

TRU-TAIN

Orthodontic & Dental Supplies

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Tru-Tain Indirect Bonding Instructions Using Reliance Bonding Adhesive

- Step 1 : We have patient in 1 week before their appointment to impression what we are going to bracket; Upper **and** Lower or Upper **or** Lower. Pour impression with stone and without a base (both maxillary and mandibular) to a u-shaped model so the plastic can be properly vacuumed easily over model. We give the patient a 50mg Banthine tablet to take 1 hour before the bracketing appointment to enhance a dry working area.
- Step 2: After model is trimmed and completely dry, usually the NEXT DAY, remove any air bubbles that might affect the placement of brackets. Using any commercial separating medium, dilute one part medium and one part water. Paint a thin coat of diluted separating medium on the stone model and allow to dry for two hours. You may need to disk a bracket edge in order to place it correctly. Draw vertical lines to mark midline of all teeth to be bracketed for easier placement. Use a block out compound to fill in any spaces there may be in between the teeth so the soft tray will not lock. When using plastic brackets, you must first brush the bracket with Plastic Bracket Conditioner and dry. Then, using Enhance from Reliance Company, mix A & B liquid with brush and apply several coats to the bracket and blow dry. With an instrument, place a uniform coat of Therma-Cure Adhesive on the bracket base. Be sure to push the paste into the mesh of metal or the undercuts of the ceramic brackets. Place the bracket on the stone model and position. Press to expel excess adhesive. Clean all flash from the periphery of the bracket base.
- Step 3: When all brackets are in their final desired position, place the stone model in a toaster oven for 15 minutes at a temperature setting of 250 degrees (Note: the temperature setting of the oven should be checked for accuracy with an oven thermometer). Remove, allow to cool. If you have used plastic brackets spray them with silicone spray for easier separation from tray and spray gasket and platform of the vacuum machine for easier separation after tray is made. The heater is turned on to heat (it takes 5-6 minutes)
CAUTION: the heating element will not heat properly if it is cooled by air from an air conditioning duct or an open window.
- Step 4: Place the Indirect Bonding Material (soft plastic ie. .080 EVA mouthguard) in the heater frame and heat 1 ½ -2 minutes. (Time and amount of heat will vary depending on the machine) It is very important to heat properly or the plastic will not form correctly over the model. Let the plastic sag approximately 1 ½-2 inches from the frame of the machine. Over heating the plastic will result in a tray that is too thin.
- Step 5: **The vacuum motor must be turned on first**, then bring the heater frame with the plastic down over the model and watch it form around the brackets. If plastic brackets have been

used, use a wet towel to help form suction over brackets-then turn vacuum off- about 10 seconds.

- Step 6: Trim the excess plastic from around the edges of the model with a large scissors.
- Step 7: Use a scalpel to trim the plastic from 1 1/2 -2 mm apically to the gingival crest all around the labial, buccal and lingual of the model. Use a Howe plier to pull the excess trimmed plastic from the model.
- Step 8: A second tray is constructed of .030 Tru-Tain plastic (hard tray). **The soft tray MUST be sprayed heavily (4-5 seconds) with silicone spray before forming second tray.** This is a very important step in order to separate the two trays. To form the hard tray, follow the same steps as explained earlier for the soft tray in step 4, (with the exception of just heating the hard tray to sag approximately 1/2 inch; not letting it sag as much as the soft tray), and the first part of step 5. Trim same as step 6 & 7.
- Step 9: Separate two trays and immerse soft tray and cast in warm water for 30 minutes. Dislodge brackets from cast using a lifting motion with thumbnail or blunt instrument under the gingival wing of bracket. Trim both trays with the crown and bridge scissors. With scalpel, place vertical cuts in soft tray on gingival side, midway over bracket occlusally or incisally, to the depth of the bracket. **This will allow easier removal of the soft tray.** Lightly sand the back of the bracket with a fine disc or green stone. Each bracket now has a custom pad to perfectly fit against the surface of the tooth, therefore there will be no excessive bonding material to clean off nor will there be any voids. Be careful not to gouge the hardened adhesive on the base. We suggest cutting the tray in three sections, distal to the laterals. Place sectioned trays on model to store until ready to use in mouth.
- Step 10: At the bracketing appointment, apply a thin coat of Reliance Plastic Conditioner to each base and allow to dry (30 seconds). Prophylax and etch enamel. Using Enhance, mix A & B liquid with brush and apply several coats to custom pad on the bracket. Mix A & B Maximum Cure Sealant and apply a thin coat to each tooth and bracket with the custom pad and seat the tray. Keep both trays together when placing the brackets in the mouth. With this clear tray you can see exactly where you're placing the tray and the brackets on the teeth. Without a clear tray, you hope you have the tray in proper position, but you never know. This method eliminates the problem of brackets not being positioned properly. The brackets then should be in the same position on the teeth as they were on the cast model. Apply buccal pressure for two minutes, wait three minutes and remove the tray. Remove the Tru-Tain tray (hard tray) first, then using an explorer, begin removing the soft tray from the distal of the last tooth in the arch and work the tray off the rest of the teeth. Again, there will be no excessive material around each bracket (this was done in the lab), nor will there be any voids in the material. Check around each bracket for any excess sealant and floss teeth. Archwire is ready to be placed.

***Please note that instructions will vary slightly depending on orthodontic adhesive you are using. Example: using Indirect Bonding Adhesive to attach brackets to model.

If you have any questions regarding this technique, please call Tru-Tain at 1-800-843-0904. Thank you.