

TECHNIQUE CLINIC

Incisor Retraction with a Compressed Open-Coil Spring

Simultaneous retraction and space closure of proclined and spaced maxillary incisors can be accomplished in the initial phase of treatment by using a compressed open-coil spring and self-ligating molar tubes. Our procedure is as follows:

1. Measure a round .016" or .018" nickel titanium archwire to extend just beyond self-ligating tubes bonded to the terminal molars of the upper arch.

2. Thread two 6-7mm segments of nickel titanium open-coil spring onto the wire. After heat-treating the wire ends and bending end stops, place small beads of light-cured composite over the bends (A).

3. Compress the coil springs, and ligate the archwire with the coils immediately distal to the molar tubes (B).

The compressed coils will push the archwire posteriorly (C,D), thus retracting the incisors—usually with only one archwire activation (E). The patient

shown here, presenting with spaced and protrusive incisors, was treated in 12 weeks with this simple technique.



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