VITABLOCS RealLife®

Quickstart Instructions

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VITABLOCS RealLife are industrially manufactured, fine structure feldspar ceramic blocks used to fabricate anterior crowns with Dentsply Sirona CEREC and inLab. The innovative 3D structure of the block with dentine core and enamel coat reflects the structure of natural teeth.
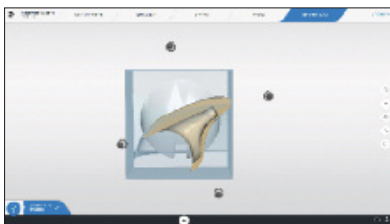

- Preparation and shade determination (e.g. with Easyshade V)
- Scan the oral situation

- Start the design software
- Modify the intial suggestion using the CAD tools
- Select VITABLOCS RealLife (RL-14/4)

- Change to the milling preview
- Position the crown in the virtual block using the (move in all three directions in space)
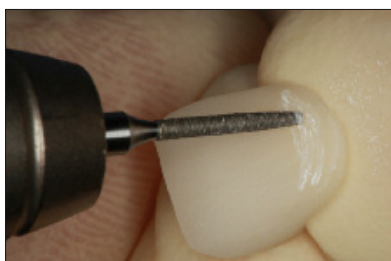

- To modify the position, go to the Cut mode (structure/thickness of layers are displayed very clearly)
- Recommended position: Enamel-dentine ratio: 75:25 (VITA shades are reproduced in the best possible way for enamel coating of 75%)
- Start the milling process

VITA – perfect match. **VITA**

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- Fitting of the initial crown after the milling process
- Polish approximal areas prior to fitting

- Prepolishing and contouring with finishing diamonds and fine-grit diamond abrasive tools
- Careful preparation of the surface texture to ensure natural play of light
- Final polishing with AL_2O_3-coated discs, polishing brushes and diamond polishing paste

- Etch restoration with hydrofluoric acid gel (60 s) (e. g. VITA ADIVA CERA-ETCH)
- Remove acid residues carefully
- Apply silane to etched surfaces (e. g. VITA ADIVA C-PRIME)
- Application of the bonding agent (e. g. VITA ADIVA T-BOND)
- Application of the bonding composite (e. g. VITA ADIVA F-CEM)

- Application of the adhesive system to the tooth stump (e.g. VITA ADIVA T-BOND)
- Etch with phosphoric acid gel (for enamel proportions) (e.g. VITA ADIVA TOOTH-ETCH)
- Insert the crown and remove excess cement with a probe
- Polymerization (observe manufacturer's instructions!)

- Final crown inserted (block shade: 1M2C)

Rx only (for professional use only)