

## Lingual bonded retainer - Debonding the predictable way

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### INTRODUCTION

#### CASE REPORTS

To overcome the elastic recoil of the periodontal supporting fibres and to allow remodelling of the alveolar bone, retention is usually necessary following orthodontic treatment. Fixed retainers are a reliable form of retention for avoiding relapse and maintaining dental arch shape.<sup>1-4</sup> Traditionally, bonded retainers have been attached to the teeth with composite. Various composites have been described for use in this technique including both restorative and orthodontic bonding materials.<sup>5</sup> With the advent of effective, new bonding materials, many orthodontists prefer to use canine-to-canine or premolar-to-premolar bonded retainers to obtain optimal retention of lower anterior teeth both functionally and esthetically.<sup>6-8</sup> Retention is an important phase of the Orthodontic treatment, which is under the patient control i.e. usage of the retainers. It is a necessary stage of the successful long-term management of most orthodontic patients. Precision in fabrication, accuracy during placement on the teeth, and avoidance of any irritation to the gingiva are necessary requirements for a lingual fixed retention.<sup>9</sup> With the advent of acid etching and bonding in Dentistry, fixed lower lingual retention has become very popular. The limitation of using the traditional lingual bonding with composites is that, the difficulty in removing the adhesives completely from the tooth surface. This can be overcome by bonding using TWINKY STAR\*

Twinky star is a colored light curing and radio-opaque compomer filling system. It combines the fluoride release of glass ionomer with physical durability of composites. It is available in various shades such as gold, silver, blue, pink, green, orange and lemon yellow (Fig 1). It can be cured with halogen light as well as LED light. Twinky star contains BIS-GMA, diurethane dimethacrylate, TEGDMA, BHT.

It acts as bacteriostatic agent, has anti-cariogenic property and exhibits high strength over other materials. Due to special colour effect caused by insoluble mineral it can be easily distinguished from normal tooth structure, hence it can be cleaned easily from the tooth surface.

\*VOCO Twinky Star CE 0482 [www.voco.com](http://www.voco.com)



**Fig 1:**Lingual bonded retainer using Twinky star

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