

# 3 key handlings to practice.



watch videos on how to  
handle Elemental PerioPlast<sup>®</sup>

use the sample blister to try it  
on yourself or a team member

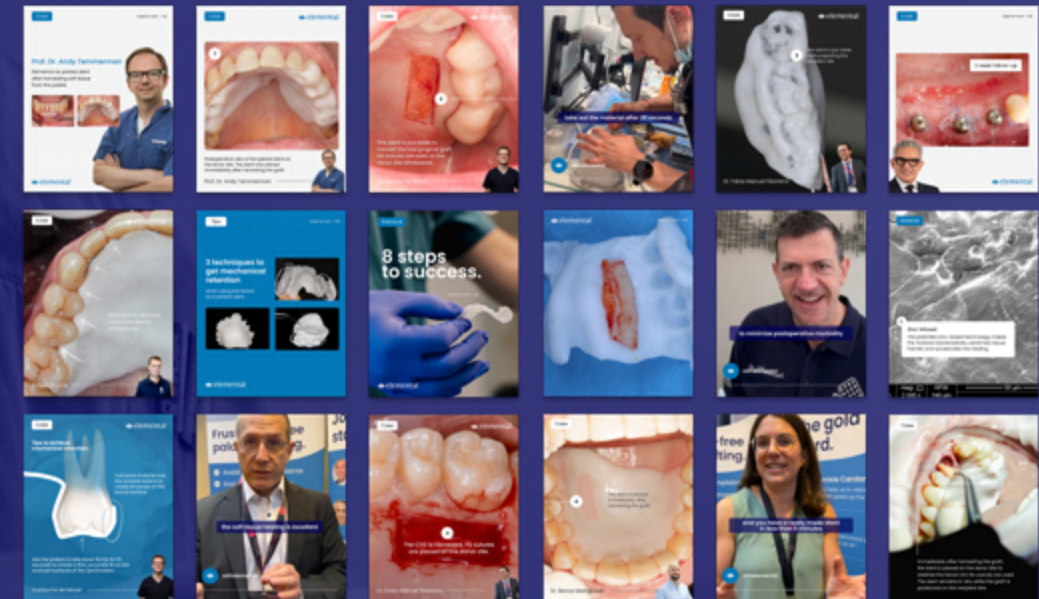


# Table of contents

4	Shaping a comfortable stent is all about...
6	The best way to learn is by mastering 3 key handlings
8	Getting ready to use Elemental PerioPlast®
10	Things to know about Elemental PerioPlast®
12	Handling 1: Heating Elemental PerioPlast® & making a disk
14	Handling 2: Placing onto the palate & shaping the stent
16	Handling 3: Optimization through reheating & trimming
20	The entire process
22	The clinical workflow
23	Common challenges

## Follow us on Instagram!

Weekly tips, tricks and cases from world-renowned perio-implantologists.

