

# IDB CLINICAL INSTRUCTIONS: BRACKETS

## 3M UNITEK MATERIALS

### IMPORTANT NOTES:

- Avoid injury of the gingival sulcus as this can lead to contamination from protein-based fluids and result in bond failure. Do not prophyl on day of bonding. If prophyl is necessary due to poor hygiene, it should be done 7-10 days before bonding.
- Isolation and active evacuation are key to success. The NOLA retractors with bilateral continuous suction works well.



### SET UP THE ENVIRONMENT & PREPARE TEETH

- Insert the NOLA retractors and activate bilateral continuous suction. Using compressed air, make sure to dry all teeth.
- Starting with the lower arch and working from posterior to anterior, use Transbond™ XT to etch for 10-15 seconds. Rinse with water and dry teeth completely using compressed air.
- Repeat previous step on upper arch before proceeding to next instruction.
- 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.
- Working from posterior to anterior on the lower arch, rub SEP on the middle 1/3 clinical crown of molars for 10 seconds and all other teeth for 5 seconds.
  - Re-dip applicator after each tooth to ensure proper quantity of material is being used and apply pressure when using the applicator stick.
  - Brackets must be placed within 2 minutes of SEP application.
  - Complete all remaining steps for the lower arch. Then, using a new SEP foil packet, begin with this step, and repeat process on the upper arch.
- Use a 2-second air burst on each tooth, directing the air away from the gingiva to uniformly distribute the SEP.

### PREPARE BRACKETS

- A small amount of acetone can be applied to each pad to remove any debris that may be present.
- Using Transbond™ Supreme LV, inject a small amount of composite on the back of each pad ensuring small gaps are filled.

### TRAY SEATING, CURING, & TRAY REMOVAL

- Place tray on teeth, you will feel and hear a distinctive “snap fit.”
- Light cure each bracket for 10 seconds through the hard tray from the gingival edge. It is not necessary to place pressure on the tray during the light-cure step.
- Remove the hard tray and light cure through the soft tray for 5 seconds from the incisal edge, then 5 more seconds from the gingival, mesial, or distal bracket edge.
- Remove the soft tray by gently pulling up and away from each bracket working around the arch. Use either an explorer or hemostat for this step.
- Check all contacts for flash with a scaler and floss before placing arch wires.

## **RECOMMENDED MATERIALS:**

- Etching Gel: **Transbond™ XT**; 3M Unitek
- Self-Etching Primer: **Transbond™ Plus**; 3M Unitek
- Low Viscosity Light Cure Adhesive: **Transbond™ Supreme LV**; 3M Unitek
- SEP Agitator: **Transbond™ EZ Roller**; 3M Unitek

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