

Clinical Bonding with Light Cure Adhesive: Composite & Mesh Pad Designs

Step 1: (Optional) Make sure the retainer fits properly. This is done by inserting the tray with the retainer into the patient's mouth and checking closely with a mirror to be sure the pads fit flush with the lingual surfaces of the cuspids. Once the fit is verified, the pads should be cleaned with acetone or dentatured alcohol to remove any debris from the trial fit.

Step2: Prophylax the lingual surfaces of the teeth with a plain (non-flavored) prophylax paste.

Step 3: Apply etchant to the lingual surfaces of the teeth using a small syringe. Allow 30 -45 seconds for etchant to take effect.

Step 4: Thoroughly rinse the etchant from the teeth and dry with compressed air until the typical chalky white appearance is obtained. Note: a self etching primer is contra indicated in this application.

Step 5: Apply a Plastic Conditioner on the composite pad and allow to work on the surface for 90 seconds. *

Step 6: Paint a thin film of light-cure primer on the back of the pads and on the lingual surfaces of the teeth. *

Step 7: For **COMPOSITE** pad retainers, apply a flowable composite with a small syringe tip, so the minimum amount of paste is used. For **MESH** pad retainers, apply a non-flowable composite. Note: Most clinicians feel that a small amount of light-cure material should be used in case of any discrepancies in the impression taking, model pour-up or laboratory fabrication.

Step 8: Seat the retainer in the mouth and apply gentle pressure to the hard outer tray. Note: This step is made easy to perform because the incisal edges of the transfer tray will orient exactly to the teeth.

Step 9: Activate the light-cure material for the manufacturer's recommended amount of time using a hand-held curing light. We recommend at least 30 seconds to ensure a good initial bond through the tray.

Step 10: Remove the transfer trays from the mouth and light cure each pad again for 10 seconds. The final result should have an even seal around the periphery of the pads.

A small burr may be used to trim any excess flash from the delivery. Some clinicians also elect to add a small amount of composite over the edges of the pads after the indirect procedure to give a completely smooth finish to the pads.

* **Steps 5 & 6** can be combined into one step using the Assure® Universal Bonding Resin because it acts as a conditioner and primer.