

# Original Research Article

## Shear Bond Strength of Self-Adhesive Versus Conventional Low-Viscosity Composite Resins. In Vitro Study

### ABSTRACT

**Aims:** This study aimed to evaluate the shear strength of a self-adhesive low-viscosity composite resin, Y flow SA, and a conventional one, Opallis Flow, adhered to enamel.

**Study design:** In vitro study.

**Place and Duration of Study:** Dental Clinic of the Western State University of Paraná, between October 2022 and September 2023.

**Methodology:** The crowns of 10 bovine incisor teeth were separated from the roots and embedded in polyvinyl chloride cylinders with acrylic resin. The teeth were divided into 2 groups (n=5) according to the type of low-viscosity composite resin used on the enamel: E-OF and E-YF. 3 x 2 mm specimens were prepared with low-viscosity composite resin and applied to the adhesive areas according to the respective groups. The micro shear test was carried out after 7 days of immersion in distilled water in a universal mechanical testing machine with a 50 kg load cell.

**Results:** The results were analyzed using the Kruskal-Wallis test, with the differences between the groups shown by the Dwass-Steel-Critchlow-Fligner (DSCF) test, and the fractures were analyzed using a stereoscopic magnifying glass at 40x magnification. The lowest shear strength (Mpa) was observed in the enamel-YF group. The highest shear strength was observed in the enamel-OF group. The average shear strength was higher for the conventional Opallis Flow composite resin compared to Yflow AS (p<0.001). Most of the fractures in the E-OF group were mixed and, in the E-YF group, they were adhesive.

**Conclusion:** Based on this study, it can be concluded that self-adhesive fluid resin showed lower enamel bond strength values than conventional fluid resin.

**Keywords:** Composite resins; flowable composites; shear strength; in vitro test.

### 1. INTRODUCTION

The use of low-viscosity composite resins, also known as flow or fluid resins, has become a common practice in dental clinics [1, 2]. These resins were originally designed for Class V cavities [3, 4]. However, they are now used in a variety of clinical procedures. This includes the restoration of small caries lesions, the sealing of scars and fissures, and even as a lining for composite resin restorations [5]. In smaller cavities, these resins can be easily inserted. Additionally, they are expected to provide better adaptation to the cavity walls when compared to higher-viscosity composite resins [6, 7].

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Use the micro-shear bond strength everywhere

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Add the final number of specimens, in other words 15 specimens

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Because of their lower filler content, these composite resins show a lower modulus of elasticity and greater polymerization contraction when compared to conventional composite resin [8]. A noteworthy advancement in dentistry is the introduction of low-viscosity self-adhesive composite resins. These represent the combination of two functional groups: the all-in-one adhesive system and the low-viscosity composite resin [9, 10, 11]. The incorporation of the functional monomer glycerophosphate methacrylate (GPDM) into the chemical composition of composite resins has simplified the stages of direct restorative procedures [4, 11, 12, 13]. According to the manufacturer's claims, this monomer exhibits acidic properties, conditions the tooth structure, binds to the calcium in the tooth structure, and has two methacrylate functional groups, which can copolymerize with other methacrylate monomers [13, 14]. Therefore, the use of these composite resins reduces the time required for their application and reduces clinical errors and the sensitivity of the technique. However, it has been reported that the GPDM functional monomer can "condition" hydroxyapatite, rather than establishing a direct bond with it [15]. Furthermore, based on previous studies, these composite resins have a higher modulus of elasticity, hardness [16], and degree of conversion [17] than other conventional low-viscosity composite resins. Additionally, these composite resins exhibited greater hygroscopic expansion [18] and water absorption [19] when compared to other low-viscosity composite resins, after 150 days of immersion in water.

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The most reliable method for adhesion, known as the gold standard, involves a three-step process: total etching, washing, and drying of the substrate [20]. This procedure, in contrast to self-etching, involves a step in which phosphoric acid is used to create microporosities in the hydroxyapatite of the enamel. When the resin is applied to this previously acid-treated enamel, it fits perfectly into these porosities, promoting optimal adhesion to the enamel surface. This results in an effective sealing of the restoration margins, filling any space between the restoration and the tooth, thus preventing bacterial infiltration [2].

