. Unlike the polishing results with POLISHING INSTRUMENTS, there was not much difference between the brands and, therefore, these results did not influence the product’s rating, which also takes into account ease of use. Nevertheless, the results are listed under each product’s commentary.

<table>
<thead>
<tr>
<th>Diamond</th>
<th>Cost/disc</th>
<th>Shapes</th>
<th>Sizes</th>
<th>Mandrel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visionflex for Straight Handpiece Brasseler</td>
<td>$25.20</td>
<td>5</td>
<td>1: 0.9in/2.2cm</td>
<td>Attached to straight handpiece mandrel</td>
</tr>
<tr>
<td>Visionflex Snap Disc Brasseler</td>
<td>$25.04</td>
<td>3</td>
<td>3: 0.4in/1.0cm 0.55in/1.4cm 0.7in/1.8cm</td>
<td>Snap</td>
</tr>
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### The Ratings

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Wet vs. Dry

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<td>3</td>
<td>3: 0.4in/1.0cm 0.55in/1.4cm 0.7in/1.8cm</td>
<td>Snap</td>
</tr>
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</table>
Sof-Lex Extra Thin (XT) Contouring and Polishing Discs
3M ESPE
(4.5) www.3mespe.com

Cost: $117.40/240 discs ($0.49 ea)
Includes:
• 30 discs each in 2 sizes and 4 grits
$47.00/85 discs ($0.55/ea)
• 1 RA mandrel
$23.70/3 ($7.90 ea)

Sizes
2 0.4in/1.0cm and 0.5in/1.3cm. A 0.6in/1.6cm diameter disc would be a helpful addition to this product.

Mandrel
Pop-on, the easiest of all. Available in RA, HP, and FG.

Durability
Tend to wear out very quickly, meaning they need to be changed frequently.

Effectiveness
3.0

Packaging
Plastic tray with clear plastic cover. The tray has individual wells for each size and grit. These wells are marked with the disc's number for easy reordering.

Directions
Thin plain paper, 12 languages, annoying foldout design. Information, however, is up-to-date and helpful.

RavES & Rants
Great for refining embrasures
Mandrel is the easiest to load
Expensive
Not available in larger size

Abrasive
Aluminum oxide.

Grits and Color Codes
4 Color-coding doesn't provide enough contrast between grits.
Coarse Brown.
Medium Orange.
Fine Light orange.
Superfine Yellow.
Abrasive
All aluminum oxide except for the sand and garnet.

Grits and Color Codes
6 There is a big jump from the coarse to the medium.
Coarse Sand White.
Garnet Brown. (Labeled as extrafine, but are really just slightly less coarse than sand.)
Coarse Gray.
Medium Blue.
Fine Yellow.
Superfine Rose.
FlexiBuffs Felt-like surface on a Mylar backing and are designed to be used with polishing paste. We don’t feel they offer any advantages over a prophy cup when polishing microfills, but can help shine a hybrid and porcelain to a much higher gloss.

Sizes
3 0.5in/1.3cm, 0.6in/1.6cm, 0.75in/1.9cm.

Mandrel
Conventional size Moore.

Durability
Good.

Effectiveness
4.0

Packaging
Spindle with plastic cover. Also available in divided plastic box.

Directions
Small plain paper sheet, not specific for this kit. Accompanied by several line drawings. Recommends wet polishing; we prefer dry.