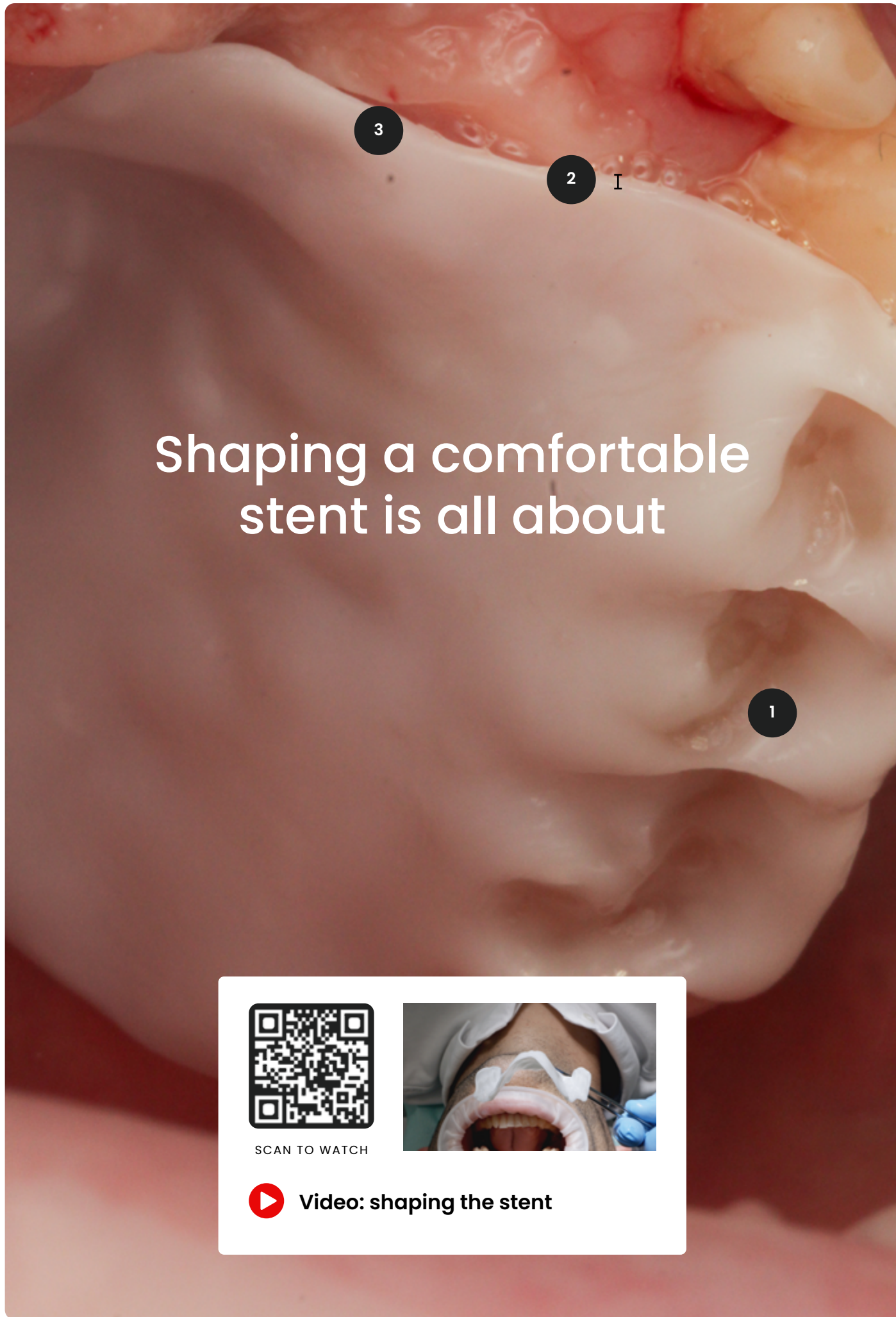


[instagram.com/withelemental](https://www.instagram.com/withelemental)




Questions? We're always available to chat.





SCAN TO WATCH

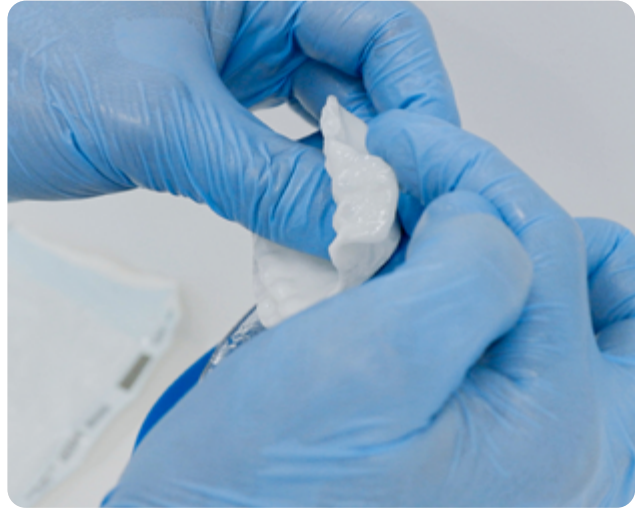
 Video: shaping the stent



1 Getting retention.



2 Without becoming bulky.



3 Getting rid of sharp edges.



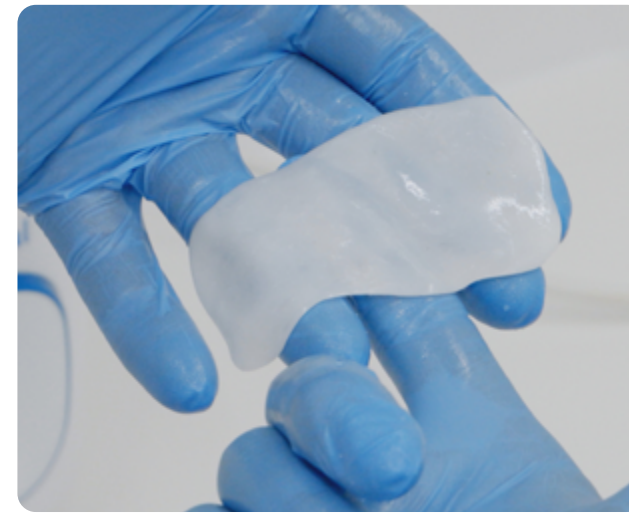
The best way to learn is by mastering 3 key handlings.