Taking into account the crucial importance of effective adhesion for composite resin restorations and the recent introduction of low-viscosity self-adhesive composite resins, this study set out to evaluate the shear strength of low-viscosity self-adhesive composite resin (Yflow AS, Yllor, Biomaterials). This resin was applied directly to the cavity and compared with a conventional low-viscosity composite resin (Opallis Flow, FGM). The latter was applied after acid etching, washing, drying, and application of the conventional adhesive (Ambar, FGM) to the enamel. The null hypothesis tested was that there was no significant difference in shear strength between the low-viscosity composite resins evaluated on enamel. This study was particularly relevant given the limited data available on the performance of these resins and the existing controversy regarding their adhesion to tooth structure.

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## 2. MATERIAL AND METHODS

Ten clinically healthy bovine incisors were chosen for the study. After cleaning, they were stored in a supersaturated 0.1% thymol solution at 4°C until they were used. Initially, the roots were separated from the crowns using a 0.10x22mm double-sided diamond blade (KG Sorensen - Cotia- SP - Brazil). Subsequently, each crown was immersed in polyvinyl chloride (PVC) cylinders (15.0mm high and 25.0 mm in diameter) filled with acrylic resin (Clássico Jet, colorless), leaving the vestibular surface exposed. The buccal surfaces of the crowns were then worn down and polished with a polishing machine (Arotec - Aropol 2V200

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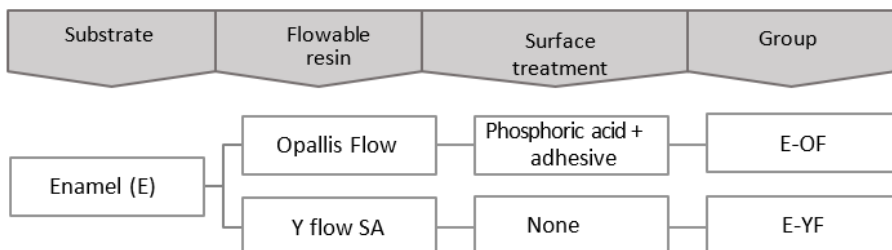
- Cotia - SP - Brazil) at a speed of 300 rpm to expose and level the enamel. To expose the enamel, sandpaper disks were used in decreasing order of grit: 320, 600, 1,200, and 1,500 µm (3M Water Sheet Sandpaper), applying each grit for 5 minutes.

**Table 1. The composition and manufacturer of the materials were evaluated.**

Material	Composition	Lot	Manufacturer
Opallis Flow, color A3 (Universal)	72 % silanized inorganic filler made up of microparticles of barium aluminum silicate and nanoparticulate silicon dioxide with a particle size in the range of 0.05 to 5.0 microns. Methacrylic monomers such as TEGDMA, Bis(EMA), Bis(GMA), camphor quinone, co-initiators, preservatives, and pigments.	030822	FGM
Amber sticker	Active Ingredients: MDP (10-methacryloyloxydecyl dihydrogen phosphate), methacrylate monomers, photoinitiators, co-initiators, and stabilizers.  Inactive Ingredients: Inert filler (silica nanoparticles) and vehicle (ethanol).		FGM
Yflow SA, color A3	Methacrylate monomers, acid monomers, inorganic fillers, pigments, initiators, and stabilizers.	00010973	Yller Biomaterials SA
Phosphoric Acid (Condac 37)	37% phosphoric acid, colloidal silica, surfactant, and colorant.		FGM

Source: Author

All crowns were cleaned with pumice stone (Maquira Dental Group, Sao Jose dos Pinhais, PR, Brazil) and water. The specimens were divided into two experimental groups, each with 5 teeth (n=5), according to the low-viscosity composite resin and substrate treatment (Fig. 1). The enamel-OF group was considered the control group.



