

TECHNIQUE CLINIC

A Technique for Bonding Lingual Retainers

The following is a simple and economical method for precise placement of lingual retainers.¹

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.

*Tru-Force elastics, TP Orthodontics, Inc., 100 Center Plaza, LaPorte, IN 46350; www.tportho.com.



REFERENCES

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