

# Placing Realine Attachments Using Proper Technique and Materials

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## INTRODUCTION

Indicated for a variety of conditions, including gapped teeth, overbite, underbite, open bite, crowded teeth, and crossbite, Realine orthodontic treatments distributed by Henry Schein utilizes customized clear aligners to improve occlusion and straighten teeth. Popular for many reasons, Realine provides a more aesthetic and functional option for patients of all ages, without using brackets, wires, or bands. During initial treatment planning, dentists can determine whether or not attachments are necessary and where they will need to be located. Dentists or dental assistants can then affix small amounts of enamel-colored composite to the teeth that require an attachment using a bonding agent and Realine designed template aligners.

## MATERIAL AND EQUIPMENT SELECTION

Realine provides aligner templates for creating ideal attachments, reducing the possibility for variations in attachment shapes and locations. When the patient returns for their first aligner appointment, it can include attachment placement and/or interproximal reduction.

Attachments require a bond strong enough to anchor aligners, but weak enough to avoid altering the healthy tooth structure during removal. Although many options in bonding materials are available, Futurabond U from VOCO America ([www.voco.com](http://www.voco.com)) provides enhanced adhesion, quick working time, and moisture tolerance. Additionally, because maintaining high esthetics remains an important characteristic of Invisalign treatments, and because placement of the attachments frequently occurs on anterior teeth, a shaded composite (e.g., GrandioSo, by VOCO America) that matches the patient's enamel should be selected.

## CLINICAL TECHNIQUE

1. Try-in the attachment template and ensure that it snaps in place and fits properly.
2. Acid etch the enamel of the teeth to receive an attachment according to the manufacturer's instructions in the specific shape and location of where the composite attachment will be placed, with little excess on the rest of the tooth (Figure 1).
3. Rinse the etched tooth/teeth for 15 seconds and dry until the tooth surfaces have a frosted appearance. If you do not see this then start over again re-etching the tooth. Mix the bonding agent (Futurabond U) and apply it to the etched surface (Figure 2). Scrub the area for 20 seconds to enhance the bond strength and dry with light air (Figure 3). Light-cure.

4. Load the shade-matched composite (GrandioSo) into the window of the attachment template (Figure 4). Fully seat the loaded template onto the teeth. Use the instrument to apply gentle pressure around each attachment to ensure full adaptation, and squeeze excess composite away from the etched area. Firmly hold down the composite using the instrument and light-cure according to composite instructions (Figure 5).
5. Remove the attachment template, and then remove all flash and bonding resin between teeth. Floss interproximal areas and remove any excess resin or composite. Repeat the procedure for any additional attachments.

## CONCLUSION

Realine treatments may sometimes require attachments as a fundamental tool to correct teeth alignment and manage occlusion. Accurate and secure placement of attachments ensures that the ideal movement of teeth occurs and avoids wasted time in fixing failed attachments.



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