**Figure 1. Experimental groups according to substrate, resin, and surface treatment.**

All groups received low-viscosity composite resin cylinders, meticulously molded using a Tygon matrix (Tygontubing, TYG-030, Saint-Gobain Performance Plastic, Miami Lakes, FL, USA) with an internal diameter of 3 mm and a height of 2 mm. The resin was carefully dispensed directly into the matrix with the applicator tip of the product syringe in a single increment and photoactivated for 40 seconds with a light-emitting diode device with a power density of 500 mW / cm<sup>2</sup>, which was checked before use with a radiometer. The test specimens (SP) of the E-OF group were made with Opallis Flow low viscosity composite resin, universal shade A3 (FGM, Joinville, SC, Brazil), while the E-YF group used Y flow SA resin, shade A3 (Yllor, Biomaterials AS, Pelotas, RS, Brazil). Before the low-viscosity composite resin was applied, the crowns in the E-OF group underwent surface treatment in the adhesion areas with phosphoric acid gel for 15 seconds. After this, they were washed and dried with absorbent paper, ensuring that the surface was not dehydrated. Using a micro-applicator (Cavibrush, FGM, Joinville, SC, Brazil), the Ambar adhesive (FGM, Joinville, SC, Brazil) was applied by rubbing in the first drop of the product for 10 seconds. A new layer of adhesive was then applied to the same surface for a further 10 seconds. After applying the adhesive, an air jet was applied for 10 seconds to promote evaporation of the solvent and increase adhesion. The adhesive was then light-cured for 10 seconds before the low-viscosity resin was applied. The adhesive areas of the E-YF group received no prior treatment. After a simple cleaning with pumice stone and water, the resin was applied directly to the surface.

The excess resin was removed using a scalpel blade. Three specimens were prepared for each bovine crown, allowing a duplicate test to be carried out. This was done to eliminate possible biases, and the average results of this test were duly recorded.

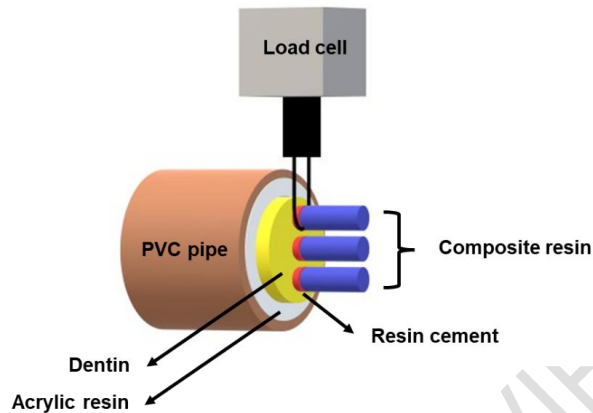
After 7 days of storage in distilled water at a constant temperature of 37°C, the PCs were subjected to the micro-shear bond strength test. This test was carried out on a universal mechanical testing machine (EMIC - São José dos Pinhais - PR- Brazil), equipped with a 50 kg load cell.

Shear loading was applied to the base of the cylinders using a 0.2 mm orthodontic wire at a controlled speed of 0.5 mm/min. This process continued until the bond was broken (as shown in Figure 2). Subsequently, the micro shear bond strength was carefully calculated and expressed in terms of Newton (N).

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**Figure 2 - Schematic view of the shear strength test**

Statistical analyses were conducted using Jamovi software (Jamovi, Version 2.3, Computer Software, <https://www.jamovi.org>). To check whether the data for the quantitative dependent variables (i.e. bond strength) followed a normal distribution, the Shapiro-Wilk test was used as the first measure. As the data did not fit the normality curve, the Mann-Whitney U non-parametric analysis of variance was used to determine whether there were significant differences between the groups ( $p < 0.001$ ). This analysis was complemented by the Dwass-Steel-Critchlow-Fligner (DSCF) test to carry out multiple comparisons ( $p < 0.001$ ).

Fractures were assessed in all samples using a stereoscopic magnifying glass at 40X magnification. The fractures were categorized as adhesive, enamel cohesive, dentin cohesive, cement cohesive, or mixed. The results of this classification were then subjected to detailed analysis using descriptive statistics.

### 3. RESULTS

The median values, together with the first and third quartiles of the micro-shear bond strength of the resins tested, are detailed in Table 2.

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The analysis carried out using the Shapiro-Wilk test suggested that the "Opallis Flow" sample, with a p-value of 0.3147, can follow a normal distribution since the p-value is greater than 0.05. On the other hand, the "Y flow SA" sample, with a p-value of 0.0103, does not fit into a normal distribution, as the p-value is less than 0.05.

The Mann-Whitney U test was used as a non-parametric alternative to the Student's t-test to compare two independent samples. This test is especially useful for comparing the medians of two groups when the data does not follow a normal distribution. The Mann-Whitney U test revealed a statistically significant difference between the E-OF and E-YF groups (Figure 3).

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The p-value obtained was approximately 0.0000547, substantially lower than the alpha significance level of 0.05.

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This resulted in the rejection of the null hypothesis and indicates the existence of significant differences in the values of the groups, even without a normal distribution of the data.

