

The choice of stratification technique for posterior composite restorations depends on factors like cavity size, occlusal forces, and aesthetic requirements. Incremental layering remains the most popular due to its balance of aesthetics and strength, while techniques like bulk-fill offer efficiency in time-sensitive scenarios. Stratified and dual-cure layering methods, on the other hand, are preferred when aesthetics and deep cavity restoration are key considerations. Continued research into these techniques ensures more predictable and durable outcomes for patients..