

USING DIMPLING PLIERS FOR MINOR TOOTH MOVEMENTS

Small Movements to Detail a Case

When a tooth does not move as desired, you can apply some extra force simply and quickly by creating force-generating points on the aligner to help the tooth move without having to resort to a case refinement.

The crack resistance property of both Zendura FLX and Zendura A coupled with their high tensile strength makes those materials ideal for minor tooth movements achieved from resetting teeth on cast or 3D printed models or using industry standard thermoforming dimpling pliers by placing 0.5mm or 1mm dimples in the desired position on the aligner to achieve the desired tooth movement force.

- **Rotations:** Add 0.5mm to 1mm dimple on desired tooth positioned near the middle 1/3. The dimple can be placed on the buccal or the lingual surface to achieve the desired force.
- **Space Closure:** Add 0.5mm to 1mm dimple on the facial middle 1/3 to apply force in the Zendura appliance. You may want to remove some material on the lingual so the tooth has room to move.
- **Minor tipping movements.** Add 0.5mm to 1mm dimple on desired tooth positioned near the middle 1/3. The dimple can be placed on the buccal or the lingual surface to achieve the desired force.
- **Retainer Retention:** Add 0.5mm to 1mm dimple at each embrasure space (buccal/lingual) to help tighten the Zendura appliance.

We do not recommend pre-heating the pliers or pre-heating the aligner/retainer in order to create a force-generating pressure point. The heat might cause the material to melt and deform, compromising the force necessary to move the teeth.

If you use other pliers such as Essix brand thermopliers and prefer heating the pliers prior to forming the dimple, please follow their [instructions](#) on choosing the correct

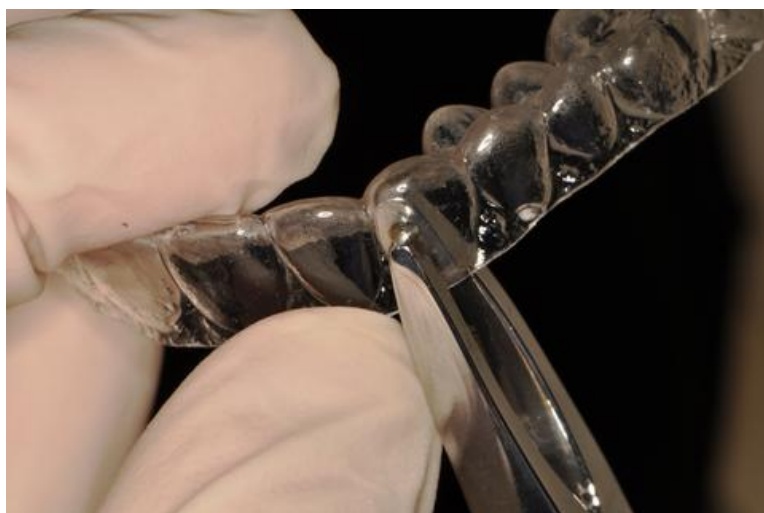
pliers for a specific tooth movement application and heat the pliers up to 245 F for most Zendura materials.

A Step-by-Step Guide

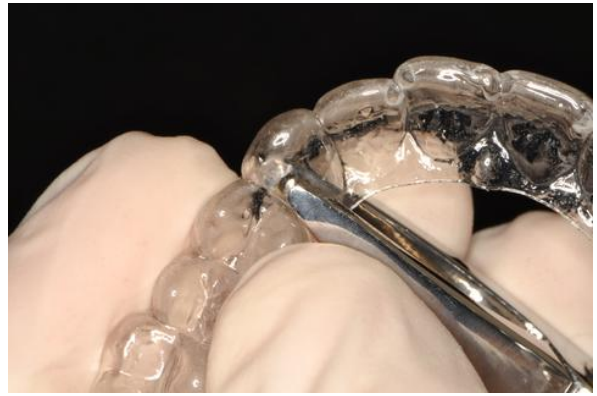
1. Prepare Zendura aligners or retainers and detail the dimpling pliers (thermopliers).



2. Locate the desired tooth and create a dimple in the correct position on the appliance. To create a dimple (pressure point), simply orient the pliers tip over the desired tooth and gently squeeze.



3. Place dimple on the buccal and lingual surfaces of Zendura appliance to achieve the teeth movement force you want.



In the example photos above and below, the dimples were positioned on the desired tooth to achieve a rotational force.



Also see [Cutting, Trimming & Finishing guide](#).