



# smartIPR<sup>UD</sup> System

## INSTRUCTIONS FOR USE

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## SECTION 01

## smartIPR System contents

### ITEMS INCLUDED:

#### (1) smartIPR Handpiece

ESPROHP003



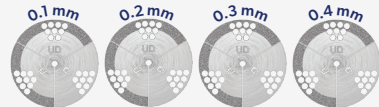
#### (1) smartIPR Leaf Gauge

ESGAUGELEAF6G011



#### (4) smartDISKs (0.1 mm, 0.2 mm, 0.3 mm, 0.4 mm)

ESSMDISKPRO001 ESSMDISKPRO003  
ESSMDISKPRO002 ESSMDISKPRO004



#### (1) smartIPR Disk Block

ESDISKBKSTD010



### NECESSARY ACCESSORIES

(Not included with all kits, but necessary for use)

#### (10) 4 mL IPRGlide Syringes

ESIPR4M1PE001



IPRGlide will either be included with your smartIPR System, or shipped to you separately depending on your supplier.

#### (1) smartIPR Air Motor

ESAQMTRHS001



Your smartIPR System may also include an air motor, if included with your order.

## SECTION 02

## Anatomy of smartDISKs

### Each smartDISK has 3 segments

Each smartDISK is designed with 3 working segments to provide superior control and safeguard adjacent tooth surfaces, ensuring reduction occurs only where intended. The disks feature both single-sided/diamond-coated and double-sided/diamond-coated surfaces. The single-sided/diamond-coated surfaces are thinner than the double-sided/diamond-coated surface. Every disk includes two single-sided/diamond-coated segments and one double-sided/diamond-coated segment, labeled as follows:

**D:** Single-sided/diamond-coated, facing down (toward the handpiece)

**U:** Single-sided/diamond-coated, facing up (away from the handpiece)

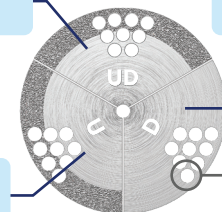
**UD:** Double-sided/diamond-coated, on both upper and lower surfaces

**UD:** Double-sided/diamond-coated segment

**D:** Single-sided/diamond-coated down segment

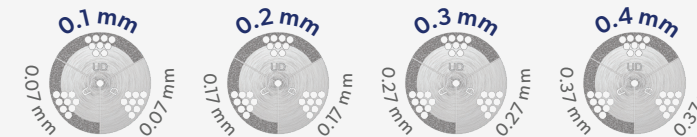
**U:** Single-sided/diamond-coated up segment

Lubrication perforations



### 4 smartDISK sizes - 3 segments each - 12 instruments

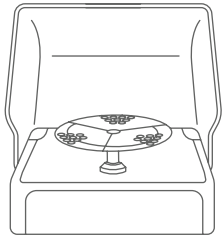
Start with the single-sided, diamond-coated segment of the 0.1 mm smartDISK (U or D) to open the contact. Gradually increase the thickness by progressing through larger disk segments, moving from single-sided to double-sided diamond-coated segments.



## SECTION 03

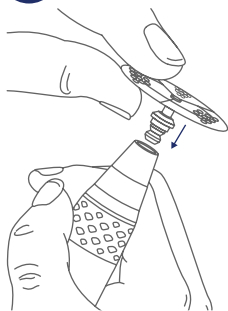
### How to place smartDISKs into the smartIPR Handpiece

1



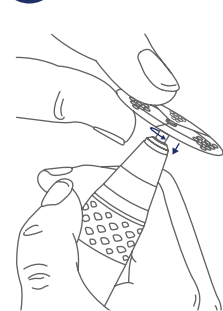
Remove a smartDISK from its autoclavable, reusable block. Do not discard the block, as it can be used to hold the smartDISKs during autoclave reprocessing.

2



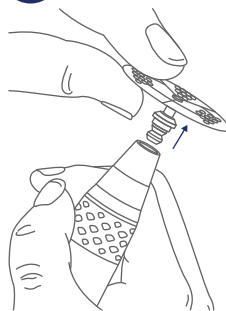
After inserting the smartDISK, release the spring-loaded quick-release sleeve and gently rotate the disk until it clicks securely into place.

3



Once the smartDISK is inserted, release the spring-loaded quick-release sleeve and rotate the disk until it snaps into place.

4



To remove the smartDISK, depress the spring-loaded quick-release sleeve, then gently remove the disk.

