

# TECHNIQUE CLINIC

## A Direct Bonding Technique for Lingual Retainers

**L**ingual retainers can be easily placed and bonded using this technique:

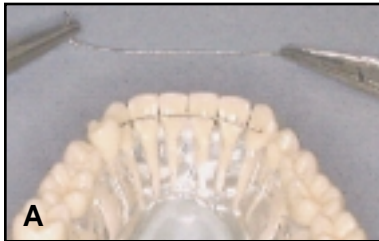
Twist four strands of .012" ligature wire together into a fine, smooth braid by rotating two hemostats in opposite directions. Cut the braided wire to length, measuring from the midpoint of the left cuspid to the midpoint of the right cuspid (A).

Scale, floss, and pumice the lower incisors. Insert both ends of a floss threader through each contact point from lingual to labial, leaving the loop open on the lingual (B). Pass the braided wire through each loop (C), and pull the floss threaders labially to secure the wire against the lingual surface of the lower incisors. Tie the ends of the floss threaders together, using a double tie in opposite directions to prevent slippage (D).

Etch, rinse, dry, and seal the lingual surfaces. Place a small amount of light-cured bonding material over the wire on each incisor, and cure the adhesive (E). After the bonds have set completely, clip the floss threaders on the labial with a ligature cutter or curved scissor, and pull them through the interproximal spaces (F).

Advantages of this technique:

- The braided wire is superior to a prefabricated wire because it is dead soft and can be easily con-



toured to the lingual surfaces.

- The orthodontic correction is maintained better than with a lingual retainer bonded only to the cuspids.
- Bond failures are minimal; the retainer wire can be placed more gingivally to reduce failures even more.
- The small, thin wire allows the patient to floss a larger interproximal area than with a bonded ribbon retainer.
- Patient acceptance and comfort are excellent.

- Cost and chairtime are minimal.



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