SCAN TO WATCH



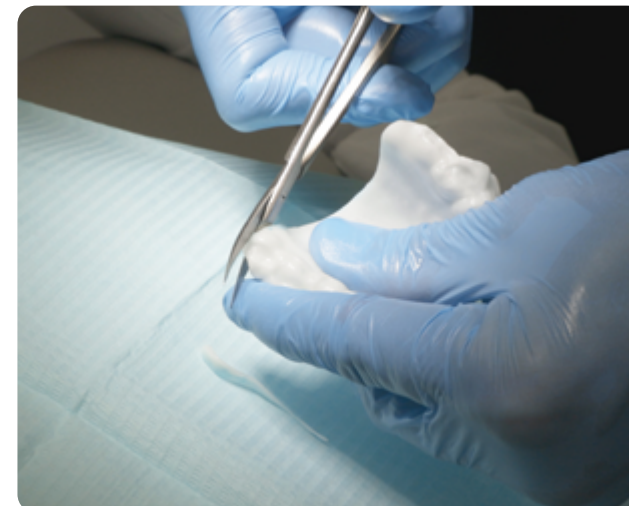
 Video: shaping the stent



1 Pre-shaping PerioPlast® into a disk.



2 Placing it on the palate & shaping the stent.



3 Optimization through reheating & trimming.

# Getting ready to use Elemental PerioPlast®

## Checklist



✓ 100ml of **hot water** in cup



✓ 100ml of **hot water** in water bath



✓ water bath at 90°C



✓ 1 blister (4x1g) for 1 stent



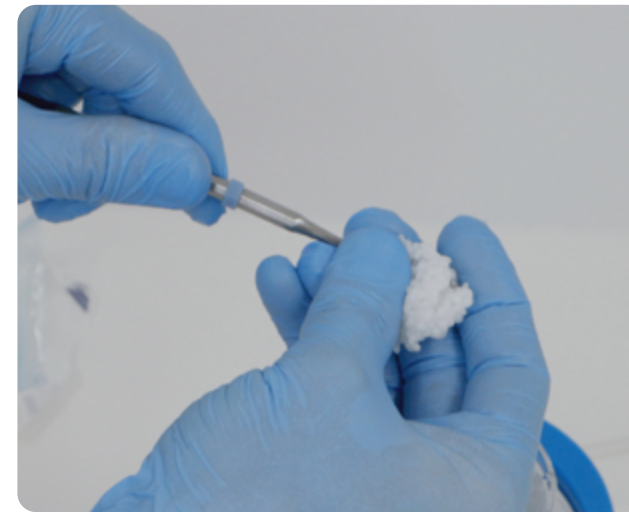
✓ metal stirring instrument

### Optional

- Vaseline® to prevent sticking if nitrile gloves are used
- Scissors or scalpel to trim
- Marker to indicate where to trim



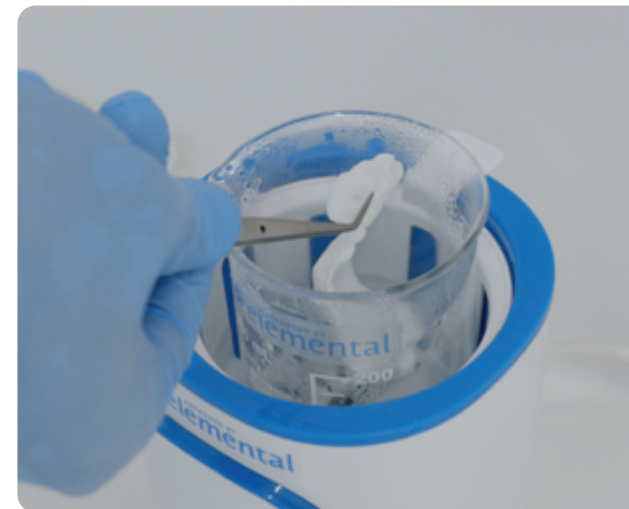
# Things to know about Elemental PerioPlast®



**1** Becomes mouldable after  
20 seconds in 90°C degrees.



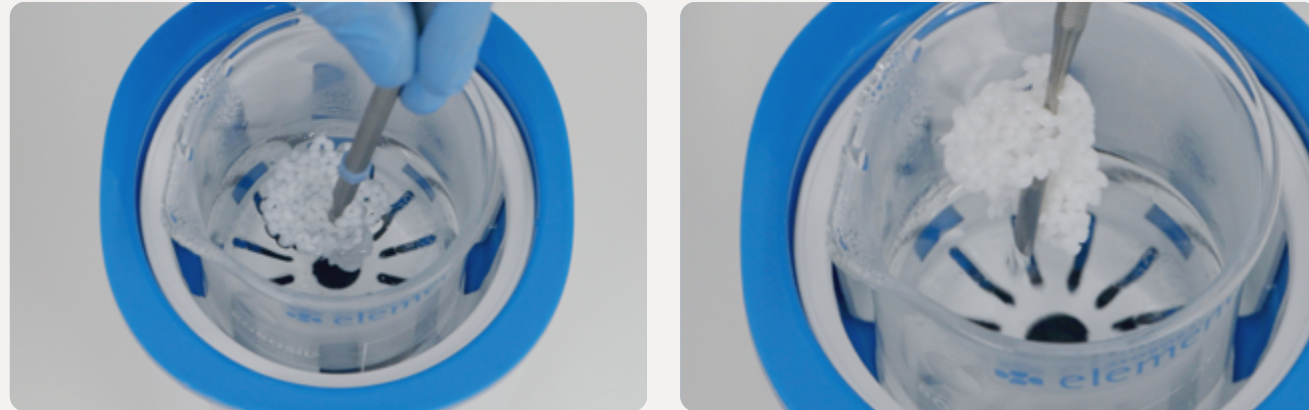
**2** Takes 1 minute to set  
and regain its solid form.



