

Indirect Bonding

The Orthodontic Bracket Placement Technique



If you are mounting brackets one at a time, you are wasting time and money. There is a minimum of 40% less chairtime for bonding when using the Indirect Bonding technique when compared to direct bonding.

Introduction

This technical bulletin from Johns Dental is only an introduction to some of the benefits of Indirect Bonding. More detailed information including preparation of working casts, placement of brackets, blocking out bracket undercuts and chair-side bonding procedures can be obtained by calling customer service at 800/457-0504.

Indirect bonding has been an exciting advancement in orthodontics over the last 10 years. It is a great benefit to the clinician as it improves patient comfort, reduces chair-time, and improves the accuracy of bracket placement. This technique also reduces the possibility of moisture contamination and the need to "beat the clock," while working with self-curing bonding composites. The indirect bonding technique utilizes light-cured bonding materials and is a time-saver in the busy orthodontic office.

Even skilled clinicians find benefits in the indirect bonding technique because they simply do not have the visual access to all the teeth in all planes of space.

Lab Requirements

Send upper and lower models poured in ortho stone along with a wax bite. Models must be bubble-free and smooth, so vacuum spatulation is preferred. Trim models to a minimal base and without perforations. Allow 24 hours for models to dry, unless using a slow heat releasing oven.

Doctor needs to request which brackets they want to use and which tray system they are using: one or two. The two tray system, which offers more stability, is what we see most at Johns Dental.

Doctor Steps

When the doctor receives the trays back, they need to check to make sure the back of the brackets are clean. If there is a residue, it can be removed by the air/water syringe or the Micro-etch system.

Prior to setting, the doctor needs to cut the interproximal areas of the tray. This will make the removal process easier when using the indirect bonding technique.

This technique requires a dry field. One way to achieve this is by using the Nola dry field cheek retractor-suction system. Follow the steps below.

- Pumice or clean the teeth where the brackets are to be placed.
- Etch teeth for at least 30 seconds.
- Prime the teeth. (Depending on the



The indirect bracketing system is the ultimate time saver and there is no inventory to maintain. Typical bracketing time is 20 minutes or less for both arches.

primer, they might also need to be light-cured.)

- Place bonding material on each of the brackets in the matrix.
- Place matrix in mouth in a hinged motion. Be sure to keep equal pressure on matrix to ensure a good bond.
- Light cure each bracket (Time will vary depending on what you are bonding with.)
- Remove matrix once all the light cure is finished.
- Remove the matrix in sections. Cut matrix interproximally and peel downward from incisal to gingival.
- Clean up can be done with a scaler or a high speed handpiece using a composite finishing bur.

Impressions

An excellent alginate impression must be taken of "clean" teeth. A bite registration in a centric occlusal relationship is also required. Extractions and procedures such as Air Rotor Stripping should be postponed until after the bonding, but recontouring of restorations of individual teeth can be done prior to taking the impressions. The clinician has the option to band the molars before the working cast impressions or at the bonding appointment.



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