everStick® ORTHO
GENERAL INFORMATION & INSTRUCTIONS

1. Your everStick® ORTHO kit contains light retardant foil pouches. Each pouch contains a silicone sleeve surrounding a strand of everStick® ORTHO glass fiber.

2. everStick® ORTHO should be bonded to each tooth that it spans.

3. everStick® ORTHO is composed of hundreds of glass fiber strands preimpregnated with light cure adhesive. This fiber/adhesive bundle gives everStick® ORTHO several advantages:

a. everStick® ORTHO is compatible with any Light Cured, BisGMA base adhesive (like Transbond¨, Light Bond¨, etc). G&H® recommends Reliance® Flowtain® adhesive as it is well suited and designed for lingual retainers. Flowtain® is a flowable composite that flows evenly and cures to a glassy smooth finish.

b. When adhesive is cured over the everStick® ORTHO fiber strand both a chemical and mechanical bond are created.

c. everStick® ORTHO is malleable and has a tacky texture, ideal characteristics for adapting and positioning a lingual retainer prior to curing.

d. everStick® ORTHO, when completely light cured, becomes rigid.

4. The everStick® ORTHO fiber bundle is approximately .024 in. (.60 mm) in diameter. It can be compressed and flattened during application to a low profile height of .010 in. (.25mm).

5. All instructions from your adhesive manufacturer for normal tooth preparation and bonding should be followed. This includes maintaining a dry field and sealing the teeth.

6. everStick® ORTHO is packaged in a special light retardant foil pouch. Any unused portion of everStick® ORTHO should be stored in the sealed foil pouch. The foil pouch eliminates exposure to ambient light which will cause the fiber to cure prematurely. Refrigeration is necessary for storage. When properly stored and refrigerated everStick® ORTHO has a 2 year shelf life from the date of manufacture.

PREPARATION

Remove fiber strand from protective silicone sleeve

Preparation of everStick® ORTHO

1. Measure the patient's arch along the span to which everStick® ORTHO will be applied. Use a flexible measuring device like dental floss or brass wire to determine the length needed.

2. Cut the end of one foil pouch and slide out the silicone sleeve containing the fiber strand. Cut the sleeve and fiber to length with scissors or a scalpel.

3. Immediately return the remainder of the sleeve to the foil pouch and crimp it closed.

4. Extract the cut length of everStick® ORTHO fiber from the silicone sleeve. Cover the fiber to minimize exposure to ambient light.

5. Prep the tooth surfaces for bonding using normal recommended technique. Apply and cure sealant on each tooth. Maintain a dry field.

6. A thin coat of adhesive should be added to all teeth to be engaged prior to applying everStick® ORTHO. A flowable composite like Flowtain® is strongly recommended. The adhesive assists in positioning and insures the strand will be fully encompassed with composite.

G&H® STICK STEPPER TOOL

BONDING

Gently press, contour & flatten appliance to enamel

Placement of everStick® ORTHO

7. Deliver the Fiber Strand to the mouth and position it generally and lightly in the adhesive on the enamel of all related teeth.

8. Position fingers on the everStick® strand covering it from the light. Keep one terminal end exposed. The strand is then adapted closely on the terminal tooth (such as a canine) and tack cured. Care should be taken not to expose the remainder of the strand to the curing light. An alternative to blocking the light with fingers is to deflect it with a wide instrument like a Stickstepper¨ or a mirror.

9. Move mesially to the adjacent tooth and repeat the procedure. Work around the arch taking care to expose the everStick® strand to the curing light only as indicated. The fiber strand should be adapted as closely as possible to the anatomy. All slack in the fiber strand should be eliminated to insure proper retention. The everStick® fiber may stick inadvertently to metal instruments or to fingers and complicate adaptation. Wetting the finger and/or instrument with adhesive sealant will eliminate that eventuality. Close adaptation to the anatomy will increase patient comfort, hygiene, and bond strength.

COVERING

FLOWTAIN®
Flowable light cured composite adhesive.

Finishing of everStick® ORTHO

10. Light cure adhesive paste can now be applied over the properly positioned everStick® ORTHO. A flowable composite like Flowtain® is recommended. Spread adhesive across the entire fiber strand bridging the interproximal areas. This technique creates a continuous composite bridge reinforced by the fiber strand.

11. Follow recommended procedure to fully polymerize the adhesive with a curing light.

12. Smooth the composite as desired with a burr and handpiece.

13. Visually examine the appliance to ensure adequate adhesive coverage. Add adhesive if necessary.

RECOMMENDED STORAGE

Keep refrigerated. Protect from light.

Single use only. CE 0510

everStick® ORTHO contains 30cm pre-impregnated glass fiber reinforcement for orthodontic retainers. Impregnated with polymethyl methacrylate and Bisphenol-A glycerolate dimethacrylate (Bis-GMA).

CLINICAL TECHNIQUE

Here is an alternative technique for applying a lingual 3 to 3 retainer

1. Remove enamel cuticle with pumice or burr on lingual surface of mandibular canine to canine.

2. Rinse with water.

3. Isolate area.

4. Etch, 30 seconds. Rinse, dry and isolate.

5. Apply primer (sealant), light cure lingual surface.

6. Inject Flowtain® along lingual over etched surface.

7. Place dental floss doubled over two-foot strands between teeth embrasures leaving small loops lingually, canine to canine.

8. Thread everStick® ORTHO through loops on lingual.

9. Have patient hold and pull on dental floss (see photo).

10. Tack the appliance in place with a quick light cure.

11. Remove the floss.

12. Apply Flowtain® over/around everStick® ORTHO segment including embrasures.

13. Light cure thoroughly.

14. Trim with a burr.

Technique and intraoral photography courtesy of:
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