

ACTIVE ALIGNERS



A Comprehensive Guide to Attachments

ACTIVE ALIGNERS - ATTACHMENTS

TREATMENT STARTS

Everything you need to do at the first appointment is shown in the PDF Smile Summary



1. Insert Active Aligners for a test fit

Your patient may have IPR or Attachment requirements

- The smile summary will indicate if either or both is required
- Attachment template is provided in the Active Aligners packaging

2. Perform IPR – if needed.

IPR, or interproximal reduction, is a quick and not complex orthodontic procedure made for changing the shape and size of the teeth, mostly on the sides where they touch each other. For Active Aligner treatment, **IPR** is used to create space to allow teeth to **move**

3. Bonding of Attachments – Process

NB: Discuss with patient the importance of compliance and wearing their Active Aligners for 22 hours a day for optimal results.



ATTACHMENTS

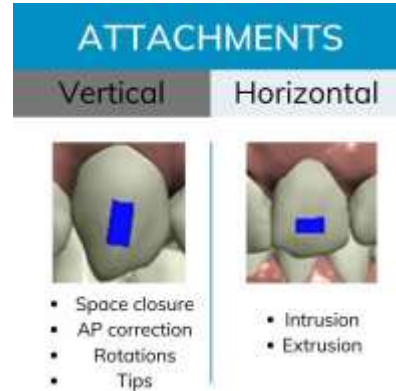
EQUIPMENT & MATERIAL
HOW TO
GUIDELINES & PRECAUTIONS
FAQ's

ACTIVE ALIGNERS

ACTIVE ALIGNERS — ATTACHMENTS

Composite Attachments - Equipment and Material Required

1. Cheek retractors
2. Non-residue cleaning agent
3. Polishing cups
4. Attachment template
5. Composite material to form / create attachments
6. Composite applicator
7. Bonding agents



Prior to treatment, explain the attachment process so that the patient knows what to expect.

Attachments or 'buttons' as they sometimes called, are small tooth-coloured shapes (made from composite) that are affixed to the teeth during clear aligner treatment. Due to the round and smooth shape of teeth, attachments help Active Aligners move the teeth with precision in the correct direction to achieve the best result most efficiently. The attachments are virtually invisible and are made from a tooth-coloured filling material (composite), glued to the surface of teeth and get trimmed back when aligner treatment is over. In most cases, the attachments are barely noticeable with or without the aligner trays in place.

ACTIVE ALIGNERS — ATTACHMENTS

Attachments – How to Attach

The attachment template is supplied with your patients Active Aligner case.



1. Test the attachment template and the very first aligner fit

- Insert the retractor into the patient's mouth prior to treatment, to isolate the teeth and reduce salivary contamination.
- Try in the template and ensure that it snaps into place and fits properly. Remove the template and try in the first aligner to ensure that it also fits properly.
- Use an air-water syringe to completely air-dry the template.



2. Teeth preparation

- Acid-etch the enamel of the tooth or teeth that will receive an attachment (Acid Etch should be left on the enamel for 20 seconds). Etch only the specific shape and location where the composite attachment will be placed. Rinse the etched tooth/teeth for 15 seconds and dry.
- Mix the bonding agent and apply it to the etched surface, wait 10 seconds. Dry with light air for 5 seconds. Light-cure the bonding agent for 10 seconds.



3. Load the template with composite

- Load the composite into the window of the attachment template. Make sure the attachment window is slightly overfilled (some doctors like to use a slightly darker or lighter composite to help when it's time to remove the attachment).



4. Conform to the patient's teeth

- Fully seat the loaded template onto the teeth. Use a spatula to apply gentle pressure around each attachment to ensure full adaptation and squeeze excess composite away from the etched area.

ACTIVE ALIGNERS — PROCESS OVERVIEW (CONT)

Attachments – How to Attach cont.

The attachment template is supplied with your patients Active Aligner case.



5. Cure the attachment

- Firmly hold down the composite and light-cure according to composite instructions.



6. Remove the template and flash

- Remove the template, to allow you to remove all flash (excess material) and bonding resin around attachments and between teeth.



7. Repeat if needed

- Repeat the procedure for any additional attachments.



8. Now test the first aligner fit

- Seat the patient's first aligner, demonstrating how to put the aligners in and take them out.
- Aligners are best removed from lifting at the posterior teeth.



9. Keep the template

- Keep and store the template. The attachment template should never to be given to the patient.

ACTIVE ALIGNERS — ATTACHMENTS

- Ensure the teeth are free of contamination.
- Ensure the teeth are dry before the attachment is bonded.
- Be sure to evenly distribute the composite material in the template well and levelled to slightly above the top of the well. (Use packable composite and avoid filling out too much of the attachment bubble to prevent an excess of flash*, but make sure that there is enough to be in contact with the surface. Remove the flash if present prior to light curing.)
- If there are too many attachments on the template, sectioning the template can help to avoid misplacing one during the light cure process. The sectioning can be performed just between 8/9.
- Do not disturb the template while it is in the patient's mouth for placement, movement can cause bonding failure. Do not pull the template off aggressively, try to bend the attachment area to avoid ripping off the attachment from the tooth surface.
- Once the attachments are bonded, remove excess material and inspect for any voids, cracks and bubbles. Excess material can interfere with the fitting of the tray.
- Try aligner 1 prior to placing the attachment to disregard any fitting issues. After all the attachments are bonded, be sure to check the first aligner fits.
- Use quality composite and materials, you don't want attachments losing their shape or de-bonding.

Attachments – Guidelines and Precautions:



[YouTube Video – How to Place Attachments](https://youtu.be/wWdqvp94QLA)
<https://youtu.be/wWdqvp94QLA>

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ACTIVE ALIGNERS — ATTACHMENTS

Attachments – FAQ's:

Attachments are needed to perform specific movements. The attachments allow the aligner tray to grip or grab onto the tooth to help achieve the planned movements. Buttons are applied with a Template tray.



Q: When and why are attachments used?

A: Rotations over 28 degrees, Any Extrusion, Angulation (tipping) greater than 7 degrees, Intruding more than 4 teeth in the same arch over 0.5mm

Q: What type of attachments could be found in the treatment?

A: Vertical or horizontal rectangular attachments depending on the case needs. Our protocols involve attachment to help intrusion, extrusion, rotations, and space closure movements.

Q: Can use aligner 1 to place the attachments?

A: No, because there is movement on that aligner, the attachment template must be used to bond the attachments because it was built from the original position of the teeth.

Q: What type of composite should I use for the attachments?

A: We do not recommend any specific brand as long as it is packable composite and not flowable, flowable composite is more susceptible to wear and tear.

ACTIVE ALIGNERS — CONTACT DETAILS



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ACTIVE ALIGNERS —

WE ARE HERE FOR YOU EVERY STEP OF THE WAY

- We pride ourselves on great customer service
- Support where needed: Online, Telephonic, Text
- Flexibility where it matters
- The Active Aligners team is here to help.

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