

TECHNIQUE CLINIC

A Simple Technique for Bonding Lingual Retainers

This article describes a simple and economical technique for precise placement of a bonded lingual retainer prior to the removal of labial brackets.

1. On the plaster cast, adapt an .0175" stainless steel flexible twisted wire to the lingual surfaces from canine to canine.

2. Make 90° vertical bends at each end of the wire, distal to the canines, bending the wire ends across the occlusal embrasures between the canines and the first premolars (A).

3. Bend each wire end 90° horizontally toward the distal at the level of the first premolar bracket slots (B). Extend each wire 2-3mm beyond the premolar bracket slot and cut off the excess (C).

4. Place the retainer wire in the patient's mouth, engaging the distal ends in the premolar brackets and securing them with elastomeric modules (D). Etch, rinse, and dry the enamel surfaces with the retainer passively in place, then bond the retainer with a light-cured adhesive (E).

5. Cut the wire ends distal to the bonded canines on both sides with a high-speed tungsten carbide bur, then trim and smooth the excess composite (F).

Securing the retainer at the premolars ensures good adaptation to the lingual surfaces of the anterior teeth, enabling the oper-



ator to work freely with both hands without risk of dislodging the wire during the bonding procedure. Because the wire is passive and unstressed, the adhesive setting is undisturbed. This technique saves considerable chair-time and eliminates the need for a transfer tray or other lab work.



SUJALA G. DURGEKAR, MDS
Assistant Professor
e-mail: sujala2003@yahoo.com



K. NAGARAJ, MDS
Assistant Professor
Department of Orthodontics and
Dentofacial Orthopedics
KLE Vishwanath Katti Institute of
Dental Sciences
KLE University, J.N.M.C. Campus,
Nehru Nagar
Belgaum, Karnataka, 590010
India



**MADHUR UPADHYAY,
BDS, MDS**
Resident, Division of Orthodontics
Department of Craniofacial
Sciences
School of Dental Medicine
University of Connecticut
Farmington, CT



SUMIT YADAV, BDS, MDS
Student, Mineralized Tissue
Histology and Research Laboratory
Section of Orthodontics
Indiana School of Dentistry
Indiana University-
Purdue University
Indianapolis, IN