

# TECHNIQUE CLINIC

## A Simple Technique for Placing Invisalign Attachments

**A**s Invisalign\* treatment has evolved, some attachment designs, such as the rhomboid, have been discarded in favor of the more positive lock provided by horizontal and vertical rectangular attachments. Still, the problem of proper and efficient placement of these attachments remains.

The most challenging steps in the process are injecting the correct amount of bonding material into the reservoir of the attachment template, placing the template in the mouth without creating excessive flash, and positioning the template for an optimal fit between attachment and aligner. This article describes a simple indirect technique that ensures precise attachment placement with little flash.

### Procedure

1. Inject Compose-It micro-hybrid flowable composite\*\* into the template (A). The viscosity of this material is ideal for eliminating voids.
2. After tapping the template with an instrument to even out the surface (B), light-cure the composite.

\*Registered trademark of Align Technology, Inc., 881 Martin Ave., Santa Clara, CA 95050; www.aligntech.com.

\*\*Oral Health Technologies LLC, 1062 Allegheny Drive, Danville, CA 94526; www.o-h-t.com.



3. Apply the bonding liquid conservatively to the attachment (C) and the tooth.
4. Place the template in the mouth, holding the attachment against the tooth with a ligature director (D). If the reservoir is slightly underfilled, the hard attachment can be pushed against the tooth for proper adaptation. Light-cure the liquid interface. Any residual adhesive, which should be minimal, can be cleaned up with finishing burs.
5. Create a gingival slope for easier removal of the aligners, as advocated by Womack<sup>1</sup> (E).

### REFERENCES

1. Womack, W.R.: Four-premolar extraction treatment with Invisalign, *J. Clin. Orthod.* 40:493-500, 2006.



PAUL A. ROCHE, DDS, MS  
200 W. County Line Road #340  
Highlands Ranch, CO 80129  
drpr2004@yahoo.com