

IDB CLINICAL INSTRUCTIONS: FIXED RETAINERS

RELIANCE ORTHODONTICS MATERIALS

SET UP THE ENVIRONMENT

- Prophyl lingual surfaces of teeth.
- A small amount of acetone can be applied to each pad to remove any debris that may be present.
- Etch (30 sec.) the bonding surfaces of teeth using a small syringe.
- Thoroughly rinse and dry teeth completely using a tooth dryer until typical frosty/chalky white appearance is obtained.
- Apply a composite primer such as Assure Plus to the composite pad and lightly air dry.



PREPARE PADS ACCORDING TO PAD TYPE

COMPOSITE

- Using a flowable composite such as Flow Tain™, with a small syringe tip, inject a small amount of composite on the back of each pad.

METAL MESH

- Using a non-flowable composite such as GoTo® or Pad Lock®, apply a small amount of composite to the back of each pad.
 - 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.

TRAY SEATING, LIGHT CURING, & TRAY REMOVAL

- Seat the retainer in the mouth and apply gentle pressure to the hard-outer tray. This step is easy to perform as the incisal edges of the transfer tray will orient the retainer exactly to the teeth.
- Activate the light-cure material of the pads through the hard-outer tray at the gingival/facial edge for at least 30 seconds/pad.
- Remove the hard tray from the facial and light-cure through the soft tray for 5 seconds from the incisal/facial edge.
- Remove the soft tray by gently pulling up from the facial and away from each pad.
- With both trays removed, light-cure each pad for an additional 5 seconds from the incisal.
- Optional: 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.

RECOMMENDED MATERIALS:

-Universal Bonding Resin: **Assure Plus®**; Reliance Orthodontic Products, Inc.

-Flowable Light-Cure Composite: **Flow Tain™**; Reliance Orthodontic Products, Inc.

-Non-Flowable Light-Cure Composite: **GoTo®** or **Pad Lock®**; Reliance Orthodontic Products, Inc.

Please contact us with any questions or concerns about the IDB clinical procedure!

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