

# Fiber Orthodontic Lingual Retainer Technique



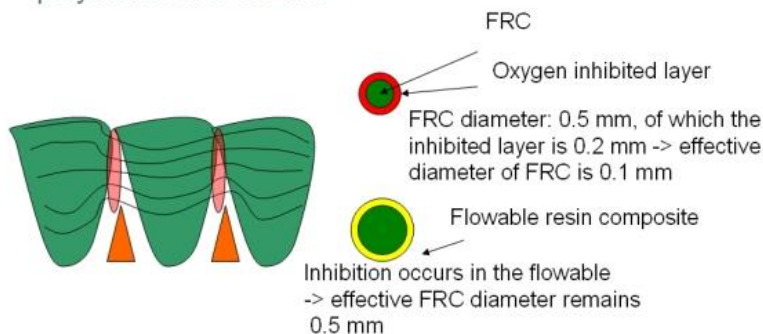
Clean bonding surfaces and place wedges. Remember a good moisture control. Etch and bond as usual, engaging the interproximal areas. Spot bonding is contraindicated for FRC restorations.

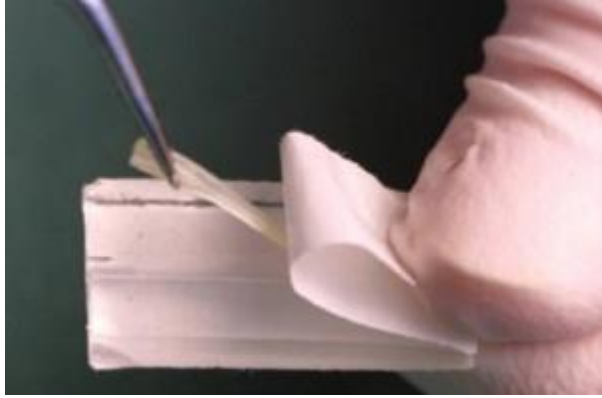


After carefully etching, bonding and light curing, add a thin continuous layer of flow composite. Do not cure the composite at this time.

## Why cover the interproximals with composite?

- To protect the FRC
- To eliminate oxygen inhibition to effect the polymerisation of FRC





Remove the fiber from the silicone bedding. Press one end of the fiber into the flow composite. Light cure 5 to 10 seconds, one tooth at a time. Use a tool like the Stepper to protect the adjacent fiber bundle from the light and prematurely curing. Continue by adapting the fibre to one tooth at a time. The retainer should be placed close to the incisal edge.



When the whole fiber retainer is placed, add a thin layer of composite over the fiber bundle. Light cure each tooth for 40 seconds. Adjust and polish the fiber splint. The fiber will polish very easily, but take care not to cut through the splint. A thin layer of composite is added to any section where the fiber has been exposed and polished. The composite acts like a laminate and creates a seal to eliminate absorption of water by the fiber.

For more information, contact Preat at 1-800-232-7732 or visit [preat.com](http://preat.com)