**3** You can reheat it  
as often as you want.

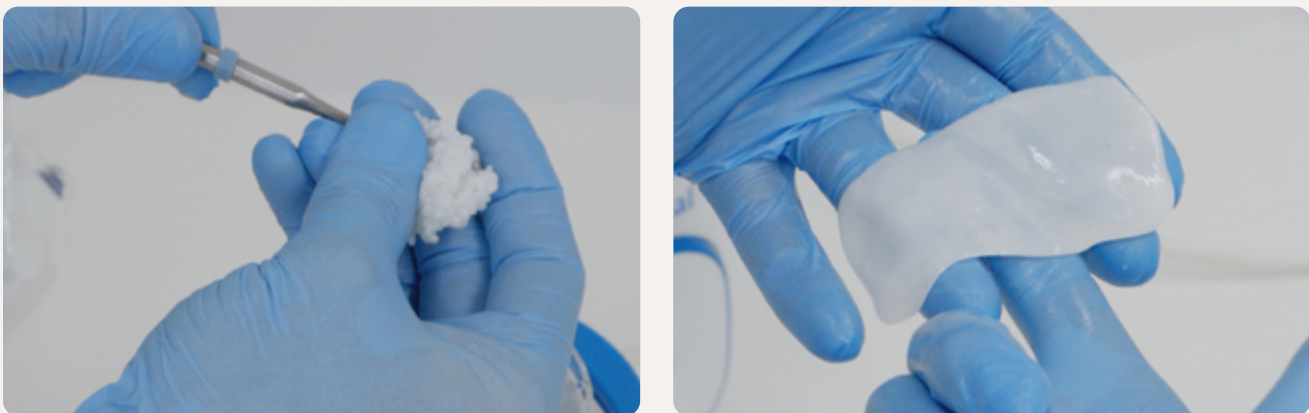
# Heating PerioPlast® & making a disk.

scan to watch  
handling videos



## 1 Heat the Elemental PerioPlast® granules.

- Pour 4 grams (1 blister) of material into the hot water.
- Gently stir until the material clumps together (20 seconds).
- Remove the material with the stirring rod.

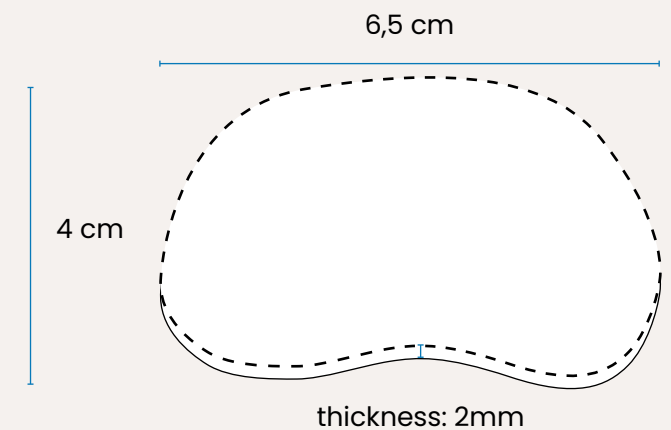


## 2 Turn the heated clump into a disk.

- With gentle manual pressure, gradually palpate the material into a disk of the depicted shape.
- Do not pull & stretch the material: applying tensile forces will cause uneven thickness.
- Aim for 2 mm of thickness.

### Example: 1/1 size

please note that the size will be different for every patient.





# Placing onto palate & shaping the stent.

scan to watch handling videos



### 3 Press against palate.

- Position the soft disk on the palate.
- Ask your patient to press the material against the palate using the tongue.
- Slightly fold the disk over the occlusal surfaces onto the buccal side.



### 4 Bite into material.

- Instruct your patient to bite down firmly for 10 seconds.
- This creates retention on the occlusal surfaces.



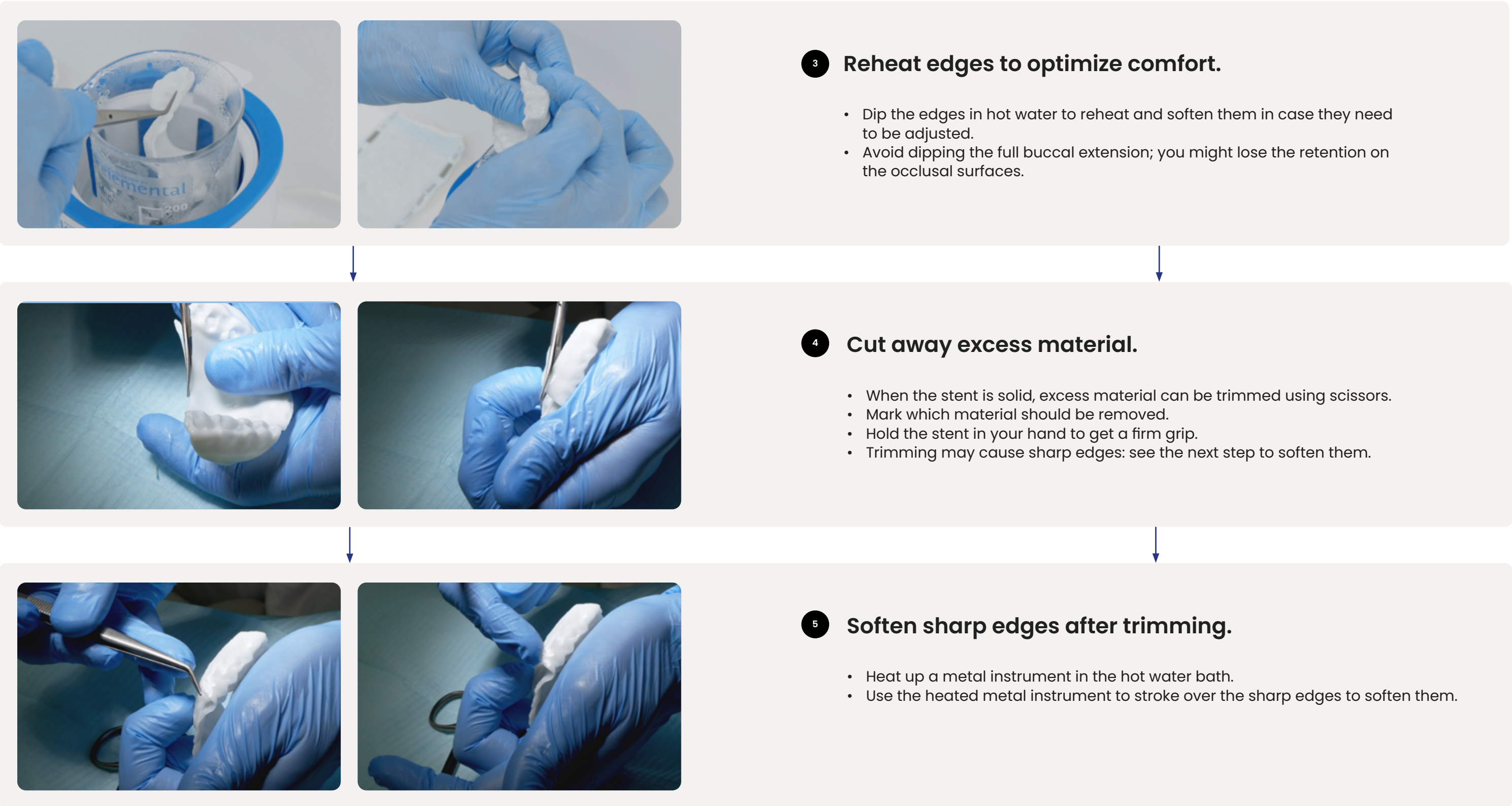
### 5 Push buccal excess interproximally.

