

## Chair-side Bonding Protocol – eXceed Trays

For best results: 1) bonding, either of a single arch or both arches, should be performed within 4 weeks from the date of impression-taking/scan; 2) If the two arches are bonded separately then the gap between the bonding appointments should not be more than two weeks.

1. Have the necessary materials ready:

a) Bonding agent – Adper Single Bond 2 (3M Unitek) or OptiBond Solo Plus (Kerr);

b) 37% phosphoric acid (3M Unitek, Ormco, Kerr);

c) Adhesive – Transbond Supreme Low Viscosity (3M Unitek)\* OR BluGloo (Ormco) for aesthetic braces OR GreenGloo (Ormco) for metal braces;

*\* Transbond Supreme LV is highly recommended*



2. Check patient's hygiene and cleanse thoroughly. Pumice, if necessary, to remove any build-up, paying special attention to the molars.

3. Apply Dri-Angles and cheek retractors to prevent moisture.

4. Apply phosphoric acid onto each of the patient's teeth for 30-60 seconds (*please consult manufacturer's instructions*).

5. Rinse with water, directing the stream at each tooth for at least 10 seconds.

6. Dry the surface of the tooth using an air-dryer.

7. Apply the bonding agent on each tooth and remove any excess.



8. Apply alcohol on the bases of the brackets and dry.

9. Evenly distribute the adhesive on the pad of the bracket. Pay attention to only be using a small amount, half of what's required for direct bonding.

*To minimize moisture build-up, try performing steps 8-9 in parallel with steps 3-7.*



10. Place the first tray in place and press firmly with middle and index finger, applying consistent pressure to the whole arch. Make sure that the tray sits tightly on the occlusal surfaces of the teeth

11. Moving from the 2<sup>nd</sup> molar forward, light-cure the tray for at least 20 seconds per tooth, 10 seconds from the gingival side and 10 seconds from the occlusal side\*.

Repeat steps 6-11 for the opposing arch.



12. Remove the dry angles and cheek retractors.

13. Using a scaler or index finger, grab the the inside grip point and remove the hard tray.

Repeat step 13 for the opposing arch.



14. Light-cure again the 1<sup>st</sup> and 2<sup>nd</sup> molars for at least 20 seconds, 10 seconds from the gingival side and 10 seconds from the occlusal side\*

15. Moving from the 2nd molar forward, gently peel off the soft tray with a scaler.

*Curing times may vary based on light and intensity;  
Please consult the curing lamp's manual.*



16. Check each bracket for bond strength.

Repeat steps 14-16 for the opposing arch

17. Remove excess bonding material using a polishing burr.

