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RESEARCH ARTICLE

SAFE CURE: A MODIFIED WAY TO CURING IN ORTHODONTICS

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ABSTRACT

One of the important tools for an orthodontist in a day to day practice is the use of light cure units. So, understanding the dynamics of polymerization and the process of curing is paramount. Safety guidelines for choosing and maintaining light cure units while using is a must. As clinicians while bonding the head of the light cure units at times touches the brackets. The free end of the head of the light cure sometimes cracks into small fragments due to long term wear and tear of the unit. As the light cure units are costly, one should try to safeguard it as much as possible. We, in this article have presented a solution by which the safety and hygienic value will increase while using the light cure unit. Addition to this the longevity of the light cure units will be better with less wear and tear.

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INTRODUCTION

One of the important tool for an orthodontist in a day to day practise is the use of lighjt cure units. So, understanding the dynamics of polymerization and the process of curing is paramount. Safety guidelines for choosing and maintaining light cure units while using is a must. As clinicians while bonding the head of the light cure units at times touches the the brackets. The free end of the head of the light cure sometimes cracks into small fragments due to long term wear and tear of the unit. As the light cure units are costly, one should try to safeguard it as much as possible. We, in this article have presented a solution by which the safety and hygienic value will increase while using the light cure unit. Addition to this the longevity of the light cure units will be better with less wear and tear. Stabilization of the light cure unit while curing will be enhanced (Figure 5).

Consequently, there are concern that chronic exposure to blue light from high power dental light cure units may cause ocular damage.

Although this potential hazards can be prevented by using appropriate eye protection, unfortunately, these items are not universally used. Therefore clinician need to be trained to actually look at the operative site for precise result and exposure to blue light can cause retinal leison. It seen that usually one avoids looking at the working spot to prevent damage. But something has to be done to reduced the damage and exposure area.

ARMAMENTARIUM (Figure 1)

- A transparent OHP sheet is taken
- Adhesive taoe or cellotape
- Scissor or BP Blade

PROCEDURE OF FABRICATION:

STEP 1: A rectangular pattern of OHP transparent sheet is cut (Figure 2)

STEP 2: The measurement of this rectangular sheet is 20mm/3mm (Figure 3)

STEP 3: The sheet is rolled over the tip of the light cure unit

STEP 4: With the help of adhesive tape or cello tape, the rectangular OHP sheet is adhered to the tip of the light cure unit (Figure 4)

ADVANTAGE

- Can be done by everybody.
- Can be made with office tools.
- Potential to give added safety and hygiene.
- Potency of the light curing units is maintained.



Figure 1. Armamentarium



Figure 2. OHP Sheet in Rectangular Form



Figure 3. Rolled OHP sheet



Figure 4. Fixing of OHP Sheet to the light cure tip



Figure 5. Stabilizing during curing process

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