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J. Brian Hamby, DMD Greenville, SC





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Andrew Mogelof, DDS Stratford, CT





FitStrips' unique features certainly make them a welcome addition to one's dental toolbox.

Kevin Anderson, DMD Oakdale, MN

FitStrip IPR Kit



Color coded for ease of use, the FitStrip IPR Kit contains both single- and doublesided strips with a variety of grits, thicknesses, coatings; an attachable FitStrip handle; and an IPR gauge

Interproximal reduction (IPR) and/or finishing is a necessary component to restorative and orthodontic dentistry, but it's not always easy," shared Dr. Kevin Anderson, who outlined some of the common problems he faces during IPR procedures. While traditional finishing strips "do a nice job getting proper anatomic contours, they are sometimes difficult to get in place. On the other hand, handled strips are easy to work into place but often leave you with a flat interproximal contact," he explained.

Dr. Anderson believes that "having effective tools to manage these situations provides better outcomes," which is why he was thrilled to discover Garrison's FitStrip IPR Kit, a set of durable interproximal trimmers and finishers with an attachable handle and a color-coded barrel that can be twisted to adjust the curvature of the strip. Calling the FitStrips "a relatively easy way to do finishing or reducing procedures while maintaining proper tooth forms, rather than using flat contact points," Dr. Anderson declared, "Garrison's instruments allow the best of both worlds, making it easy to finish while also being able to create a convex contour."

FitStrip Design

The FitStrip IPR kit contains strips in a variety of grits, thicknesses, and coatings; single- and double-sided strips; an IPR gauge; and a FitStrip handle. "Since the strips come with either single-sided or double-sided grit surfaces, you can choose to reduce only one surface or reduce both surfaces evenly," commented Dr. Andrew Mogelof. "The flexibility of both double- and single-sided strips is a great feature that is really helpful when choosing which surface to abrade," agreed Dr. Anderson. "In cases of IPR, we encounter situations where both adjacent teeth need



to be managed, or one lone tooth has an odd rotation requiring more reduction. This allows you to adequately treat both clinical scenarios."

Featuring 3 grits—super fine, medium, and coarse-the kit has color-coded strips in thicknesses from 0.11 mm to 0.50 mm. "The color code made it easy to select the grit needed, and the strips were durable," confirmed Dr. Mogelof, while a few dentists recommended that the strips be more durable. Noting that the strips are easy to attach to the handle, Dr. Mogelof pointed out that "the detachable handle avoids hand fatigue, and you can concentrate on producing the correct space and correct curvature." Stating that "the handle and the ability to loosen the strip allowed for easier access and more efficient IPR," Dr. J. Brian Hamby, said, "It cut my chair time and made the patient feel more comfortable as the interproximal areas were more accessible with this product." Dr. Robert Miller described the handles as "large enough to grip but small enough to maneuver in the oral cavity," and Dr. Kapish Goyal said, "The handle helps achieve a precise reduction with more control."

takeaways

• Indicated for interproximal reduction of composite restorations, orthodontics, crowns, and bridges Color coded strips for easy identification 3 grits (super fine, medium, and coarse) and multiple thicknesses Singlesided and double-sided strips for a variety of procedures • Unique FitStrip attachable handle for ease of access and improved ergonomics



David Fine.

CA

DDS; Encino,

"The FitStrips improve access to difficult-to-reach interproximal areas."

Quality of Interproximal Reduction

Designed to make finishing and contouring procedures easier, FitStrips are indicated for composite restorations, orthodontics, crowns, and bridges. Explaining that she can "more accurately remove enamel with these strips and the handle is easier to hold," Dr. Beena Lad said the FitStrips have "helped with my ortho cases more than anything." When cementing a crown where it was difficult to remove the hardened cement with floss, Dr. Goyal said, "The interproximal saw made it very easy to remove extra cement," and Dr. David Fine said the strips "improve access to difficult-to-reach interproximal areas."

Facing the challenge of achieving "a smooth proximal surface on a composite restoration without getting open contacts," Dr. Kalpesh Mehta said he "was able to smoothen the restoration while still maintaining tight contacts" with the FitStrips. Explaining that after certain orthodontic treatment multiple teeth can be stuck together, Dr. Anderson shared, "These strips did a great job allowing us to separate and subsequently finish interproximal areas of these transitional restorations."

Ease of Use

Using FitStrips "made cleaning up residual cement at and beyond the interproximal contacts easier than other products I have used," shared Dr. Fine, and Dr. Kathy Mortazavi said they are "more ergonomic than competing products and much easier to manipulate." Calling the kit "reliable and of good quality," Dr. Daniel Torres said he achieved predictable results with FitStrips, and both Dr. Torres and Dr. Siti Lowery said that FitStrips reduced their appointment times. The strips are "easier than using a rotary circular disc and less scary for the patient," noted Dr. Kenneth Wong.

Overall Satisfaction

Calling the FitStrip IPR Kit "a great option for any dentist that requires a predictable IPR for their patients," Dr. Rodolfo Olmos said the system is "easy to organize and saves chair time." Dr. Lad called the strips "overall easier to use versus a handpiece," and Dr. Wong said he wishes he would have known about the FitStrips earlier so he could have been using them all along. Dr. Anderson concluded, "FitStrips' unique features certainly make them a welcome addition to one's dental toolbox."

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