



Impression Techniques for Clear Aligners or Occlusal Guards

Written by Dr. Gary Radz | January 2019

When taking impressions for clear aligner therapy or an occlusal guard, we have found the following technique to be fast, effective and accurate.

Technique

The initial full arch impression is taken using StatusBlue, a fast-setting, accurate and economical alginate alternative. However, just as alginates and other alginate PVS replacements, it can miss some of the finer details. To capture the finer detail needed, we will use a "reline" technique using Honigum Pro Light body impression material. Once the Status Blue impression is taken, it is thoroughly rinsed and dried. The Honigum Pro Light is injected directly into the impression. The impression is then seated back into the patient's mouth. Firm pressure is used to hold it in place because hydraulic pressures may move the impression and cause a distortion. Because very little of the wash material is needed, the second impression is comfortable for the patient.

Photo 1

The initial full arch impression is taken in StatusBlue alginate alternative.

Photo 2

The excess is trimmed off using a scalpel blade. The impression is then rinsed and thoroughly dried.

Photo 3

The impression is then "relined" using Honigum Pro Light impression material and reinserted.

Photos 4 & 5

The final result is a highly accurate impression that can be obtained quickly and affordably.

Products Used

1. StatusBlue VPS impression material specifically designed as an alginate replacement.
2. Honigum Pro Light premium, VPS light body precision impression material.

