

# RISIO CLEAR ALIGNERS **IPR GUIDEBOOK**



**RISIO<sup>®</sup>**  
clear aligners

## What is IPR?

IPR stands for Inter-Proximal Reduction and has been used since the 1940's. It is also known as tooth stripping and is most commonly used within the field of orthodontic dentistry.

## Why is IPR needed?

In a number of cases the crowding is so excessive that there is not enough space available to move the teeth into the desired alignment. IPR is therefore needed in order to create this space between the teeth, in order to carry out orthodontic treatment.

## How does IPR work?

This process works by filing down a tooth's enamel between the contact points, to the base of the tooth, to make space for the movement of teeth.

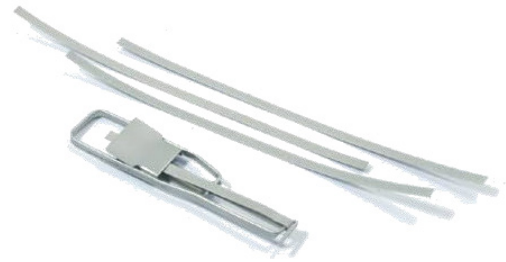
- 1. Expanding the arch** - this process involves the patient wearing a removable appliance which is regularly tightened to force the arch to be wider. This process is primarily painful for the patient, it can cause the teeth to splay and it is a slow method.
- 2. Extraction** - the removal of teeth often creates more space than is required for orthodontic treatment. This method is also not recommended for the use of aligner systems such as the RISIO Clear Aligners.
- 3. Inter-Proximal Reduction** - IPR has been found as the most effective and efficient way of creating spacing between teeth for orthodontic treatment, as it is a quick resolution. It is therefore the preferred method for the RISIO Clear Aligners.

## Different IPR methods

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

## 1. Strips

The use of abrasive strips is the preferred method for making small reductions, up to 0.3mm. They are available in a number of different sizes in accordance with the amount of space that is needed. This method enables the practitioner to control the amount of enamel being removed, as well as being able to successfully follow the contour of the tooth. A hand piece is also available for these strips' which allows the same amount of control, whilst maintaining a larger distance from the patient.



## 2. Discs and Burs

Whilst this method has proven to be a lot quicker than the use of strips, it is solely preferred for larger quantities of reduction. For IPR, discs and burs do not provide as much control or accuracy as the use of strips. When using this method the practitioner will need to complete the IPR with the abrasive strips in order to contour the tooth accurately.



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. This would lead to food traps, which can cause rot to the teeth and will prevent the space from closing. If the space is unable to close it will put treatment times and costs up, as the IPR sites will need to be revisited.

## 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/](http://www.bos.org.uk/)

## Consent

Before beginning IPR please ensure that you have fully described the treatment process to the patient and have obtained their consent. If you do require patient consent forms, please contact the RISIO Clear Aligners team.

## Risks

As with any procedure there are risks that can incur. The key risk in creating a V shape at the base of the tooth as this can lead to food traps. Continually, if too much enamel is removed it can damage the tooth, and in extreme cases it can result in the loss of the tooth. Due to the removal of enamel the teeth can also become sensitive. However, if carried out correctly, IPR is a safe and reliable technique for orthodontic movements.

## IPR in RISIO Clear Aligners cases

As part of our treatment plan RISIO Clear Aligners will require the practitioner to carry out all prescribe IPR before the placement of the first aligner.

## Disclaimer

This is a Guidebook for carrying out Inter-Proximal Reductions and should be used as a reference only. 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.

**If you have any questions or queries, please contact the RISIO Clear Aligners team before beginning treatment.**