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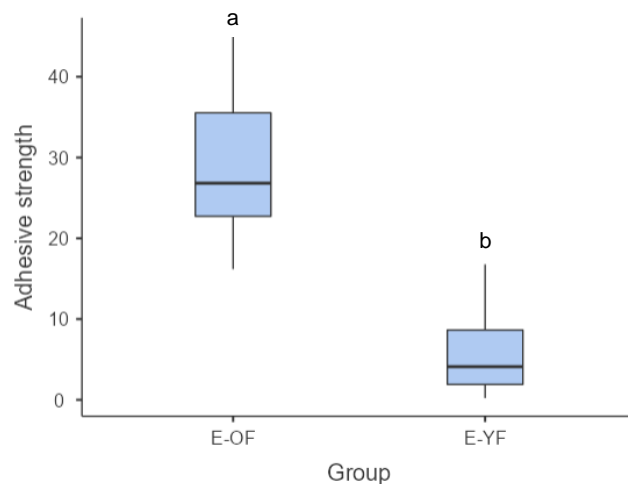
Finally, the Dwass-Steel-Critchlow-Fligner (DSCF) test confirmed the existence of significant differences between the E-OF and E-YF groups. As shown in Table 2, the conventional flowable composite resin (E-OF group) showed a significantly higher shear bond strength than the self-adhesive flowable composite resin (E-YF).

**Table 2. The median, first quartile, and third quartile of the bond strength of the resin cements evaluated (N) in enamel and dentin.**

Evaluation	Group	First Quartile	Third Quartile	Median
7 days	E-OF	22.7	35.5	26.8 <sup>a</sup>
	E-YFC	1.90	8.64	4.11 <sup>b</sup>

In the column, different letters show that there is a statistically significant difference ( $p < 0.001$ ).

Source: Author



**Figure 3. Box plot of bond strength results. The box represents the dispersion of the data between the first and third quartiles. The central horizontal line represents the median. In each box, vertical lines extend to the minimum and maximum values obtained and different letters indicate that there is a statistically significant difference.**

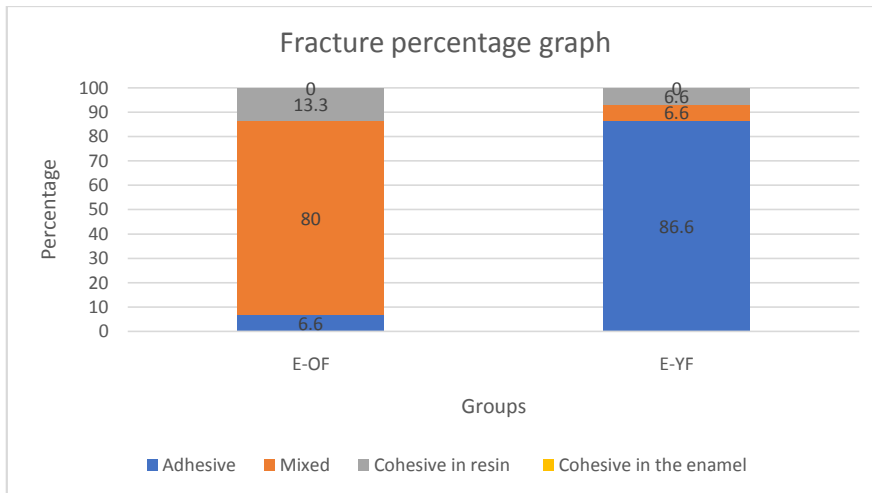
Source: Jamovi software

After the micro shear test, the specimens were subjected to fracture mode analysis using a stereoscopic magnifying glass at 40x magnification. The fractures were classified as adhesive, cohesive in enamel or resin, and mixed (as shown in Graph 1). It was observed that the majority of fractures in the conventional flowable composite resin group were mixed

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fractures, representing 80% of the total in the E-OF group. On the other hand, in the self-adhesive flowable composite resin group, adhesive fractures predominated, accounting for 86.6% of the total in the E-YF group.

**Graph 1. Percentage of fracture modes in the groups**



Source: Author

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#### 4. DISCUSSION

This in vitro study provided significant findings on the shear strength of self-adhesive low-viscosity composite resins compared to conventional ones. The results of this research pointed to the rejection of the null hypothesis, indicating that conventional low-viscosity composite resins when combined with dentin adhesives, showed higher micro-shear strength values than self-adhesive low-viscosity composite resins. These results are in line with several previous studies, as referenced [2, 14, 21, 22, 23, 24, 25].

