

IDB CLINICAL INSTRUCTIONS: FIXED RETAINERS

3M UNITEK MATERIALS

SET UP THE ENVIRONMENT

- Pumice surfaces to be etched.
- Thoroughly rinse, then dry.
- Using a slow-speed green stone, roughen surfaces to be bonded.
- Rinse thoroughly, dry, and isolate with cotton rolls.
- If bonding both arches, begin with lower arch first and use Transbond™ XT to etch for 10-15 seconds.
- Rinse well and dry to evaluate for adequate etching. Sufficiently etched teeth will have a frosted appearance when dried.
- Agitate the contents of the 3M Transbond™ Plus Self-Etching Primer (SEP) foil pack using the Transbond™ EZ Roller until the mixture has a yellow tint.
- Using the applicator stick and moderate pressure, rub SEP on the middle surfaces of the teeth to be bonded for 5 seconds each. Re-dip applicator after each tooth.
- Use a 2-second air burst on each tooth, directing the air away from the gingiva to uniformly distribute the SEP.



PREPARE PADS ACCORDING TO PAD TYPE

- A small amount of acetone can be applied to each pad to remove any debris that may be present.

COMPOSITE

- Using a small syringe tip, inject a small amount of Transbond™ LR adhesive on the back of each pad.

METAL MESH

- Apply a small amount of Transbond™ XT 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 edge for at least 30 seconds/pad.
- Remove the hard tray and light cure through the soft tray for 5 seconds from the incisal edge.
- Remove the soft tray by gently pulling up and away from each pad.
- With both trays removed, light cure each pad for an additional 5 seconds.
- 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:

- Etching Gel: **Transbond™ XT**; 3M Unitek
- Self-Etching Primer: **Transbond™ Plus**; 3M Unitek
- Lingual Retainer Light Cure Adhesive: **Transbond™ LR**; 3M Unitek (composite pads)
- Light Cure Adhesive: **Transbond™ XT**; 3M Unitek (mesh pads)
- SEP Agitator: **Transbond™ EZ Roller**; 3M Unitek

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

Phone: 678.513.4408 or Toll Free: 1.800.522.4636