FlexiBuffs
Cost: $26.95/100 ($0.27 ea)

Spindle Kit
Cost: $124.95/600 discs ($0.21 ea)
Includes:
• 600 assorted discs/3 sizes
$23.95/100 discs ($0.24 ea)
• 2 mandrels $3.50 ea

Starter Kit
Cost: $76.95/400 discs ($0.19 ea)
Includes:
• 400 assorted discs/4 sizes
• 2 mandrels

FlexiBuff
Cost: $26.95/100 ($0.27 ea)

FlexiDisc Mini
Cost: $27.95/100 ($0.28 ea)

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Finishing Discs

RAVES & RANTS
- Smaller, easier mandrel than original version
- Much less expensive than Sof-Lex
- Changing discs still not as easy as Sof-Lex
- Missing 3/4" size of original version

Grits and Color Codes
- There is a big jump from the coarse to the medium.
  - Coarse: Gray
  - Medium: Blue
  - Fine: Yellow
  - Superfine: Rose
  - FlexiBuffs: Felt-like surface on a Mylar backing and are designed to be used with polishing paste. We don't feel they offer any advantages over a prophy cup when polishing microfills, but can help shine a hybrid and porcelain to a much higher gloss.

Sizes
- 0.4in/1.0cm, 0.5in/1.3cm, 0.6in/1.6cm.

Mandrel
- Mini Moore. Better than the original, but still not as good as Sof-Lex Pop-On, which also fits these discs (but not with easy installation).

Durability
- Good.

Effectiveness
- 4.0

Packaging
- Spindle with plastic cover. Also available in divided plastic box.

Directions
- Small plain paper sheet, not specific for this kit. Accompanied by several line drawings. Recommends wet polishing; we prefer dry.

OptiDisc
KerrHawe

RAVES & RANTS
- Good effectiveness
- Flat-headed mandrel virtually eliminates scarring
- Coarse grit is not coarse enough
- Not available in larger size

Abrasives
- Aluminum oxide.

Grits and Color Codes (on mandrel hubs)
- Coarse/Medium: Blue
- Fine: Teal
- Extra-Fine: Pale green

Sizes
- 0.4in/1.0cm and 0.5in/1.3cm.

Mandrel
- Metal, very small flat head that is flush with the top of the disc to minimize scarring.

General Kit
- Cost: $85.85/180 discs ($0.48 ea)
- Includes:
  - 180 assorted discs
    - $42.90/100 ($0.43 ea)
  - 5 mandrels
    - $16.00/5 ($3.20 ea)

Assorted Kit
- Cost: $51.65/90 discs ($0.57 ea)
- Includes:
  - 90 assorted discs
  - 5 mandrels

Durability
- Good.

Effectiveness
- 4.0

Packaging
- White plastic tray with individual wells for each size of discs. There is a clear plastic lid that goes over the discs and a second plastic top that covers the discs and the mandrels. The wells are marked for size, grit, and reorder number.

Directions
- Plain paper instructions in annoying foldout design, 12 languages. Information is up-to-date and easy to follow.
Abrasive
Coarse and medium are silicon carbide. Fine and superfine are aluminum oxide.

Grits and Color Codes

<table>
<thead>
<tr>
<th>Grit</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coarse</td>
<td>Blue, Black</td>
<td>Grit is only on top.</td>
</tr>
<tr>
<td>Medium</td>
<td>Very dark gray</td>
<td>Grit on both sides.</td>
</tr>
<tr>
<td>Fine</td>
<td>Mint Green</td>
<td>Grit is on both sides.</td>
</tr>
<tr>
<td>Superfine</td>
<td>Translucent white</td>
<td>Grit on both sides.</td>
</tr>
</tbody>
</table>

Sizes
2 0.3in/0.8cm and 0.5in/1.3cm.

Mandrel
Metal, but inserts into a silicon hub so it is impossible to scar a restoration with the hub of the mandrel.

**Rainbow Technique Kit**
Cost: $83.95/180 discs ($0.47 ea)
Includes:
- 180 discs (100 standard and 80 mini)
  $17.95/50 ($0.36 ea)
- 4 mandrels
  $14.95/6 ($2.49 ea)
- 40 Polystrips
  $19.95/100 ($0.20 ea)
- 2 Dura-White Stones
  $18.95/12 ($1.58 ea)
- 1 CompoSite Fine Point
  $23.95/12 ($2.00 ea)

**Super-Snap**
Shofu

Ravens & Rants
- Grit on both sides makes flipping unnecessary
- Very good effectiveness
- Grit only on top side with coarse
- Can't match FlexiDiscs in sizes

Durability
Fair.

