

## TECHNIQUE CLINIC Use of Light-Cured Composite for Bonding Mandibular Lingual Retainers

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Several articles have dealt with the design, placement, and polishing of bonded mandibular lingual retainers.<sup>1-5</sup> This type of retainer is adjacent to the sublingual salivary canal and therefore tends to encourage calculus formation, which can lead to periodontal damage.<sup>6</sup> The following technique, using light-cured composite, reduces plaque by allowing direct placement of the retainer without the need for finishing burs or discs.

Pumice, etch, isolate, and dry the teeth to be bonded as usual. Paint the tooth surfaces with a thin layer of unfilled Transbond resin. Use dental floss to hold the retainer wire in position (A).



Dispense Transbond LR light-cured adhesive directly over the wire (B). Dip a small bristle brush in the unfilled resin, and use it to smooth out the filled resin surface by reducing its viscosity (C). Cure the adhesive for 15 seconds per tooth.



The finished retainer requires no polishing (D). This technique saves chairtime and has had excellent patient acceptance. Hygiene is easier, and there seems to be less plaque retention on the smooth composite surface, which is undisturbed between curing and final setting. □



## REFERENCES

- 1 Zachrisson, B.U.: Clinical experience with direct bonded retainers, *Am. J. Orthod.* 71:440-448, 1977.
- 2 Zachrisson, B.U.: Adult retention, in *Orthodontics: State of the Art, Essence of the Science*, ed. L.W. Graber, C.V. Mosby Co., St. Louis, 1986, pp. 310-327.
- 3 Dahl, E.H. and Zachrisson, B.U.: Long-term experience with direct-bonded lingual retainers, *J. Clin. Orthod.* 25:619-630, 1991.
- 4 Zachrisson, B.U.: Important aspects of long-term stability, *J. Clin. Orthod.* 31:562-583, 1997.
- 5 Zachrisson, B.U.: Third-generation mandibular bonded lingual 3-3 retainer, *J. Clin. Orthod.* 29:39-48, 1995.
- 6 Artun, J. et al.: Hygiene status associated with different types of bonded orthodontic canine to canine retainers, *J. Clin. Periodontol.* 14:89-94, 1987.

## FOOTNOTES

- 1 Registered trademark of 3M Unitek, 2724 S. Peck Road, Monrovia, CA 91016.