- Push the excess material on the buccal side into the interproximal spaces.
- The buccal extension should not reach further than the attached gingiva.

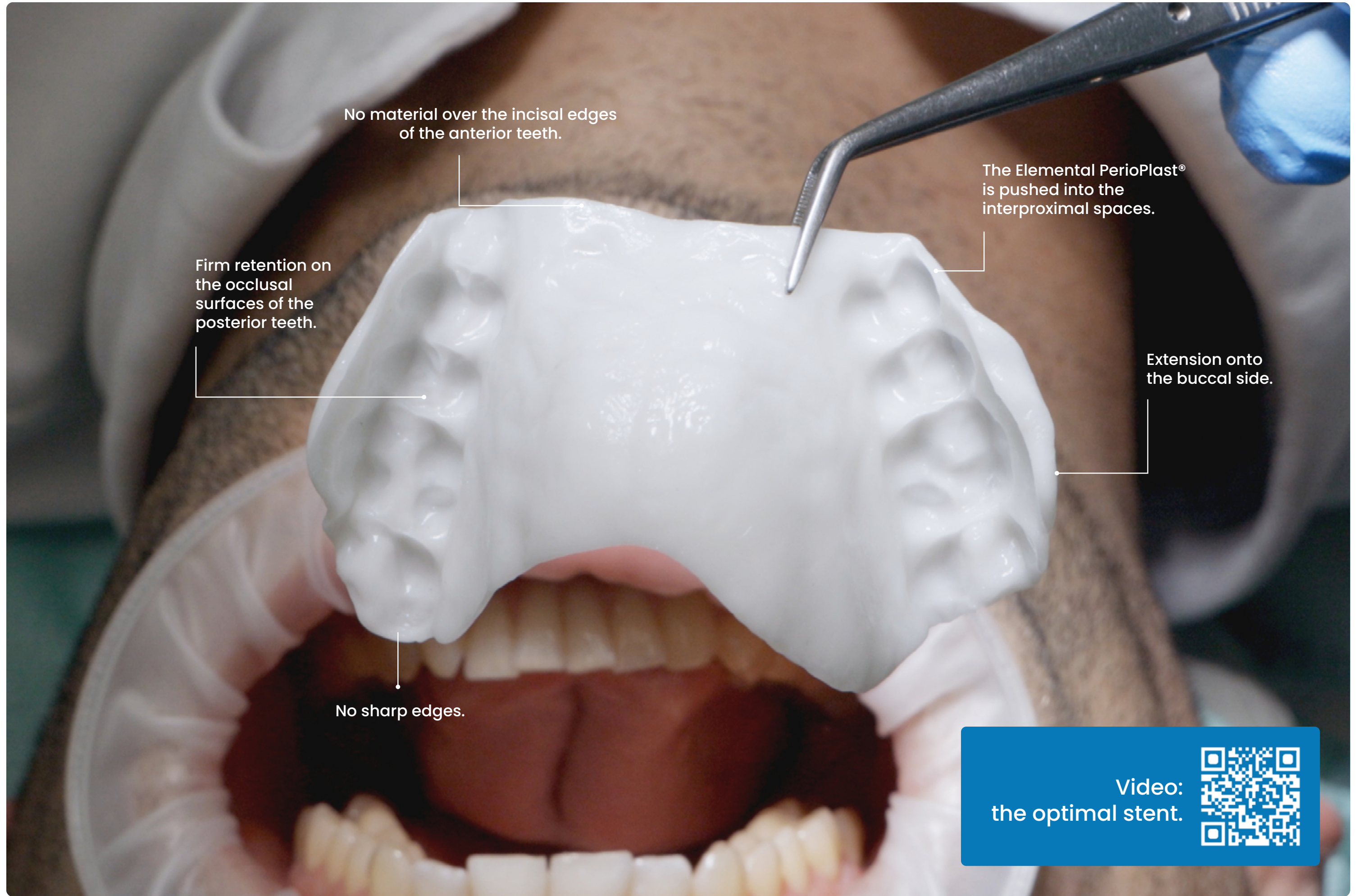


# Optimization through reheating & trimming.

scan to watch handling videos







No material over the incisal edges of the anterior teeth.

