

How to perform IPR

This information is taken from a demonstration delivered by Dr. Willis Pumphrey, DDS in 2010. It is intended to serve as a general guide and is in no way a comprehensive instruction manual for performing IPR. As always, doctors must rely on their own best judgement.



IPR stands for **interproximal reduction**. It is the process of creating very small amounts of space between pairs of teeth in order to allow the teeth to move as needed during treatment.

Remember the ABCs of IPR

Avoid the tongue, lips, and cheeks. Protect the patient's soft tissue with a mirror and cheek retractor.

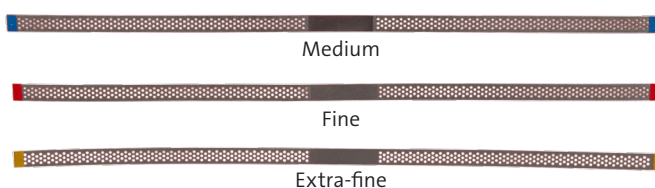
Brace yourself with a finger rest. Use a finger or thumb rest to stabilize the handpiece and align the disc. Then, line up the handpiece with the contact area. Use the handpiece to blanch the gums.

Check for fully-broken contact using unwaxed dental floss.

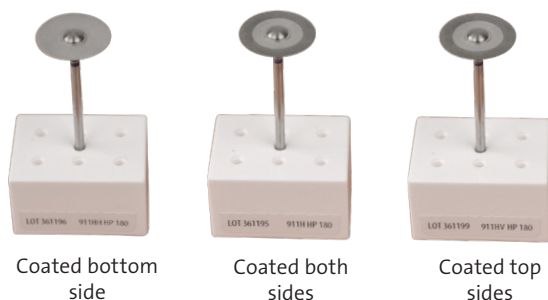
Keep track of IPR performed by using your IPR tracking chart.

Equipment you may need:

Diamond strips



Diamond discs



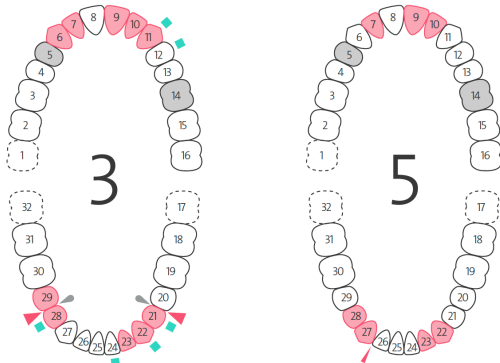
IPR Gauges



Burs



Before you do anything, check your treatment plan



Verify closed contact between:
21|20 - 28|29

Perform IPR between:
21|22 (0.3 mm) - 28|29 (0.3 mm)

Place engager on:
11 - 12 - 21 - 22 - 28

Perform IPR between:
26|27 (0.1 mm)

Check the treatment plan included in the box with the aligners. Here, the recommended amounts and locations of IPR for each step is marked on the tooth charts and listed in red beneath each one.

Keep a record when you perform IPR; write down which teeth you reduced and by how much.

0.1mm on an anterior tooth • medium diamond strip



1 Cut diamond strip in half. You will only need one half of the strip per procedure.



2 Gently move the strip backwards and forwards between the teeth along the contact area in a sawing motion. It takes roughly 8-12 motions, but ultimately depends on the patient.



3 Flip the strip over, and perform this action again, about 8-12 times. Rinse the area.



4 Take the 0.1mm gauge and place in between the two teeth to verify the correct amount of space. If the gauge does not fit in between those teeth, continue to file between the tooth surfaces until the desired result is reached.

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0.2mm on an anterior tooth • one-sided diamond disc



1 Line up the disc parallel to the contact area.



2 Turn the drill on and move the disc along the contact area. Stop at the height of the interdental papilla, or when you feel the contact break.



3 If needed, use floss to ensure that the contact has broken. You may also use a diamond strip to file down any sharp corners or rough surfaces left from the disc.



4 Rinse the area, then take the 0.2mm gauge and place in between the two teeth to verify the correct amount of space.

0.2mm on a posterior tooth • one-sided diamond disc



1 Have a dental assistant hold back the patient's lips and cheeks, to prevent them from getting cut. Have the assistant hold the tongue down with a mirror or retractor. If needed, extend the neck of the drill so that the disc does not interfere with the anterior teeth during the procedure.



2 Line up the disc parallel to the contact area. Turn the drill on and move the disc along the contact area, from facial to lingual. Stop at the height of the interdental papilla, or when you feel the contact break.

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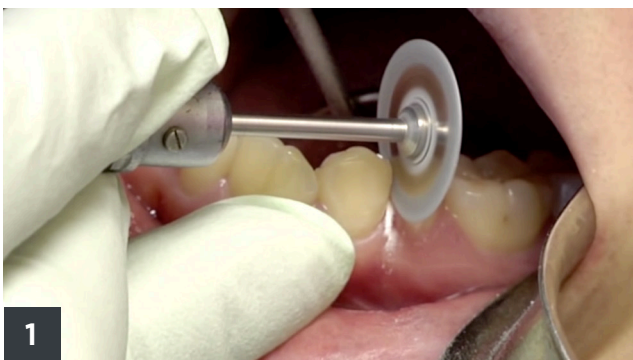


If needed, use floss to ensure that the contact has broken. You may also use a diamond strip to file down any sharp corners or rough surfaces left from the disc.



Take the 0.2mm gauge and place in between the two teeth to verify the correct amount of space.

0.3mm on a posterior tooth • two-sided diamond disc



Have a dental assistant hold back the patient's lips and cheeks, to prevent them from getting cut. Have the assistant hold the tongue down with a mirror or retractor. If needed, extend the neck of the drill so that the disc does not interfere with the anterior teeth during the procedure.



Line up the disc parallel to the contact area. Turn the drill on and move the disc along the contact area, from facial to lingual. Stop at the height of the interdental papilla, or when you feel the contact break.



Rinse, then use the 0.3mm gauge to verify the correct amount of space.