



# Indirect bonding of brackets for predictable orthodontic results

By **Dr. Aleksandra Podolshova**,  
North Macedonia



**Dr. Aleksandra Podolshova** first finished secondary medical school for dental technicians. She graduated at the University Ss. Cyril and Methodius, Skopje (North Macedonia) in 2001. She received her Master Diploma in 2009 and specialty degree in Orthodontics 2010. From 2002 to 2011, she has been working at the Department of Orthodontics, PHO University Dental Clinical Center- St Pantelejmon, Skopje. She is practising lingual orthodontics since 2009 as her main clinical interest. Since 2011, she has been working in a private practice fully oriented on aesthetic orthodontics and restorative dentistry, practising orthodontics with self-ligating systems and giving courses in the field of 2D lingual orthodontics. Her interests include: Interdisciplinary orthodontic treatments, full mouth rehabilitation with labial and occlusal prefabricated veneers with primary concentration in altering dental occlusion, the temporomandibular joints and comprehensive aesthetic orthodontics and restorative dentistry according to the Dawson Academy principles.

Indirect bonding is a procedure which includes bonding of the brackets on the models, transferring them with a tray and bond them in the patient's mouth. It is a procedure that can be done by a dental technician in laboratory under supervision of an orthodontist or it can be done in the orthodontic practice; it doesn't require special technical skills or equipment. Indirect bonding has several advantages compared with direct bonding. The procedure is very accurate and precise: since we do not have saliva and gums on the models, we can analyse and inspect the long axis of the teeth and confirm them with a panoramic. On the other hand, less chair-time is needed with indirect bonding, which reflects on the comfort of the patient and the practitioner's self-confidence. Since indirect bonding is more accurate, less wire bending is needed during the treatment. Also, the need for repositioning of the brackets is eliminated. EXACLEAR (GC) silicone is a material that perfectly matches the needs for indirect bonding procedure, given its transparency and optimal elasticity, which does not allow for it to tear while transferring.



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