The Elemental PerioPlast® is pushed into the interproximal spaces.

Firm retention on the occlusal surfaces of the posterior teeth.

Extension onto the buccal side.

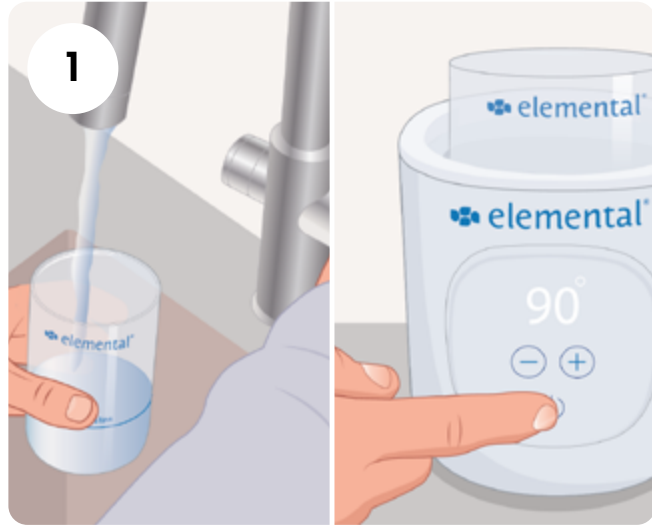
No sharp edges.

Video:  
the optimal stent.

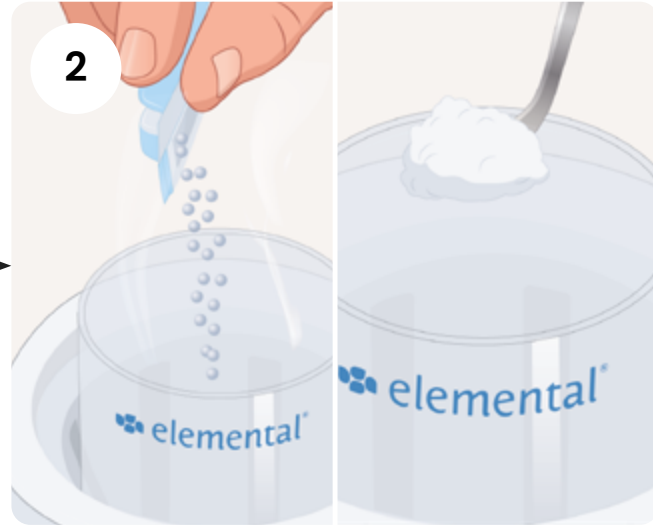




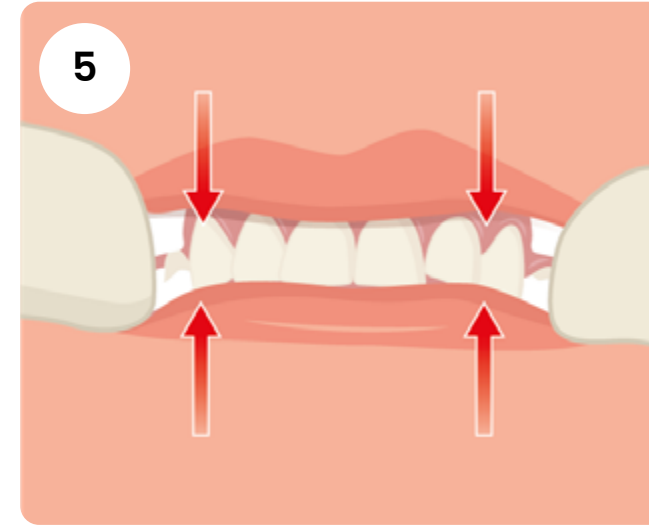
# The entire process



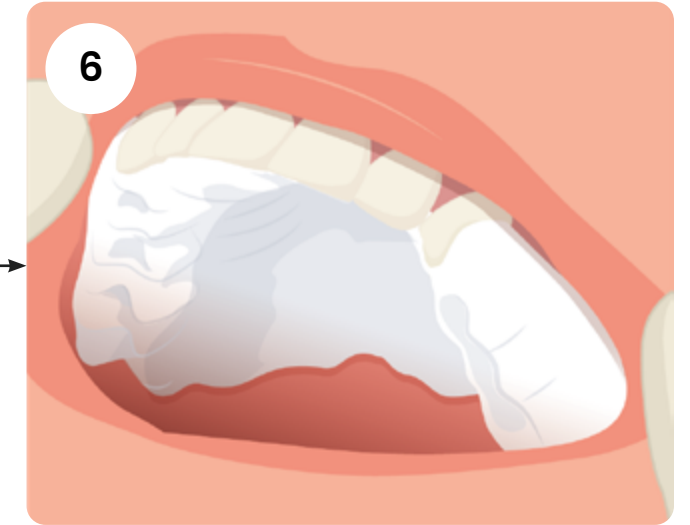
Heat water in the water bath.