Effectiveness
4.25

Packaging
Divided white plastic tray with clear plastic cover. The tray has individual wells for each size and grit. These wells are marked with the disc's number for easy reordering.

Directions
Cardboard card inside cover, eight languages. Mostly for reordering, but also has brief information on the correct operating speeds for the discs.

**EP Esthetic Polishing System**
Brasseler

Ravens & Rants
- If you like the Rainbow kit, you’ll like these
- Can’t scratch restoration with mandrel
- Is this the Rainbow/Super-Snap repackaged?
- Can’t turn them over

Abrasive
Coarse and medium are silicon carbide. Fine and superfine are aluminum oxide.

Grits and Color Codes

<table>
<thead>
<tr>
<th>Grit</th>
<th>Color</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coarse</td>
<td>Blue, Green, Red, Black</td>
<td>Grit only on top.</td>
</tr>
<tr>
<td>Medium</td>
<td>Very dark gray</td>
<td>Grit on both sides.</td>
</tr>
<tr>
<td>Fine</td>
<td>Mint Green</td>
<td>Grit on both sides.</td>
</tr>
<tr>
<td>Superfine</td>
<td>Translucent white</td>
<td>Grit on both sides.</td>
</tr>
</tbody>
</table>

Sizes
2 0.3in/0.8cm and 0.5in/1.3cm.
Finishing Discs

**Mandrel**
Metal, but inserts into a silicon hub so it is impossible to scar a restoration with the hub of the mandrel.

**Durability**
Fair.

**Effectiveness**
3.0

---

**Packaging**
Simple divided clear plastic box with a rear-hinged clear plastic lid. Well-organized. Colors and sizes are on back of the lid for easy disc identification and selection.

**Directions**
CD comes in the box and has numerous tutorials for Brasseler products including this one. Tutorials, however, are illustrations, not clinical photos or even video.

---

**RAVES & RANTS**

*If you like the Rainbow kit, you'll like these*
*Can't scratch restoration with mandrel*
*Is this the Rainbow/Super-Snap repackaged?*
*Can't turn them over*

---

**Abrasive**
Coarse and medium are silicon carbide. Fine and extra fine are aluminum oxide.

**Grits and Color Codes**

<table>
<thead>
<tr>
<th>Grit</th>
<th>Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coarse</td>
<td>Black. Grit is only on top.</td>
</tr>
<tr>
<td>Medium</td>
<td>Blue. Grit is on top (dark blue) or bottom (aqua blue).</td>
</tr>
<tr>
<td>Fine</td>
<td>Red. Grit on both sides.</td>
</tr>
<tr>
<td>Extra Fine</td>
<td>White. Grit on both sides.</td>
</tr>
</tbody>
</table>

---

**Finishing Discs**

**Fini Polishing System**

Pentron
www.pentron.com

**Cost:** $67.95/180 discs ($0.38 ea)

**Includes:**
- 180 assorted discs ($17.50/50 discs ($0.35 ea)
- 2 mandrels ($17.50 ($8.75 ea)

**Sizes**
2 0.3in/0.8cm and 0.5in/1.3cm.

**Mandrel**
Metal, but inserts into a silicon hub so it is impossible to scar a restoration with the hub of the mandrel.

**Durability**
Fair.

**Effectiveness**
3.0

---

**Packaging**
Simple divided clear plastic box with a rear-hinged clear plastic lid. Well-organized. Colors and sizes are on back of the lid for easy disc identification and selection.

**Directions**
Plain paper foldout in 12 languages plus a coated paper foldout in English. Instructions are straightforward and make sense. Suggests using it dry. Label inside of lid also suggests speed range and brief technique.
Abrasive
Aluminum oxide.

