

## **Fast Splint:** *Direct Intra-Oral Splinting Technique Instructions*

1. Clean the area to be bonded on the teeth with pumice and water. Air-dry the teeth surfaces after cleaning. Instead of using pumice and water, you can micro etch each tooth with aluminum oxide for 5 seconds, in order to increase the bond strength. After micro etching, rinse with water and air-dry the bonding surfaces on the teeth. (If possible place transparent wedges into the interproximal spaces to maintain good access for cleaning.)
2. Etch the bonding surfaces of the teeth with ortho-phosphoric acid. The etched area should be large enough for the full length of the fibre bundle and overlying composite. Interproximal spaces should be etched too and the etching time should be long enough (approx. 45–60 seconds). After etching, rinse and dry the tooth surfaces. Keep the area dry before applying adhesive resin.
3. Apply bonding agent (sealant) over the whole area the retainer will be bonded. Light cure as the bonding material manufacturer recommends.
4. Apply a continuous, thin layer (0,5 mm) of flowable composite onto the surfaces of the teeth in the intended area for the retainer, also the interproximal areas. Do not light cure the composite layer at this point. Remove the fibre bundle from the blue protective covering.
5. The retainer should be placed on the lingual surface as close to the incisal edges of the teeth as possible while taking the occlusion into consideration. Adapt one end of the fibre bundle into the flowable composite, by pressing it down with a hand instrument. Light cure this end for 5–10 seconds, but protect the rest of the fibre bundle from the curing light with a wide instrument .
6. Continue curing the rest of the fibre bundle a tooth at a time by pressing it down with a hand instrument. You can also place the whole retainer in a single step by using the silicone transfer instrument to carry and then hold the fibre against the tooth. Light cure for only 5–10 seconds on each tooth at this point. Try to keep the fibre bundle round. Do not press and contour the fibre bundle into the embrasures too near the gingiva to allow good oral hygiene. After the whole fibre bundle has been positioned and initially cured, cover it with a layer of composite and make sure it is totally enclosed. Then light cure for 40 seconds on each tooth.
7. Leave an opening at the embrasure for good hygiene, but be careful not to cut the transparent fibre bundle when finishing and polishing the composite.