BOCL08-Bending the Mandibular Retainer Checklist

1. Gather materials and patient model.
2. Make a pencil line on the model to indicate approximately where the retainer should lay passively.
3. Use your thumbnail to place a “general” curve in the wire so it will lie passively against lingual surfaces of the teeth.
4. Hold the wire against the teeth to check if the general curve is accurate.
5. Using the round end of the bird beak plier make a small loop or ¾ circle curl in the beginning end of the wire for better retention at the cuspid, downward toward gum tissue so the loop will lay flat against cuspid.
6. Position the loop in the center of the lingual surface of the cuspid checking that it will be flat against the tooth.
7. Go along tooth-by-tooth “contouring” the wire to the lingual surfaces with the bird beak plier starting with the lower right cuspid working around the arch.
8. Make any inset or offset bends to allow for different tooth thicknesses.
9. Keep the wire in the fossae or slight depressions, just incisal to the cingulums or slight humps on the lingual surfaces of the teeth.
10. Make a small loop or curl in the other end of the wire at the last tooth, downward toward the gum tissue so the loop will lay flat against the cuspid or terminal tooth.
11. Cut the wire to its final length after it is completely formed.
12. Lay the bent wire against the model to confirm that it will be passive, by holding the model vertically with the lower incisors on the bottom, lingual surfaces facing up.
13. Check that wire lays in a “smile” and if it does not, gently contour it vertically with the optical plier, so it is not laying too high on the cuspids.
14. If the wire does not lay passively against each tooth, adjust it so it does.
15. Be certain the model has been labeled. The model and wire can be placed in a Ziploc bag until the patient’s debanding.
1. Occlude the models together.
2. Look in the back on the insides of the teeth biting together.
3. Estimate where the upper retainer can be placed and not interfere with the occlusion.
4. Take the models apart and on the insides of the upper teeth, make a thin pencil line at the lower limit where the retainer should be placed.
5. Occlude the models again, and recheck the estimated position.
6. Use your thumbnail to place a “general” curve in the wire so it will lie passively against lingual surfaces of the teeth.
7. Hold the wire against the teeth to check if the general curve is accurate.
8. Check the need for an offset bend between the lateral and central.
9. Grab the wire with the tips of the bird beak pliers where the offset bend will be placed.
10. Rotate the bird beak to make the bend in the horizontal plane and using the tips of the bird beak, make the offset bend.
11. Direct the end to be bonded to the patient’s left lateral downward slightly.
12. Make a slight gentle bend downward between the centrals.
13. Go along tooth-by-tooth “contouring” the wire to the lingual surfaces with the bird beak plier. Make any inset or offset bends to bond the wire into lingual fossae and go up over lingual ridges.
14. Check the wire against the model evaluating the need for an offset bend between the other central and lateral.
15. Don’t place the wire too close to the gingiva since you could have moisture contamination and bleeding when you are bonding it and flossing under it will be difficult.
16. Check that the wire will not be visible from the labial through a triangular embrasure that is not filled with gingiva.
17. Check that you have “bonding clearance” away from trauma by the mandibular incisors. You may need to bend the wire to lay flat closer to the gingival margin in these instances.
18. Cut the wire to its final length after it is completely formed.
19. Holding the model vertically with the maxillary incisors on the bottom, palatal surfaces facing upward, lay the bent wire against the model to confirm that it will be passive.
20. If the wire does not lie passively against each tooth, adjust it so it does.
21. Be certain the model has been labeled and placed in a Ziploc bag until the patient’s debanding.
BOCL10-Bonding the Mandibular Retainer Checklist

1. Check for calculus and calcified deposits and carefully remove if necessary.
2. Pumice the areas to be bonded, rinse thoroughly, and dry.
3. Insert plastic cheek retractors that will also block the tongue from coming forward.
4. Etch the areas to be bonded 30 seconds per tooth being careful to not overetch. A microetcher can be used.
5. Rinse.
6. Dry carefully.
7. Check each tooth for a chalky frosty dullness.
8. Place a thin coat of sealant over the etched areas.
9. Blow with air to help the sealant penetrate the enamel rods.
10. Light cure the sealant for 10 seconds.
11. Fold into a loop one piece of satin floss and thread it under the archwire of the braces.
12. Holding one end of the loop on the lingual snap both parts of the floss interproximally halfway down through the contact between the 2 central incisors.
13. Snap another floss loop between the right lateral incisor and cuspid.
14. Snap a third floss loop between the left lateral incisor and cuspid leaving 3 small loops on the lingual.
15. Thread the preformed bent retainer wire through each loop feeding it from one side to the other.
16. Grab all three pieces of floss on the labial and “snug up” the inside loops to bring the retainer wire against the linguals of the teeth.
17. Pull the floss ends up a little to adjust the retainer wire position to where you had it on the model.
18. Release the floss and confirm that the retainer wire is still passive. If it is not passive, the wire must be taken out and recontoured.
19. Squeeze out a small 1mm ball of lingual retainer (LR) bonding material onto a clean paper or pad for the first tooth to be attached.