## SECTION 04

### How the smartIPR System works

Unlike rotary burs or disks, the smartIPR System does not cut hard or soft tissue. Instead, the smartDISK oscillates at high frequency and transmits vibrational energy to the teeth and periodontal ligaments while sliding through the interproximal contact.

This vibrational energy facilitates enamel reduction while allowing the smartDISK to move through the contact with minimal applied force.

The process is enhanced by the use of IPRGlide lubricant, which reduces friction and promotes smooth movement of the smartDISK through the contact. For the smartIPR System to function properly, the smartIPR Handpiece must generate sufficient oscillation frequency.

The recommended motor speed range is 20,000–30,000 RPM. Most air motors operate at approximately 20,000 RPM, while electric motors can operate at speeds up to 40,000 RPM and provide greater torque. **When using an electric motor, NEVER EXCEED 30,000 RPM.**

Because electric motors provide more consistent speed and torque, they generally work better with the smartIPR System than air motors. Air motors can perform equally well when operated correctly; however, the foot pedal must remain fully depressed throughout use to maintain consistent speed. Fully depress the foot pedal. Do not feather the pedal.



## SECTION 5

## Using the smartIPR System

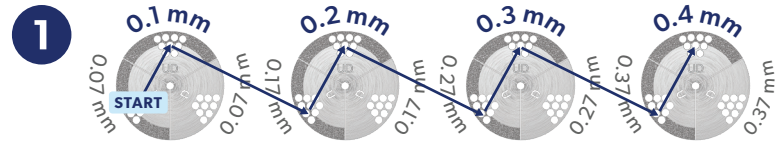
A key advantage of the smartIPR System is its ability to gradually open tight interproximal contacts with precision, eliminating the need for traditional razor-sharp hand strips or spinning disks.

Begin with the thinnest smartDISK (0.1 mm), using a single-sided diamond-coated segment (U or D), which provides an approximate working thickness of 0.07 mm. Lubricate the disk with IPR Glide. After gently opening the contact, rotate to the double-sided diamond-coated segment (UD) to increase the working thickness to the full 0.1 mm.

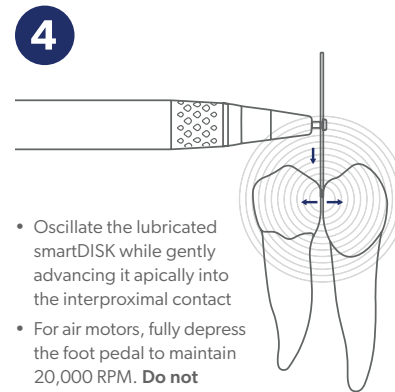
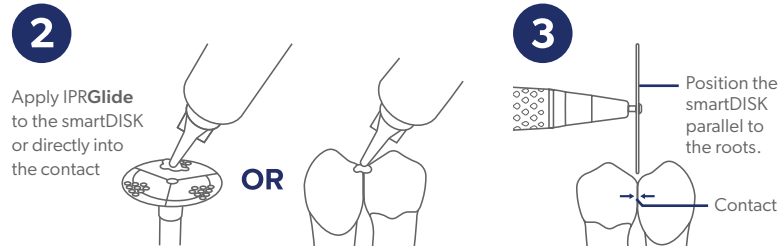
Once the initial contact has been opened with the 0.1 mm smartDISK, progress sequentially to the 0.2 mm smartDISK. Begin with a single-sided segment (U or D), which provides an approximate working thickness of 0.17 mm, then transition to the double-sided segment (UD) for the full 0.2 mm.

Continue progressing through the smartDISKs in this stepwise manner until the desired amount of interproximal reduction is achieved.

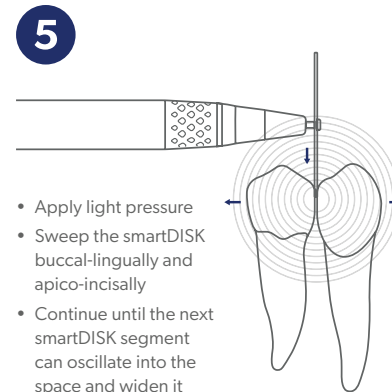
6



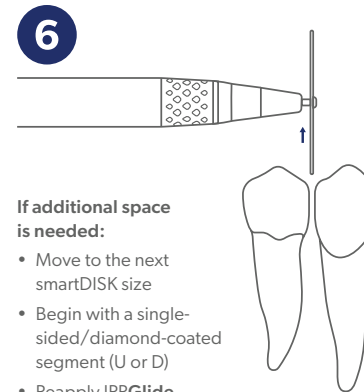
- Begin with a single-sided/diamond-coated segment (U or D) on the 0.1 mm smartDISK
- Follow the diagram to progressively increase the space



