

9. INTERPROXIMAL REDUCTION (IPR)

IPR TECHNIQUES

Manual Diamond Strips

- Technique is particularly effective for smaller amounts of IPR (0.2mm or less) and anterior teeth
- Start with the finest strip and work up to the most coarse; increases accuracy and minimizes compression of the periodontal ligament
- Protect patient soft tissue with retractors or cotton gauze

Slow Speed Diamond Disk

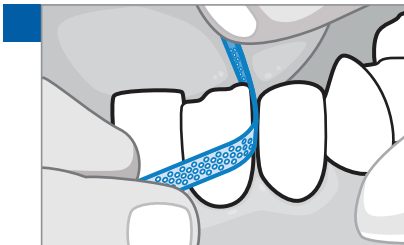
- Break any tight contacts with a diamond strip before using the diamond disk
- To improve access to the contact area, interproximal wedges can be temporarily placed
- Use a disk guard, dental mirror, or tongue depressor to protect patient's soft tissue

High Speed Bur

- The smallest IPR increment that can be performed with the bur is 0.3–0.4mm
- To improve access to the contact area, interproximal wedges can be temporarily placed
- Take care near the cervical regions of contact to avoid creating ledges

TECHNIQUE

Manual diamond/polishing strips



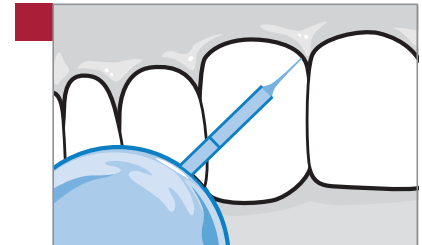
- Open interproximal contact with the thinnest diamond strip. Use a gentle back-and-forth motion until the strip is passive
- Step to a thicker strip to widen the contact. Work to the thickest strip needed

Slow speed diamond disk



- Spin disk lingually using slow RPM's
- Engage the disk against the tooth surface

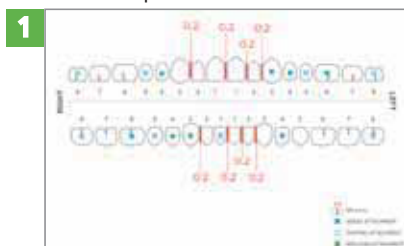
High speed bur



- Break interproximal contact with light, even, brush like movements
- Use water spray to help reduce clogging and overheating of bur

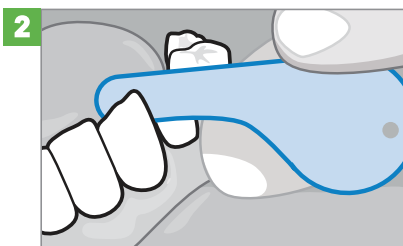
PROCEDURE

Review/perform IPR



- 1
- Review the IPR amounts on the form included in the aligner box
 - Determine appropriate IPR method

Confirm removal



- 2
- Confirm the amount of interproximal enamel removed with thickness gauges
 - Feel for slight tactile resistance when the correct amount has been removed

Polish/verify



- 3
- Polish interproximal surface with polishing strips, until adjacent surface is rounded and smooth
 - Verify the final gap dimension with thickness gauges
 - Record date and amount of IPR in patient record

Each doctor takes full responsibility and is solely liable for the techniques and methodologies used in treatment. Doctors are encouraged to utilize the techniques and materials that are best suited for each patient. Please refer to manufacturer's Instructions for use.