

*(Editor's Note: If you have a clinical or practice management Pearl to share with your colleagues, send it to JCO, 1828 Pearl St., Boulder, CO 80302. Appropriate illustrations are welcome; a photograph of the author and a copyright transfer form are required prior to publication.)*

## Relief of Soft-Tissue Irritation from Orthodontic Appliances

**A**lthough wax is customarily given to patients to relieve soft-tissue irritation from orthodontic appliances, many patients find it bothersome to change the wax after meals and brushing.<sup>1,2</sup> We have been able to prevent irritation with Fermit,\* a clear, light-cured adhesive used for temporary restorations of inlay preparations.

The Fermit is easily placed by molding the appropriate amount over the attachment with an index finger or a suitable instrument, then polymerizing it with a halogen light for 40 seconds. The fingers should be coated with petroleum jelly when handling this sticky material.

Fermit is esthetically tooth-colored (Fig. 1), although it sometimes discolors after prolonged wear. It will stay in place until the patient's next visit, but is elastic enough to be removed easily with an explorer or scaler.

\*Registered trademark of Ivoclar Vivadent, Inc., 175 Pineview Drive, Amherst, NY 14228.



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**Fig. 1 A.** Fermit on ectopically erupting canine. **B.** Fermit on Burstone lingual bracket.

### REFERENCES

1. Jones, M.L. and Chan, C.: Pain in the early stages of orthodontic treatment, *J. Clin. Orthod.* 26:311-313, 1992.
2. Fillion, D.: Improving patient comfort with lingual brackets, *J. Clin. Orthod.* 31:689-694, 1997.