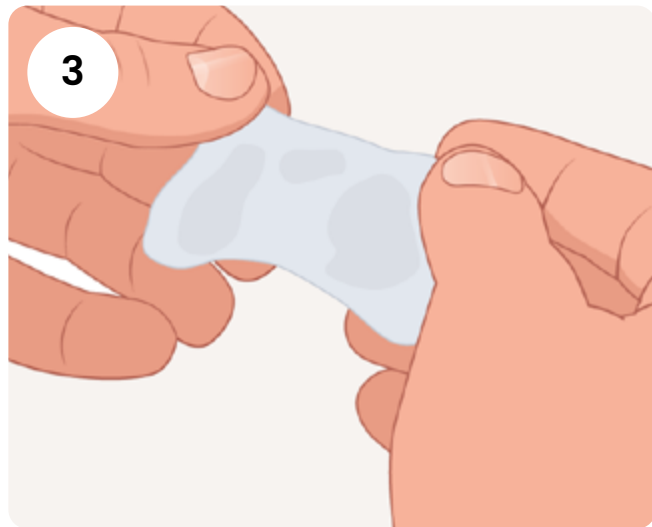
Stir in the PerioPlast® granules.



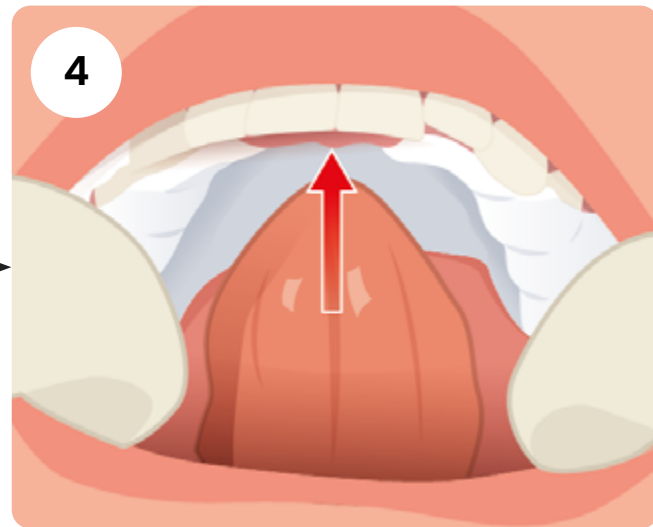
Instruct to bite into material.



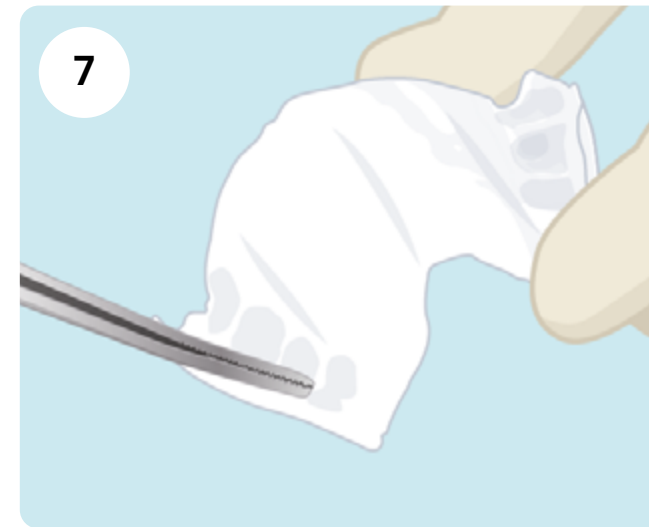
Push interproximally and leave in-situ until regained solid form.



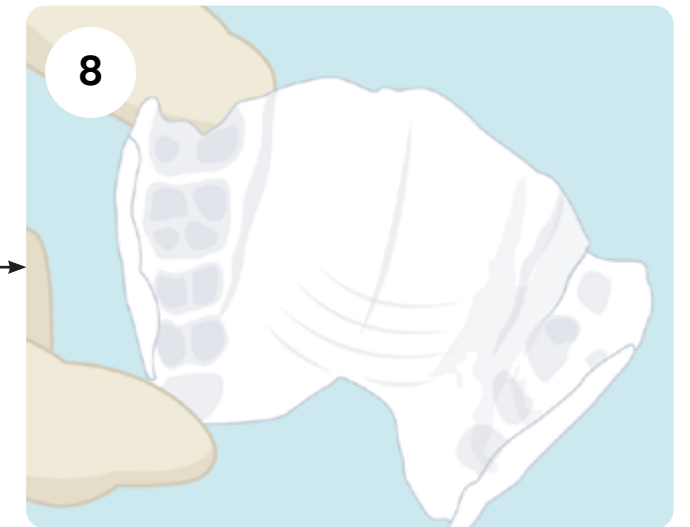
Make a disk.



Press disk with tongue onto palate.



Trim & finish.



The stent is ready!