20. Dip a small sponge Quik-tip into a small amount of sealant, and then pick up the LR material off of the paper on the end of the Quik-tip.

21. Cover the wire on a center tooth with a little bit of adhesive, not a big glob that could block the contact.

22. Smoothly fill the fossa or slight depression where the wire rests.

23. Shape the material to uniformly cover the wire so there are no voids or sharp points.

24. Double check visually with the intraoral mirror that the adhesive is not covering the floss and even check with an anterior scaler that the material is not on the gingival tissue or blocking the contacts.

25. Light cure the adhesive first for 10 seconds from the facial in case the light encourages the bond to shrink into the tooth surface, then light the lingual surface for 20 seconds.

26. Continue around until the retainer wire is bonded to all teeth involved.

27. If there are slight rotations push the rotated tooth into alignment and hold it in place while bonding the wire to it.

28. Cover the ends of the ¾ loops on the cuspids with adhesive so the sharp ends will not poke the tongue and finish curing.

29. Clip one strand of the floss on the labial near the braces and then pull the floss loop through to the labial. Do the same with the other 2 loops.

30. Remove the retractors and then remove the braces in the normal manner.

31. Instruct the patient in flossing under the bonded retainer and discuss the cost of repairs of any loose attachments.
BOCL11-Bonding the Maxillary Retainer Checklist

1. Before the braces or archwires are removed, prepare for bonding the retainer.
2. Check that the lingual pits on the lateral incisors are not stained or potentially decayed.
3. Pumice the areas to be bonded, rinse thoroughly, and dry.
4. Insert plastic cheek retractors that will also block the tongue from coming forward.
5. Etch the areas to be bonded 30 seconds per tooth being careful to not overetch. A microetcher can be used.
6. Rinse.
7. Dry carefully.
8. Check each tooth for a chalky frosty dullness.
9. Place a thin coat of sealant over the etched areas.
10. Blow with air to help the sealant penetrate the enamel rods.
11. Light cure the sealant for 10 seconds.
12. Fold into a loop a piece of satin floss and thread it above the archwire of the braces at the central incisors.
13. Holding one end of the loop on the palatal, snap both parts of the floss interproximally halfway up through the contact.
14. Place a second loop of floss between the right central incisor and lateral incisor.
15. Snap a third loop of floss between the left central incisor and lateral incisor leaving 3 small loops on the palatal.
16. Thread the preformed bent retainer wire through each loop feeding it from one side to the other.
17. Grab all three pieces of floss on the labial and “snug up” the inside loops to bring the retainer wire against the palatal surfaces of the teeth.
18. Pull the floss ends down a little to adjust the retainer wire position to where you had it on the model.

19. Release the floss and confirm that the retainer wire is still passive. If it is not, the wire must be taken out and recontoured.

20. Check that it is in a position for clearance from occlusion, not visible from the labial, and in a position so that the patient will be able to floss under it properly.

21. Squeeze out a small 1mm ball of lingual retainer (LR) bonding material onto a clean paper or pad for the first tooth to be attached.

22. Dip a small sponge Quik-tip into a small amount of sealant.

23. Pick up the adhesive material off of the paper onto the end of the Quik-tip.

24. Cover the wire on one central tooth with a little bit of adhesive, not a big glob that could block the contact.

25. Smoothly fill the fossa or slight depression where the wire rests.

26. Shape the material to uniformly cover the wire so there are no voids or sharp points.

27. Double check visually with the intraoral mirror that the adhesive is not covering the floss and even check with an anterior scaler that the material is not on the gingival tissue or blocking the contacts.

28. Light cure the adhesive first for 10 seconds from the facial in case the light encourages the bond to shrink into the tooth surface, then light the palatal surface for 20 seconds.

29. Continue until the retainer wire is bonded to all teeth involved.

30. If there are slight interproximal spaces, push the teeth together and hold them together while bonding the wire to them.

31. Make sure to cover the ends of the retainer wire with adhesive so the sharp ends will not poke the tongue.

32. Clip one strand of the floss at a time on the labial near the braces and then pull each floss loop through to the labial.

33. Remove the retractors and then remove the braces in the normal manner.

34. Instruct your patient in the care of the bonded retainer and in the cost of repairs of loose attachments.