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However, it is important to note that some studies have found no significant differences between these two types of low-viscosity composite resins [11, 26, 27, 28, 29, 30]. This suggests that the results may vary depending on the specific characteristics of the self-adhesive composite resins and the substrate used.

Studies show that conventional flowable composite resin, when combined with some type of dentin adhesive - be it total acid etching [2, 14, 21, 22, 24, 25], self-etching [22] or universal - demonstrates superior bond strength values compared to self-etching flowable composite resins [22, 23, 25]. These results were consistent both in laboratory studies with thermocycler and non-thermocycler groups [24] and in clinical studies. This is due to acid etching with 37% phosphoric acid and the application of the adhesives system before resin insertion, which promotes effective adhesion [2, 14, 21, 22, 25, 31].

This process involves the elimination of the smear layer [14, 31] and the creation of microporosities in the hydroxyapatite of the enamel [2], followed by the formation of a hybrid layer [31] and resin tags [2, 31, 32], where adhesion occurs exclusively by mechanical retention [2]. Materials recently launched on the market, such as Yflow AS self-adhesive flowable composite resin (Yllor, Biomaterials), use methacrylate monomers in their chemical composition to establish self-adhesion. The polymerization of these materials occurs through covalent bonding, forming linear polymers, which can result in shrinkage of the material [20]. Failures in these restorations can be related to factors such as shrinkage and polymerization stress, which can cause microcracks in the enamel, sensitivity, microleakage, and caries, as well as maladaptation and marginal pigmentation [33].

In general, the results suggest that self-adhesive fluid resins interact with the smear layer. However, the acidity of these resins is not high enough to alter this layer and allow the resin to penetrate the dental substrate [31]. The bond strength of these resins is significantly lower [14, 21, 24, 34, 35] in both deciduous and permanent teeth [35]. These results may be related to the high viscosity and low wettability of these restorative materials [22, 31, 32, 35], since they do not diffuse properly to demineralize the substrate [24], thus reducing the adhesion potential [22, 32].

Comment [j39]: Smear layer of enamel

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Evaluation of the fracture mode also revealed these differences between the two types of flowable composite resins. In the E-YF group, which used the self-adhesive resin, adhesive fractures were predominant, accounting for 86.6% of the total. These fractures, which occur at the interface between the adhesive and the substrate, suggest a possible fragility in the bond between the self-adhesive resin and the substrate [36]. In contrast, in the E-OF group, which used conventional resin, mixed fractures were more frequent, accounting for 80% of the total. These fractures indicate failures in both the adhesive interface and the materials (enamel or resin), suggesting a greater resistance to conventional resin at the adhesive interface [36]. These findings may influence the choice of material in clinical applications. For example, if the

strength of the adhesive interface is crucial, conventional flowable composite resin may be the most suitable option.

The interest in studying self-adhesive fluid composite resin arises from the fact that it is an innovative material that does not require pre-treatment of the dental substrate or dentin adhesives [22]. Self-adhesive resins were developed to simplify the direct restoration process, reduce the complexity of the technique, and reduce post-operative sensitivity. In addition, they facilitate application and guarantee a reduction in clinical time [34]. Self-adhesive resin composites can be an alternative to glass ionomer-based materials in the restorations of primary teeth [22]. In addition, as it is a resin composite, it has less porosity, resulting in better aesthetics and reduced plaque accumulation [22, 31].

It has been observed that the best adhesive strength and margin sealing results were achieved when a dentin adhesive system was applied before the self-adhesive flowable composite resin [34]. Three-step total acid etching adhesives are more effective in this context than self-etching adhesives [21, 24]. This is because three-step adhesives remove the demineralization product from the tooth substrate with phosphoric acid, which is not the case with self-etching adhesives [35]. However, the addition of additional operative steps can increase the complexity of the operative technique, counteracting the intended simplicity of self-adhesive resins [22].

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Although self-adhesive flowable composite resins have the potential to simplify the direct restoration process and reduce clinical time, the results of this study indicate that self-adhesive low-viscosity resins still present challenges in terms of bond strength when compared to conventional low-viscosity resins. However, more long-term laboratory and clinical studies are needed to fully evaluate the clinical advantages and limitations of these innovative materials on the market.

## 5. CONCLUSIONS

Based on the in vitro study carried out, it can be concluded that the self-adhesive fluid resin showed lower bond strength values to enamel than the conventional fluid resin.

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## CONSENT AND ETHICAL APPROVAL

It is not applicable.

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