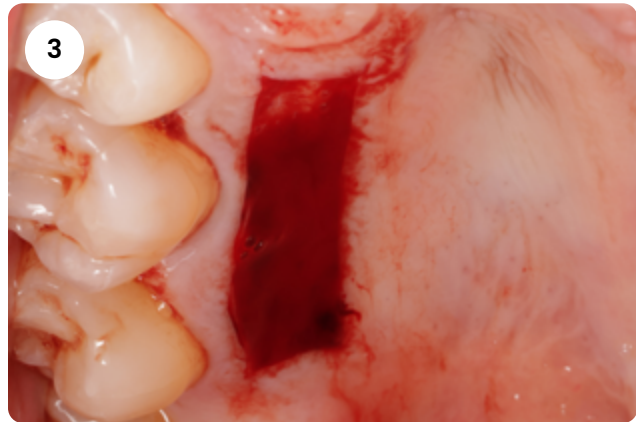
## The clinical workflow



1 Make the stent chairside right before the surgery.



2 Prepare the recipient site.



3 Harvest the graft.



4 Place the stent immediately after harvesting the graft.



5 Place & stabilize the graft.



6 Patients wears the stent 5 days. First 24h non-stop, then take out to clean.

## Common challenges

The material cooling down too quickly before having shaped the stent.

Reheat the material in the water bath.

Struggling to keep the material in place while shaping the stent because it's too soft.

Wait longer before placing it.

The heated material sticking to the gloves while shaping the stent.

Apply Vaseline® on nitrile gloves, or use latex gloves.

The stent is too bulky and not comfortable enough.

See the 'Surgical Tips & Cases from the Experts' for alternative techniques.

The water bath is not at the right temperature when the patient comes in.

Make sure your assistants are trained to prepare the material too.



**Follow us on Instagram!**

Weekly tips, tricks & cases from world-renowned perio-implantologists.



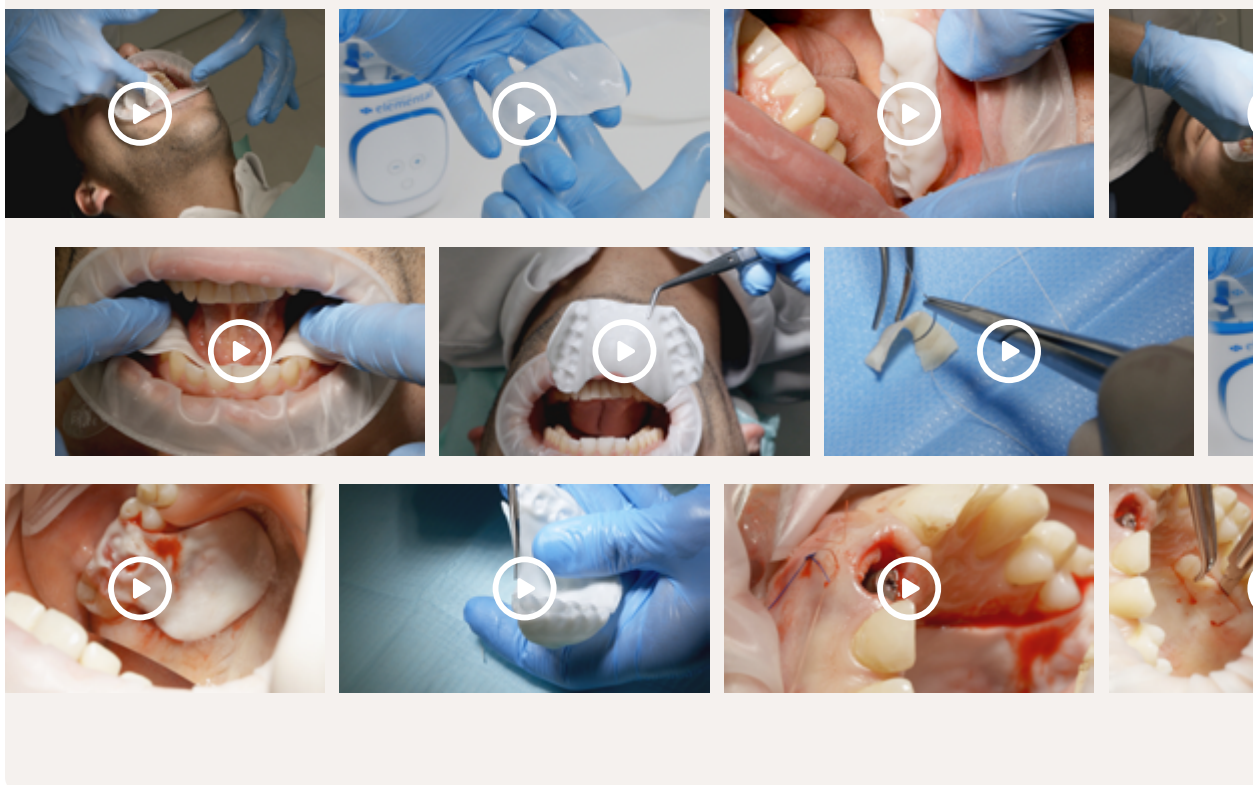

[instagram.com/withelemental](https://www.instagram.com/withelemental)



Visit our educational platform  
for more practical info, videos and cases.



[www.withelemental.com/learn](http://www.withelemental.com/learn)



### Also see



Introduction to Elemental Stents.




3 key handlings to practice.



Surgical tips & cases from the Experts.



Set-up & practical info for assistants.

 support: contact us at +32 470 25 58 58 (WhatsApp)