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## Instructions for Use: Fixed Lingual Retainer

## 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.

## 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 and use **Transbond™ XT** to etch for 10-15 sec.
- 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. Redip 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 present.
- COMPOSITE
- Using a 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