- Oscillate the lubricated smartDISK while gently advancing it apically into the interproximal contact
- For air motors, fully depress the foot pedal to maintain 20,000 RPM. **Do not feather the foot pedal.**
- For electric motors, operate between 20,000–30,000 RPM. **Never exceed 30,000 RPM.**



- Apply light pressure
- Sweep the smartDISK buccal-lingually and apico-incisally
- Continue until the next smartDISK segment can oscillate into the space and widen it



- If additional space is needed:**
- Move to the next smartDISK size
  - Begin with a single-sided/diamond-coated segment (U or D)
  - Reapply IPRGlide
  - Repeat the sequence

7

## SECTION 06

## Driving the smartIPR Handpiece with an air motor

### DO NOT FEATHER THE FOOT PEDAL



Many clinicians are accustomed to feathering the foot pedal during dental procedures. While this technique may be appropriate for other applications, it significantly reduces the speed of an air motor and prevents the smartIPR Handpiece and smartDISKS from operating as intended.

### USE CONSISTENT PRESSURE



Before using the smartIPR System, verify that the air motor is operating properly and familiarize yourself with the sound of the motor with the foot pedal fully depressed.

Engage the smartIPR handpiece with the teeth only when the foot pedal is fully depressed and the air motor is operating at approximately 20,000 RPM.

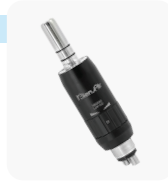


**Older, worn, damaged, or lower-quality air motors may not consistently reach the minimum 20,000 RPM required for optimal performance.**

## MOTOR SELECTION FOR smartIPR

### AIR MOTOR

- Approx. 20,000 RPM max
- **Requires full speed operation**
- More susceptible to disk binding if RPM drops
- Older or worn motors may not consistently achieve 20,000 RPM



### ELECTRIC MOTOR

- Operate at 20,000–30,000 RPM
- Higher torque
- More consistent speed
- Significantly lower likelihood of disk binding



**CLINICAL NOTE:** Doctors who have used both air motors and electric prefer electric motors when using smartIPR.

## SECTION 07

## Smart tips and techniques



Clinicians new to the smartIPR System should begin by opening interproximal contacts on teeth with normal anatomical alignment before progressing to more challenging contacts.



Although the smartIPR System can be operated with either an air or electric motor, an electric motor provides more consistent speed and torque at the recommended operating range of 20,000–30,000 RPM. Air motors can also be used effectively and typically operate at approximately 20,000 RPM.



When performing IPR with the smartIPR System, hold the smartIPR Handpiece as close as possible to the oscillating disk. This grip provides greater control, stability, and enhanced tactile feedback.



Apply a generous amount of IPRGlide lubricant to both the contact area and the smartDISK to reduce friction.



Advance the smartDISK incrementally through the contact by using a light buccal-lingual painting motion combined with gentle to moderate apically directed pressure. Repeat this motion until the contact is opened.



Allow the oscillation and VibraSonic Wave™ energy of the smartDISK to perform the work. **Do not force the disk through the contact.** If the next disk size does not pass through easily, return to the previous disk to further open the contact before advancing.



**SLOW & STEADY**

One of the key features of the smartIPR System is its ability to gradually open interproximal contacts without the use of hand strips. When treating teeth with long or tight contacts, progress gradually and use plenty of IPRGlide to help prevent the disk from binding.



IPR is generally most predictable when treating teeth with normal anatomical contacts. Severely crowded or misaligned teeth may present elongated or wide interproximal contact areas that require additional time and careful technique to establish initial access.

### What is the smartIPR System and how is it different from hand strips or spinning disks?

smartIPR is an interproximal reduction (IPR) system that utilizes an oscillating handpiece with non-rotating smartDISKs. Unlike traditional hand strips, rotating disks, or high-speed burs, the smartDISKs create space by vibrating between contacts and polish enamel with diamond-coated surfaces. This controlled oscillating motion allows for gradual contact opening, precise enamel reduction, greater control, and enhanced safety for both the clinician and patient throughout the IPR procedure.

