TECHNIQUE CLINIC

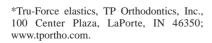
A Technique for Bonding Lingual Retainers

The following is a simple and economical method for precise placement of lingual retainers. 1. Take impressions of both arches, and pour them in stone.

- 2. Adapt .0175" stainless steel flexible spiral wires to the working casts (A).
- 3. After pre-stretching several ultralight, 2.9oz, 3/8" pink elastics,* insert them interproximally at intervals in the anterior segment of each arch (B).
- 4. Thread the retainer wire through the lingual elastic loops.
 5. Pull the elastics from the buccal with a forceps, and hook them over the molar tubes to hold the retainer wire tightly against the teeth (C). Avoid using excessive force, which could deform the retainer.
- 6. Etch, rinse, dry, and seal the lingual surfaces. Apply and cure the adhesive, then remove the elastics (D).

Advantages of this technique include:

- Saves considerable chairtime.
- Eliminates the need for a transfer tray.^{2,3}
- Allows precise placement and stabilization of the retainer wire.
- Requires minimal patient cooperation.









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