



Initial situation



Measure the length of fibre needed



Cut the fibre bundle inside the silicone



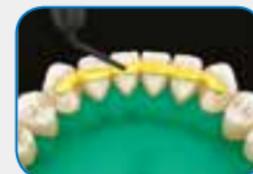
Clean the teeth with pumice and water



Etch the teeth for 45-60 seconds



Bond the etched area and light-cure



Apply a flowable composite; do not light-cure!



Position the fibre on top of the flowable



Spread the fibre on the surface of the first tooth



Light-cure while protecting the rest of the fibre



Proceed in the same way for each tooth



Intermediate result after light-curing



Cover the fibre completely with a flowable & light-cure



Final situation

### Recommended for:

Retention phase after active orthodontic treatment



### Clinical Tips!

- Keep the fibre protected from the light to avoid premature curing.
- Place the fibre retainer as incisally as possible in order to obtain optimal retention.
- The full length of the retainer should be bonded to the teeth, including interproximal spaces. Spot bonding does not produce a reliable bond.
- Make sure to leave good interproximal access for cleaning. The use of wedges while applying composite will help to achieve this.
- When applying a retainer on a palatal or buccal surface, make sure the fibre bundle is not placed in occlusion.
- The fibres must be entirely covered with composite. Use thixotropic GC flowables for a precise application.
- Removal of the retainer can be done by grinding or by peeling the unit from the surface.
- Store the package in the refrigerator.