Purpose: To Since extrusions can be less predictable movements during aligner only treatments, this information describes how to use an elastic band to extrude a tooth. These instructions describe the most widely used technique which incorporates hooking the elastic to a button bonded to the facial aspect of the targeted tooth and then slipping it over the aligner and attaching it to lingual hook made from slits cut into the aligner.

By introducing auxiliary techniques mid treatment as needed, you may achieve better aligner tracking to help you achieve improved engagement with the aligner.

Goal: To create a force that “pulls” a tooth towards occlusal when aligner gap begins to appear (Fig 1).

Materials Required:
Composite Tooth Buttons
1/8” 4-41/2 oz or for more force use 1/8” 6-61/2 oz
Standard bonding material and supplies

Note: Be sure to use the composite tooth buttons and NOT the plastic aligner buttons if using the Align Button Kit. The plastic aligner buttons will not bond to the tooth.

Procedure for Extrusion with Elastics

Step 1: Prepare Tooth - Prepare the targeted tooth for bonding according to the instructions provided in the Composite Adhesive Kit, P/N 2466.

Step 2: Bond Button- Composite button is bonded directly on the facial surface of the tooth to be extruded (fig 2). Place the button as gingival as possible.

Step 3: Modify Aligners - Create a Lingual “Hook”- cut two small slits in the aligner on the lingual surface of the target tooth area (fig 3). Slits may be made using a standard nail clipper or crown & bridge scissors.

- Using a single hole punch with the paper tab removed is the easiest way to cut a clean semi-circular window.
- Crown & bridge scissors may be used but tend to leave ragged edges.
- To remove any sharp edges, use EZ-Trim™ Polishing Wheel, P/N 2358.

Note: Be sure to cut away enough of the aligner on the facial (and lingual if using the button to button technique) to avoid any premature stop. Additionally, the occlusal surface of the aligner acts as a stop and will prevent the tooth from extruding beyond the ideal goal.

Step 4: Create an Open Window for Button(s)- Cut a window in the facial and lingual (if using a lingual button) portions of the aligner in the targeted tooth area (fig 4).
- Using a single hole punch with the paper tab removed is the easiest way to cut a clean semi-circular window.
- Crown & bridge scissors may be used but tend to leave ragged edges.
- To remove any sharp edges, use EZ-Trim™ Polishing Wheel, P/N 2358.

Note: Be sure to cut away enough of the aligner on the facial (and lingual if using the button to button technique) to avoid any premature stop. Additionally, the occlusal surface of the aligner acts as a stop and will prevent the tooth from extruding beyond the ideal goal.

Step 5: Place Elastics- Seat aligner and extend c-chain or elastics from the lingual slit button (or lingual button) over to the button on the facial (fig 5).