

INTER-PROXIMAL REDUCTION

What is IPR?

IPR stands for Inter-Proximal Reduction and is most commonly used within the field of orthodontic dentistry. Reducing or 'stripping' in-between the teeth to create space for the teeth to move.

Why is IPR needed?

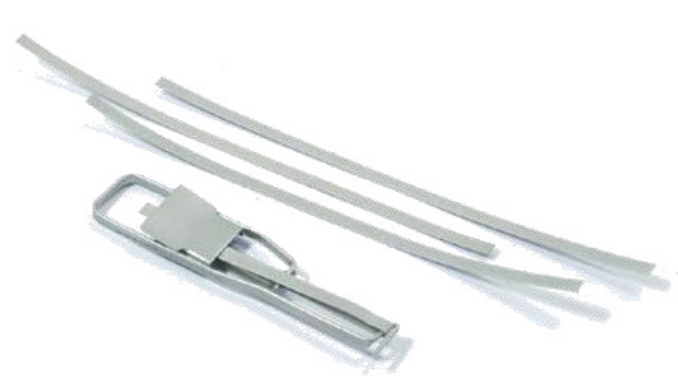
IPR is needed in order to create this space between the teeth to allow room for orthodontic movements. This will speed up treatment time.

Different IPR methods

When performing IPR there are two main techniques that can be used.

1. Strips

The use of abrasive strips enables the practitioner to Control the amount of enamel being removed, hand pieces are available, as well as being able to successfully follow the contour of the tooth.



2. Discs and Burs

This method it is preferred for larger quantities of reduction, but does not provide as much control or accuracy as the use of strips; the practitioner will often need to complete the IPR with the abrasive strips in order to contour the tooth accurately.



How to perform IPR

IPR is very easy to carry out and will need to be performed chair side. Using either a bur, disc or strip the Dentist will need to create a vertical space between the teeth. The amount of space required can be found on the RISIO Clear Aligners treatment plan. We would recommend using a gauge to ensure the correct amount of space has been made.

It is important to note that when carrying out IPR that the contact points are completely opened, so that the IPR is not performed in a V shape.

Advantage and Disadvantages

Advantages

- IPR allows the Dentist to make the room needed for the orthodontic movements without extracting teeth; the removal of teeth often creates more space than is required for orthodontic treatment.
- IPR has been found as the most effective and efficient way of creating space between teeth for orthodontic treatment, as it is a quick resolution.
- It is the least invasive method of creating space.

Disadvantages

- As with any procedure there are risks that can incur. The key risk is creating a V shape at the base of the tooth as this can lead to food traps.
- If too much enamel is removed it can damage the tooth, and in extreme cases it can result in the loss of the tooth.
- In some cases the IPR sites will need to be revisited during the course of treatment.

Talking to Patients about IPR

When talking to your patient about IPR we recommend that you provide them with information as to why it is needed, what it will involve and the method you intend to use. This should provide the patient with reassurance as to the process. For effective IPR it is important that the patient is relaxed and at ease. If you require more patient information, the British Orthodontic Society offer a Patient Information Leaflet on IPR which can be found at: www.bos.org.uk/

Disclaimer

All responsibility for the results of the treatment for the above patient lies with the Dentist providing the treatment. ALS Dental and RISIO Clear Aligners bear no responsibility for the consequences from providing IPR. If IPR is performed incorrectly it is not the responsibility of ALS Dental or RISIO Clear Aligners.