Grits and Color Codes
4
Coarse    Gray.
Medium    Dark blue.
Fine      Medium blue.
Superfine  Light blue.

Sizes
2 0.4in/1.0cm and 0.5in/1.3cm.

Mandrel
Plastic, very small head, takes substantial pressure to load. Available only in CA shank.

Durability
Good.

FlexiDisc Plastic Center
Cosmedent

RAVES & RANTS

• Small, plastic head on mandrel makes scarring unlikely
• Nice, organized kit
• Hard to place on mandrel
• Missing larger sizes of siblings

Effectiveness
4.0

Packaging
Simple divided clear plastic box with a rear-hinged clear plastic lid. Well-organized. However, color code is on top of lid and not visible to help with disc selection when it is open.

Directions
Small plain paper sheet, not specific for this kit. Accompanied by several line drawings. Recommends wet polishing; we prefer dry.

Cost: $54.95/200 ($0.27 ea)
Includes:
• 25 discs each in 2 sizes and 4 grits
  $30.95/100 discs ($0.31 ea)
• Two mandrels
  $12.50 ea

Sof-Lex Contouring and Polishing Discs
3M ESPE

RAVES & RANTS

• Stiffer backing sometimes helps
• Started this category
• Thickness prevents refining embrasures
• Not available in larger size

Sizes
2 0.4in/1.0cm and 0.5in/1.3cm. A 0.6in/1.6cm diameter disc would be a helpful addition to this product.

Mandrel
Pop-on, the easiest of all. Available in RA, HP, and FG.

Cost: $118.60/240 discs ($0.49 ea)
Includes:
• 30 discs each in 2 sizes and 4 grits
  $47.60/85 discs ($0.56/ea)
• Two mandrels
  $12.50/2 ea

Abrasives
Aluminum oxide.

Grits and Color Codes
4
Coarse    Black.
Medium    Dark blue.
Fine      Medium blue.
Superfine  Light blue.
### Finishing Discs

**Durability**
Good.

**Effectiveness**
3.0

**Packaging**
Plastic tray with clear plastic cover. The tray has individual wells for each size and grit. These wells are marked with the disc's number for easy reordering.

**Directions**
Thin plain paper, 12 languages, annoying foldout design. Information, however, is up-to-date and helpful.

---

**Description**

**For Straight Handpiece**  Double-sided diamond discs for shaping virtually any type of tooth-colored restoration.

**For Contra-angle**  Called Snap Discs, flexible diamond discs that are perforated in a honeycomb pattern. These discs have 25µ diamond particles, which enables them to remove bulk composite for contouring purposes. The honeycomb design makes them highly flexible and helps to improve vision even in hard to see areas. These vents also minimize clogging and enhance cooling. These discs mount on a pop-on mandrel very similar to that packaged with Sof-Lex discs, which means mounting the disc is very quick and easy. It also presumably has a fail-safe integrated sliding chuck, which allows the disc to stop if it gets caught between teeth. Due to its thinness and flexibility, it is especially good for contouring embrasures.

**Shapes**

5  For Straight Handpiece:

934-220  Open-mesh, honeycomb design, same as Snap Disc. Very thin, very flexible. For fine contouring.

983-220  Has curved perforations, also very thin and very flexible. Meant for medium contouring and shaping.

911HP-220  Oval perforations on outer half of disc, diamond abrasive only on outer third of disc. Very thin, very flexible. Designed for more aggressive abrasive action.

984-220  Solid disc with fine diamonds at just the periphery and coarse diamonds extending to the outer half of the disc in a wavy configuration. The inner half is smooth, with no abrasives at all. Very thin, but not as flexible. Designed for fast reduction (very aggressive).

---

**Sizes**

1  Straight Handpiece  0.9in/2.2cm

3  Contra-angle  0.4in/1.0cm  0.55in/1.4cm  0.7in/1.8cm

**Packaging**
For Straight Handpiece  Plastic burblock with clear plastic cover. Drawings of the disc designs are printed on the burblock to help with reassembly and reordering.