### Do I need hand strips anymore, or does smartIPR replace them?

smartIPR is designed to eliminate the

need for traditional hand strips during IPR. Manual hand stripping typically operates at approximately 1–2 cycles per second (Hz), while the smartIPR Handpiece oscillates at 128–192 cycles per second (Hz). This high-frequency motion allows clinicians to create space more efficiently and with less physical effort while maintaining excellent tactile control. For patients, the smooth, high-frequency oscillating motion combined with IPRGlide lubrication provides a more comfortable experience than traditional hand stripping, which is often performed without lubrication.

### How does smartIPR create space without cutting hard or soft tissue?

smartIPR delivers controlled VibraSonic Waves™ through non-rotating smartDISKs. The oscillating motion

allows the disks to move gently through tight contacts without spinning, providing greater control while helping reduce the risk of soft and hard tissue trauma.

### How do 4 smartDISKs provide 12 instruments?

Each smartDISK has 3 segments:

- D:** Single-sided/diamond-coated, facing down (toward the handpiece)
- U:** Single-sided/diamond-coated, facing up (away from the handpiece)
- UD:** Double-sided/diamond-coated, on both upper and lower surfaces

This design allows clinicians to begin with a thinner working surface and progressively advance to thicker segments for precise, step-by-step

interproximal reduction. 4 smartDISKs provide 12 working segments ranging from 0.07 mm to 0.4 mm.

### What sizes are available for smartDISKs?

smartDISKs are available in 4 sizes:

- 0.1 mm (labeled 1)
- 0.2 mm (labeled 2)
- 0.3 mm (labeled 3)
- 0.4 mm (labeled 4)

The number on each disk corresponds to the thickness of the double-sided /diamond-coated (UD) segment.

### Is there a 0.5 mm smartDISK?

At this time we do not offer a 0.5 mm disk. To achieve 0.5 mm of space, use the 0.4 mm disk and polish the space to the desired width.

### Why does each smartDISK have 3 segments?

The 3-segment design provides procedural flexibility. Clinicians can use a thinner, single-sided/diamond-coated segment (U or D) to open tight contacts, then transition to the double-sided /diamond-coated segment (UD to achieve the desired amount of reduction with the same disk. The single-sided segments also allow clinicians to selectively reduce enamel while maintaining a non-coated surface against the adjacent tooth for added safety.

### Can I start with a 0.2 mm smartDISK?

Yes—if there is sufficient space between the teeth for the smartDISK to enter the contact and oscillate freely. If no space exists,

begin with the 0.1 mm smartDISK using a single-sided/diamond-coated segment (U or D, approximately 0.07 mm) to gently open the contact. Then transition to the double-sided/diamond coated segment (UD) to reach the full 0.1 mm. Next, progress to the 0.2 mm smartDISK, beginning with a single-sided segment before transitioning to the double-sided segment (UD) to reach the full 0.2 mm. Continue this stepwise progression as needed. Larger smartDISKs require adequate space, as smartDISKs rely on vibration to slide between teeth. Never force a smartDISK through a tight contact

**When should smartDISKs be replaced?** smartDISKs should be replaced when the diamond surface becomes visibly worn or when a

noticeable decrease in performance is observed. Disk life will vary depending on the number and tightness of contacts treated, the amount of IPR performed, technique, and proper use of IPRGlide. Always inspect the smartDISK before use and replace it if it is damaged, bent, or excessively worn.

### Why use IPRGlide during the procedure?

IPRGlide acts as a lubricant during interproximal reduction (IPR), helping to reduce friction, heat, and patient discomfort. It also supports enamel protection and remineralization, making it beneficial during and after the procedure. Lubrication is essential for allowing the smartDISKs to vibrate smoothly between contacts. Using the smartIPR System without IPRGlide

is not recommended, as it can reduce the lifespan of the disks and increase the risk of enamel damage. IPRGlide can be applied directly to the smartDISK through its lubrication perforations or to the occlusal surface between the teeth being treated.

### What type of motor is required to effectively operate the smartIPR Handpiece?

The smartIPR Handpiece fits slow-speed dental air motors with a short E connection, found in approximately 30% of dental offices. Although the handpiece can be operated with an air motor, electric motors are preferred for consistent speed and torque, with a recommended maximum speed up to 30,000 RPM



**Scan the QR code to access the digital smartIPR System Reprocessing Guide.**

This guide provides instructions for cleaning, sterilizing, and reprocessing each component of the smartIPR System



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