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about the IDB clinical procedure.  
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## Instructions for Use: Indirect Bonding Brackets

# Reliance Orthodontics Materials

## SET UP THE ENVIRONMENT

- A small amount of acetone can be applied to each pad to remove any debris that may be present.
- Prophyl with plain pumice and rinse all teeth to be bonded, place dry angles, and Nola cheek retractors.
- Etch (30 sec.) one arch at a time as you will be delivering one tray at a time. It is recommended to start with the lower arch first.
- Dry teeth completely using compressed air and a tooth dryer.
- Apply Assure® universal bonding resin to the back of the custom base pads and the etched teeth.

## PREPARE BRACKETS ACCORDING TO SEALANT LIGHT-CURE

- Using **Flow Tain™**, inject a small amount of composite on the back of each pad ensuring small gaps are filled. AUTO/CHEMICAL-CURE
- Mix the A&B sealant, **Maximum Cure®**, and apply to the dry tooth surfaces and to the backs of the custom base pads.

## TRAY SEATING, CURING, & TRAY REMOVAL

- Place tray on teeth, you will feel and hear a distinctive "snap fit."
- Cure according to sealant:
  - **LIGHT-CURE:** 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.
  - **AUTO/CHEMICAL-CURE:** Hold the seated tray with GENTLE pressure on the labial portion of the tray for 2 minutes then let sit passively (no holding) for 5 minutes.
- 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:

- Universal Bonding Resin: **Assure®**; Reliance Orthodontic Products, Inc.
- (Flowable) Light-Cure Composite: **Flow Tain™**; Reliance Orthodontic Products, Inc.
- Auto/Chemical-Cure Sealant: **Maximum Cure®**; Reliance Orthodontic Products, Inc.

# 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