For Contra-angle  Red autoclavable aluminum burblock. Only has the discs identified by number, not by size.

**Directions**
None for either kit.

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Finishing Discs

The Ratings

ALUMINUM OXIDE/SILICON CARBIDE

Sof-Lex Extra Thin (XT) discs are the easiest to use. They are much thinner and allow more precise refinement of embrasures, especially the coarse grit, compared to the original Sof-Lex discs while retaining the pop-on mandrel, which makes changing these discs quick and easy. However, they lack a large size, are tied for most expensive, and rate at the low end on effectiveness.

FlexiDiscs All-Purpose are close to the top spot due to their effectiveness, being the only one in this category with a 0.75in/1.9cm disc, which is a great help when finishing a restoration in long teeth, and costing less than half that of Sof-Lex. However, the larger mandrel sometimes is a nuisance and the jump from coarse to medium is a big one.

In finishing and polishing ability, the FlexiDisc Mini Discs scored higher than Sof-Lex Extra Thin discs and are about half the cost. In addition, these discs are available in 0.6in/1.6cm, a larger size that comes in handy and is not available with Sof-Lex Extra Thin. But the mini mandrel of the Mini Discs is still not as easy to use as the Sof-Lex pop-on and the 0.75in/1.9cm size of the All-Purpose is not available in this version.

OptiDisc has the plastic center that holds the mandrel, which is flush with the top of the disc to prevent inadvertent scarring of the restoration. The mandrel head is very small and resembles that of the 3M ESPE Pop-On, although it takes somewhat more pressure to place a disc on these new mandrels. The discs are very thin and flexible. However, the first grit, termed coarse/medium is really more medium—it is not coarse enough for contouring. Effectiveness testing shows they produced a gloss on composite that was similar to FlexiDiscs and a degree higher compared to Sof-Lex XT.

Super-Snaps are very thin and flexible, plus their protected mandrel eliminates the possibility of marring a restoration, making them the safest. With grit on both sides of some of the discs, not being able to turn them over is less of a factor. However, the coarse grit only comes with the abrasive on the top, limiting its access to many areas of the mouth. On the other hand, they scored the highest in effectiveness.

The EP Esthetic Polishing System appears to be a virtual clone of Super-Snaps and is less expensive. However, its effectiveness was rated lower.

Fini also appears to be a virtual clone of Super-Snaps and is less expensive (although more expensive than EP). However, its effectiveness was rated lower.

FlexiDisc Plastic Center Discs have, as their name suggests, plastic centers and plastic mandrels. These plastic center discs are directed toward anyone who has scarred a composite when using a conventional metal mandrel and metal center disc, although one evaluator still had a problem with scarring after using these discs. They perform in the same manner as the other FlexiDiscs, but are somewhat more expensive. And loading a disc takes substantial pressure. Nevertheless, if you have a problem scarring restorations with conventional discs, these may help.

The original Sof-Lex discs are still very popular, but their thickness tends to limit their universal application. The polishing test showed the heavier backing did give it a slight edge in effectiveness over its thinner sibling.

DIAMOND

Visionflex are excellent discs for interproximal contouring and shaping, especially embrasures on bridges. They cut cleanly and precisely — no black marks with these discs. Seeing through them (five shapes) helps visualize your changes while you are doing them. Even though their flexibility is advantageous for many uses, a more rigid disc is sometimes necessary. If used intra-orally, however, great care must be taken due to their extreme thinness — they can severely lacerate lips, gums, etc., if you lose control for a moment.

The Snap discs will reduce composite about the same as the Sof-Lex Extra Thin coarse grit, but the surface of the composite will be smoother after using Sof-Lex. However, these discs are much more capable of refining embrasures compared to any of the aluminum oxide discs and, of course, they are autoclavable and can be reused.
### OTHER PRODUCTS IN THIS CATEGORY

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